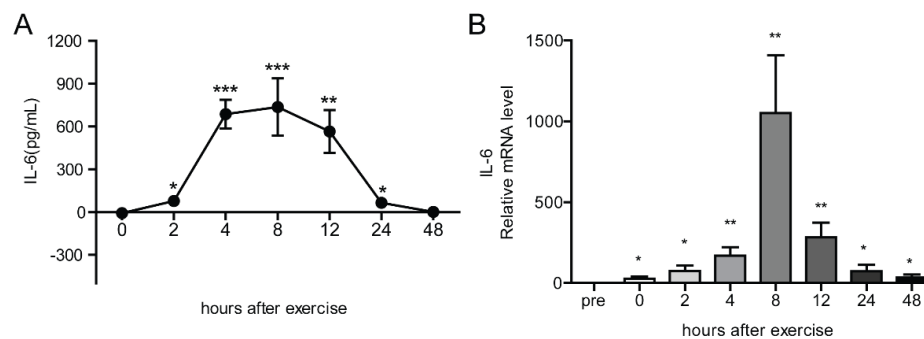


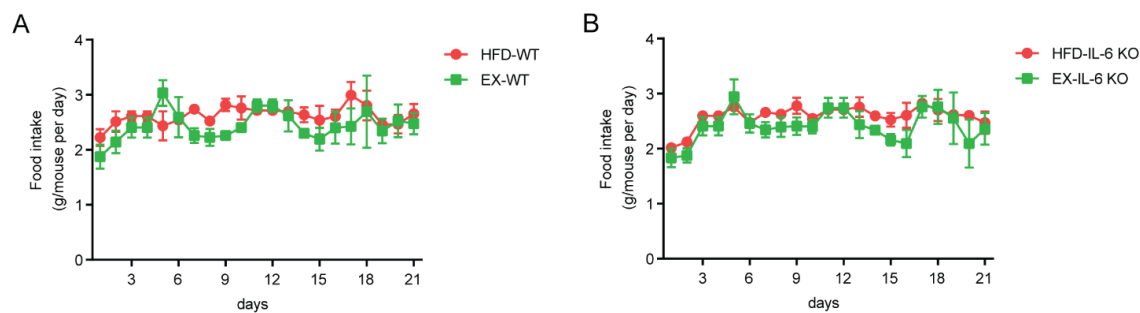
Supplementary Material

Supplementary Figure 1



Supplementary Figure 1. Effect of a single exercise training on IL-6 expression. (A) Plasma IL-6 concentrations and (B) muscle IL-6 mRNA expression in C57BL/6 mice after a single exercise training. Data represent the mean \pm SEM. * $P < 0.05$ compared with the control group, ** $P < 0.01$ compared with the control group, *** $P < 0.001$ compared with the control group

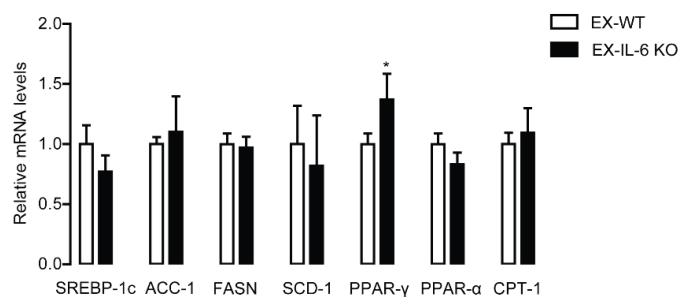
Supplementary Figure 2



Supplementary Figure 2. Effect of exercise training on food intake. Food intake per mouse in HFD group and EX group of WT mice (A) and IL-6^{-/-} mice (B). Data represent the mean \pm SEM, n = 6-8 in each group.

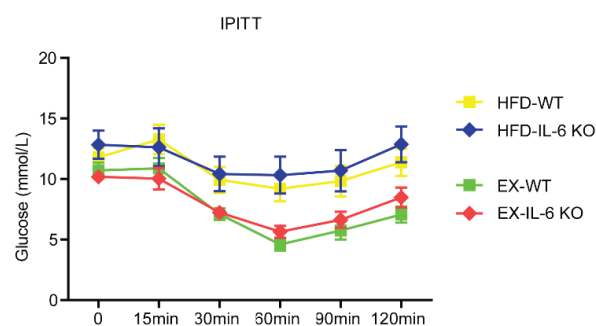
Supplementary Figure 3

Supplementary Material



Supplementary Figure 3. The expression of lipogenic genes in liver samples after HFD feeding and exercise training. Hepatic mRNA levels of SREBP-1c, ACC-1, FASN, SCD-1, PPAR- γ , PPAR- α and CPT-1 analyzed by Real-time PCR. Data represent the mean \pm SEM, n = 6-8 in each group. * P < 0.05.

Supplementary Figure 4



Supplementary Figure 4. Effect of exercise training on HFD-induced insulin resistance. Intraperitoneal insulin tolerance test (IPITT) in HFD group and EX group of WT mice and IL-6^{-/-} mice. Data represent the mean \pm SEM, n = 6-8 in each group.