

Figure S1. Evolution of the mean heart rate and perceived exertion during the 7 days of the intervention (data presented individually per participant)

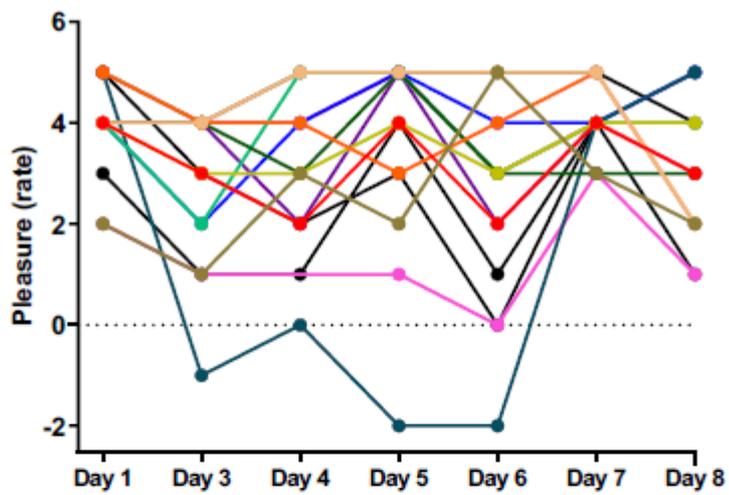
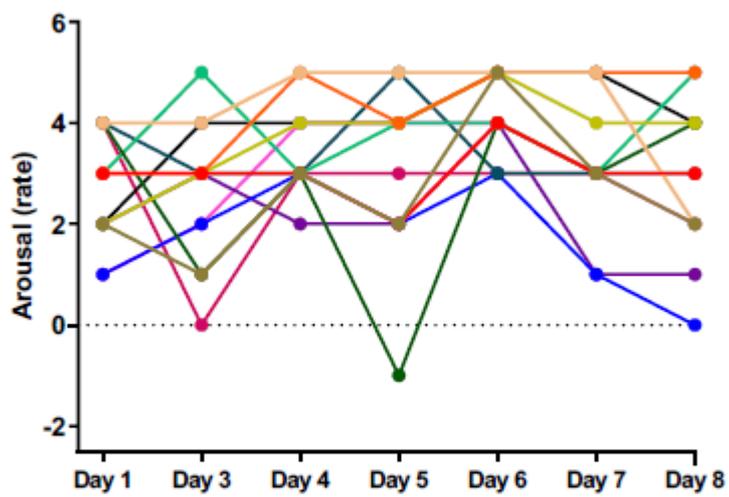


Figure S2. Evolution of the level of arousal and pleasure during the 7 days of intervention measured with the Affective Slider questionnaire (data presented individually by participant).