SUPPLEMENTARY DATA

Supplementary Figure 1. Daily energy intake and running distance in experimental mice.

Supplementary Figure 2. Exercise diminishes diet-induced adipose accumulation.
**Supplementary Figure 3.** Exercise confers benefits upon cardiac health even in the context of nutrient excess.
SUPPLEMENTARY DATA

Supplementary Figure 4. The effects of nutrient excess and exercise on liver composition and pathology.

A
Liver Weight (g)

B
Ceramides (pg/mg tissue)

C
Liver Triglycerides (mg/g)

D
ND
FFD
Sedentary
Exercise

E
Microvesicle Fat

F
Microvesicle Fat