Supplementary Material

## Supplementary Figures

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





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



**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

