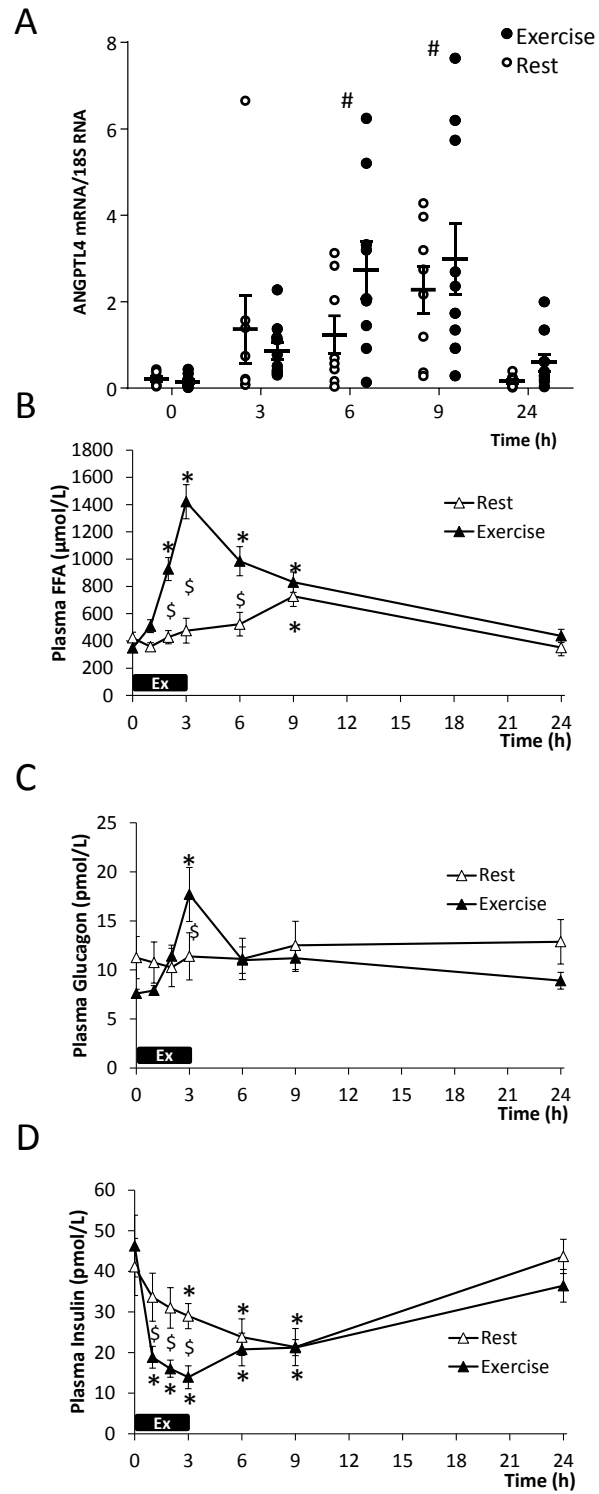


# Supplementals: Exercise vs. Fasting

Supplemental Figure 1.



Supplemental Figure 1. Two groups of healthy male subjects were studied after an overnight fast, where one group (n = 10) performed 3 h (0 – 3 h) of bicycling exercise and one group (n = 8) rested in bed. A: Angiopoietin-like protein 4 (ANGPTL4) mRNA content in skeletal muscle biopsies in the resting (○) and the exercising (●) group (Two-way ANOVA, Time:  $P < 0.0001$ , Group:  $P = 0.3404$ , Time x Group:  $P = 0.2024$ ). B-D: Response of plasma free fatty acids (FFA) (Two-way ANOVA, Time:  $P < 0.0001$ , Group:  $P = 0.0010$ , Time x Group:  $P < 0.0001$ ), glucagon (Two-way ANOVA, Time:  $P = 0.0001$ , Group:  $P = 0.7648$ , Time x Group:  $P < 0.0001$ ), and insulin (Two-way ANOVA, Time:  $P < 0.0001$ , Group:  $P = 0.1362$ , Time x Group:  $P = 0.0114$ ) to exercise (▲) and resting (Δ). #: Significant changes from time point 0 h by 2-way ANOVA followed by a Dunnett's post hoc test; \$: Significant difference between groups. \*: Significant change from the 0 h time point by one-way ANOVA.  $P < 0.05$  was considered significant.