

Table S1. Attitude to Healthy Behavior Questionnaire

<b><i>Following are a series of ideas and/or beliefs, indicate your degree of agreement or disagreement with them, where:</i></b>				
<b>Statement</b>	<b>Strongly disagree</b>	<b>Moderately disagree</b>	<b>Moderately agree</b>	<b>Strongly agree</b>
Evito comer en exceso (I avoid overeating)				
Mantengo una dieta balanceada (I maintain a balanced diet)				
Suelo consumir alimentos bajos en azúcar (I tend to eat foods low in sugar)				
Procuro comer frutas y verduras a diario (I try to eat fruits and vegetables daily)				
Evito consumir bebidas azucaradas (I avoid sugary drinks)				
<b>Statement</b>	<b>Strongly disagree</b>	<b>Moderately disagree</b>	<b>Moderately agree</b>	<b>Strongly agree</b>
Realizo ejercicio constantemente (I exercise constantly)				
Me ejercito todas las semanas (I exercise every week)				
Procuro mantener rutinas de ejercicio (I try to maintain exercise routines)				
Hago actividad física dos o más veces por semana (I do physical activity two or more times a week)				

Strongly disagree = 1 and Strongly agree =4