Table S2 - Supplementary material: Distribution of Diet and physical activities of the participants (absolute frequency)

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
|  | **Group** | **Non-meditators** | **Regular meditators** | **Significance** |
| Specific category of diet | Vegan | 1 | 2 | 0.583F |
| Lacto/ Ovo-lacto vegetarian | 2 | 3 |
| Eat meat | 12 | 8 |
| Physical activity | Yes | 10 | 8 | 1.000F |
| No | 5 | 5 |
| Category of physical activity | Aerobic | 7 | 2 | 0.214F |
| Streching | 2 | 4 |
| More than one category of activity | 1 | 2 |
| Weekly time of physical activity | <120 min | 2 | 1 | 0.214F |
| 121 to 240 min | 6 | 2 |
| >120 min | 2 | 5 |

**Legend:** F Fisher's Exact Test.