

Supplementary Table 1. Protocol of Physical Activity

Monitoring of physical activity: physical activity will be monitored using pedometers

Time: Physical activity will take place every day, from Thursday to Sunday

Frequency: Physical activity will take place 4 times a day.

Types of physical activity: Aerobic (morning warming-up, nordic walking, swimming, aqua aerobics, exercise with fitballs) and anaerobic exercise (bodybuilding during circuit training, and other group exercises/games)

Concept of physical activity:

| | Thursday | Friday | Saturday | Sunday |
|--------------------|--|--|------------------------|--|
| Morning | Warm-up | Warm-up | Warm-up | Warm-up |
| Forenoon (a.m.) | Exercise with fitballs | Aqua aerobics | Swimming | Circuit training/ exercise with balls |
| Afternoon | Circuit training/ exercise with balls | Nordic Walking | Nordic Walking | Nordic Walking |
| Evening | Swimming | Circuit training/ exercise with balls | Exercise with fitballs | Aqua aerobics |

Morning warm-up (duration of 30 minutes)

- 5-7 min. - running and jumping
- 15 min. - exercises for stretching of the upper and lower limbs, torso, back and buttocks
- 7-10 min. - collective games and competitions or dancing

Circuit training (duration of 30 minutes)

- 10 min. - aerobic heating (jumps in place, warming up on an aerobic machine - bicycle, belt)
- 5 min. - exercises for stretching of the upper and lower limbs, torso, back and buttocks
- 35 min. - individual site - strengthening with their own weight (use of dumbbells, balls, bosu balls, rubber to stretching, etc.)
- 10 min. - exercises for stretching of the upper and lower limbs, trunk, back and buttocks

Nordic Walking – (duration of 120 minutes)

- 10 min.- stretching the body, exercises with sticks
- 100 min. – Nordic Walking - walking speed 4 - 5 km per hour + necessary pauses
- 10 min. - exercises for stretching of the upper and lower limbs, torso, back and buttocks

Swimming/ Aqua aerobics (duration of 50 minutes)

- 10 min. - heating in the water (exercises in water, ball games in water)
- 40 min. – swimming, exercise in the water with music