

Supplemental material

Table S1: Recommendations during lockdown and/or domestic isolation[11]

| Aerobic training/endurance training | | | | | | |
|-------------------------------------|--|---------------|--|---|---|--|
| Population | | Intensity | | Frequency | Examples | |
| Without pre-existing conditions | | moderate | 70–90% ¹ HRmax | 3–7 sessions/week at 30–60 min (150 min/week) | walking, running/jogging, swimming, cycling, circuit training | |
| With pre-existing conditions | | low | 40–59% ¹ HRmax | 5–7 sessions/week at 30 min (150 min/week) | | |
| Athletes | | moderate | 75–80% ¹ HRmax | 3–4 sessions/week at 60 min | | |
| Strength training | | | | | | |
| Adults | | moderate | 30–50% ² RM1 [up to 80%] with light weights | 2–3 sessions/week at 30 min with 2–3 sets at 20 repetitions or 1–2 sets at 5–15 repetitions | Stair climbing, push-ups, squats, dumbbells, abdominal training | |
| ≥ 65 yrs. | | moderate | 30–50% ² RM1 | 2–3 sessions/week at 15 minutes. 3 Sets at least 12 repetitions | | |
| Balance and meditation | | | | | | |
| ≥ 18 yrs. | | not specified | | 2–3 sessions/week | Line walking, tip-toeing on unstable elements, tai chi | |

¹ HRmax = maximum heart rate (220-age in years without beta block); ² RM1 = one-repetition-maximum

(1 repetition, which can be completed with maximum weight)

Table S2: Severity of somatic symptoms (in relation to different factors/groups)

| Severity of Symptoms | | B | Standard error | Significance | OR | 95% Confidence interval | |
|---------------------------------------|---------------|--------|----------------|--------------|-------------|-------------------------|-------------|
| Nagelkerke Pseudo-R ² 5,4% | | | | | | Lower limit | Upper limit |
| Mild | Age (in yrs.) | -0.004 | 0.004 | .329 | 1.00 | 0.99 | 1.00 |
| | Sex | -0.278 | 0.119 | .020 | 0.76 | 0.60 | 0.96 |

| | | | | | | | |
|-----------------|--|--------|-------|------------------|-------------|------|------|
| | Chronic diseases yes/no | -0.313 | 0.149 | .036 | 0.73 | 0.55 | 0.98 |
| | Physically active pre- pandemic yes/no | -0.022 | 0.131 | .867 | 0.98 | 0.76 | 1.27 |
| | Physically active during quarantine | -0.419 | 0.14 | .003 | 0.66 | 0.50 | 0.87 |
| | Physically inactive during quarantine | 0 | . | . | Ref. | . | . |
| Moderate | Age (in yrs.) | -0.009 | 0.004 | .033 | 0.99 | 0.98 | 1.00 |
| | Sex | -0.385 | 0.12 | .001 | 0.68 | 0.54 | 0.86 |
| | Chronic diseases yes/no | -0.199 | 0.151 | .189 | 0.82 | 0.61 | 1.10 |
| | Physically active pre- pandemic yes/no | -0.055 | 0.131 | .674 | 0.95 | 0.73 | 1.22 |
| | Physically active during quarantine | -0.931 | 0.149 | < .001 | 0.39 | 0.29 | 0.53 |
| | Physically inactive during quarantine | 0 | . | . | Ref. | . | . |
| Severe | age (in yrs.) | -0.002 | 0.005 | .713 | 1.00 | 0.99 | 1.01 |
| | Sex | -0.624 | 0.135 | < .001 | 0.54 | 0.41 | 0.70 |
| | Chronic diseases yes/no | -0.688 | 0.158 | < .001 | 0.50 | 0.37 | 0.69 |
| | Physically active pre- pandemic yes/no | 0.045 | 0.143 | .753 | 1.05 | 0.79 | 1.38 |
| | Physically active during quarantine | -1.367 | 0.193 | < .001 | 0.26 | 0.18 | 0.37 |
| | Physically inactive during quarantine | 0 | . | . | Ref. | . | . |

Table S3: Psychological symptoms (in relation to different factors/groups)

| Psychological symptoms | B | Standard error | Significance | OR | 95% Confidence interval | |
|---|-------|----------------|--------------|-------------|-------------------------|-------------|
| | | | | | Lower limit | Upper limit |
| Nagelkerke Pseudo-R² 3,5% | | | | | | |
| Age (in yrs.) | 0.003 | 0.004 | .510 | 1.00 | 0.99 | 1.01 |
| Sex | 0.419 | 0.127 | .001 | 1.52 | 1.19 | 1.95 |

| | | | | | | |
|--|----------|-------|--------|-------------|------|------|
| Chronic diseases yes/no | 0.552 | 0.133 | < .001 | 1.74 | 1.34 | 2.25 |
| Physically active pre-pandemic yes/no | 0.011 | 0.129 | .933 | 1.01 | 0.79 | 1.30 |
| Physically active during quarantine | -0.725 | 0.198 | < .001 | 0.48 | 0.33 | 0.71 |
| Physically inactive during quarantine | 0 | | | Ref. | | |

Table S4: Persistent symptoms (in relation to different factors/groups)

| | B | Standard error | Significance | OR | 95% Confidence interval | |
|--|----------|-----------------------|---------------------|-------------|--------------------------------|--------------------|
| | | | | | Lower limit | Upper limit |
| Nagelkerke Pseudo-R² | | | | | | |
| 3.1% | | | | | | |
| Age (in yrs.) | -0.003 | 0.007 | .715 | 1.00 | 0.98 | 1.01 |
| Sex | 0.473 | 0.206 | .022 | 1.60 | 1.07 | 2.40 |
| Chronic diseases yes/no | 0.317 | 0.218 | .147 | 1.37 | 0.90 | 2.11 |
| Physically active pre-pandemic yes/no | 0.123 | 0.206 | .549 | 1.13 | 0.76 | 1.70 |
| Physically active during quarantine | -1.441 | 0.427 | <.001 | 0.24 | 0.10 | 0.55 |
| Physically inactive during quarantine | 0 | | | Ref. | | |