Supplementary Material

## Supplementary Figures

**Supplementary Figure 1.** Analysis of the effect of the intervention by Training Center on the parameters of subjective happiness

Gráfico, Gráfico de líneas

Descripción generada automáticamente

Gráfico, Gráfico de líneas

Descripción generada automáticamente

**Supplementary Figure 2.** Analysis of the effect of the intervention according to the Sports Center on self-perceived health parameters

Gráfico, Gráfico de líneas

Descripción generada automáticamente

**Supplementary Figure 3.** Analysis of the effect of the intervention according to sex on the parameters of subjective happiness levels





**Supplementary Figure 4.** Analysis of the effect of the intervention according to sex on self-perceived health parameters

Gráfico, Gráfico de líneas

Descripción generada automáticamente