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Table S1. Wistar rats' weight used in the exercise protocol.

| Non- <br> exercised <br> $(\mathbf{n}=\mathbf{4})$ | Weight <br> $(\mathrm{g})$ | Low <br> exercised <br> $(\mathrm{n}=5)$ | Weight <br> $(\mathrm{g})$ | Moderate <br> exercised <br> $(\mathbf{n}=\mathbf{4})$ | Weight <br> $(\mathrm{g})$ | High <br> exercised <br> $(\mathbf{n}=5)$ | Weight |
| :--- | :---: | :--- | :---: | :--- | :---: | :--- | :---: |
| NE1 | 260 | L1 | 310 | M1 | 300 | H 1 | 270 |
| NE2 | 290 | L2 | 270 | M2 | 265 | H 2 | 255 |
| NE3 | 265 | L3 | 300 | M3 | 265 | H3 | 300 |
| NE4 | 275 | L4 | 280 | M4 | 330 | H4 | 313 |
|  |  | L5 | 315 |  |  | H5 | 285 |
| Average | $\mathbf{2 7 2 , 5}$ | Average | $\mathbf{2 9 5}$ | Average | $\mathbf{2 9 0}$ | Average | $\mathbf{2 8 4 , 6}$ |
| Std $\pm$ | $\mathbf{1 3 , 2}$ | Std $\pm$ | $\mathbf{1 8 , 3}$ | Std $\pm$ | $\mathbf{2 9 , 0}$ | Std $\pm$ | $\mathbf{2 1 , 8}$ |

