

DIPPAO randomized controlled trial: study protocol

SUPPLEMENTARY ONLINE MATERIAL 2***Exclusion criteria***

Participants will be excluded if they meet anyone of the following criteria that limit their ability to use the app or perform exercise:

- Medical or surgical history judged by the investigator to be incompatible with the study.
- Subject with an unstable psychiatric condition.
- Pregnant or breastfeeding women.
- Heavy alcohol consumption (> 2 to 3 drinks per day depending on gender) or drug addiction.
- Disability or contraindication to PA.
- Subject with cardiorespiratory and/or osteoarticular disorders that limit their ability to perform physical tests or moderate PA for 30 minutes.
- Subject with progressive cardiovascular or neoplastic disease.
- Subject who has presented a major infection in the 3 months prior to inclusion.
- Subject with a known neuro-muscular pathology (i.e., myopathy, myasthenia, rhabdomyolysis, paraplegia, hemiplegia).
- Subject with chronic or acute inflammatory pathology within 3 months prior to inclusion.
- Subject diagnosed and/or treated for schizophrenia, bipolar disorder, major depression.
- Subject deprived of their liberty by judicial or administrative decision.
- Subject refusing to sign the written consent to participate.
- Subject participating in another study.