

Supplementary Table 5. Absolute values of relative fat mass and hormone concentration after exercise. Effect of social isolation.

Males	C-Sed	C-Ex	Iso-Sed	Iso-Ex
WAT gonadal (g/g BW)	0.0119 ± 0.0005	0.0119 ± 0.0007	0.0147 ± 0.010*	0.0146 ± 0.009*
WAT retro (g/g BW)	0.0103 ± 0.0007	0.0092 ± 0.0008	0.0123 ± 0.0006*	0.0132 ± 0.0018*
WAT inter (g/g BW)	0.0023 ± 0.0002	0.0020 ± 0.0002	0.0028 ± 0.0005	0.0025 ± 0.0003
Cort (ng/ml)	74.06 ± 21.37	148.12 ± 26.72	106.62 ± 31.14*	73.59 ± 14.43*
TSH (ng/ml)	2.06 ± 0.24	1.80 ± 0.26 ^{&}	2.40 ± 0.26	1.44 ± 0.15 ^{&}
T3 (ng/ml)	1.84 ± 0.14	2.15 ± 0.15	1.79 ± 0.07	1.67 ± 0.11*
T4 (mg/dl)	12.20 ± 0.80	12.29 ± 0.45 ^{&}	14.37 ± 0.85*	14.92 ± 1.39 ^{*&}
T4:T3 ratio	6.851 ± 0.676	5.907 ± 0.648	8.076 ± 0.524*	8.996 ± 0.719*
Females				
WAT gonadal (g/g BW)	0.0100 ± 0.0007 ^A	0.0065 ± 0.0006 ^A	0.0102 ± 0.0014 ^A	0.0095 ± 0.0015 ^{*A}
WAT retro (g/g BW)	0.0078 ± 0.0008 ^A	0.0060 ± 0.0007 ^A	0.0091 ± 0.0019 ^{*A}	0.0078 ± 0.0017 ^{*A}
WAT inter (g/g BW)	0.0035 ± 0.0004 ^A	0.0025 ± 0.0002 ^{&}	0.0034 ± 0.0004 ^A	0.0028 ± 0.0005 ^{&}
Cort (ng/ml)	255.56 ± 22.00 ^A	311.47 ± 72.61 ^A	133.52 ± 13.14 ^{*A}	184.28 ± 20.59 ^{*A}
TSH (ng/ml)	1.34 ± 0.14	1.83 ± 0.13 ^A	1.26 ± 0.14*	1.40 ± 0.10 ^{*A}
T3 (ng/ml)	0.76 ± 0.02 ^A	0.81 ± 0.04 ^{&A}	0.75 ± 0.02 ^A	0.82 ± 0.02 ^{&A}
T4 (mg/dl)	10.72 ± 1.04 ^A	11.01 ± 0.61 ^A	9.59 ± 0.59 ^A	8.29 ± 0.89 ^{*A}
T4:T3 ratio	14.259 ± 1.520 ^A	13.734 ± 0.828 ^A	12.936 ± 0.978 ^{*A}	10.237 ± 1.129 ^{*A}

At PND 63, group-housed (C) and isolated (Iso) rats were separated in two groups, one was left undisturbed (Sedentary, Sed) and the other was exposed to a running wheel in alternated days during the dark period. Sed group received the amount of food that Ex group. Results are expressed in mean ± SEM. Significant ANOVAs (Supplementary Table 2B) followed by post hoc: * $P < 0.05$ vs. C group; [&] $P < 0.05$ vs. Sed group; ^A $P < 0.001$ vs. Sex of same group.