**Supplementary file**

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| Table S1: Factor structure and loadings for exercise and sport activities | | | |
|  | Weight sensitive sports | Aesthetical sports | General exercise and sport |
| Eigenvalue | 2.43 | 1.59 | 1.04 |
| Explained variance (%) | 24.33 | 15.88 | 10.36 |
| Strength/power sports | .710 |  |  |
| Fitness | .689 |  |  |
| Martial arts | .603 |  |  |
| CrossFit | .526 |  |  |
| Dance |  | .776 |  |
| Yoga |  | .697 |  |
| Aesthetical sports |  | .617 |  |
| Endurance exercise |  |  | .790 |
| Resistance exercise |  |  | .738 |
| Ball sports |  |  | .575 |
|  |  |  |  |