

Supplemental Material

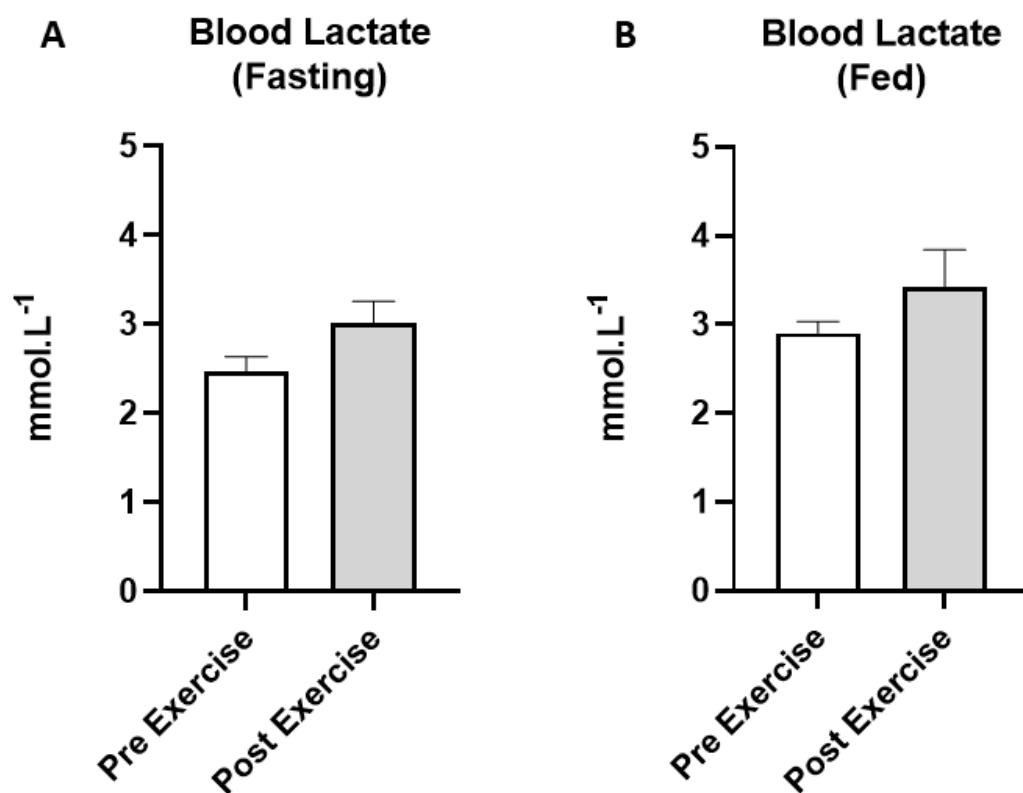


Figure S1. Blood lactate concentration in fasting (A) and fed (B) conditions of the rats before and after the exercise protocol. Data was analyzed by repeated *t* test. Results were considered different when $p < 0.05$.

Table S1. Results were expressed as mean \pm standard error or median (25–75 percentiles). Data were analyzed by two-way ANOVA (Bonferroni post hoc), or Kruskal-Wallis. Results were considered statistically different when $p < 0.05$. $p1$: statistical index for exercise (rest or exercise). $p2$: statistical index for fasting (fed or fasted). $p3$: statistical index for the interaction between exercise and fasting. Letters represent significant differences between each experimental group. Bold: significant differences.

Effects of fasting exercise on plasma biochemical profile, glycogen, lactate, triglycerides storage and muscle immunocontent of HSP70 and SIRT-1							
	Rest		Exercise		$p1$	$p2$	$p3$
	Fed (n=8)	Fasting (n=8)	Fed (n=7)	Fasting (n=7)			
Serum Glucose (mg.dL ⁻¹)	91.3 \pm 8.53	90.9 \pm 11.3	91.2 \pm 10.7	79.8 \pm 9.03	0.15	0.12	0.15
Serum Total Proteins (g.dL ⁻¹)	12.5 (11.8 - 12.7) a	13.4 (11.7 - 14.2) a	12.2 (11.7 - 12.9) a	10.9 (10.7 - 11.6) b	-	-	0.01
Serum Lactate (mmol.L ⁻¹)	8.27 \pm 1.38	8.53 \pm 1.29	7.91 \pm 1.51	7.76 \pm 0.81	0.25	0.89	0.67
Serum Total Cholesterol (mg.dL ⁻¹)	83.8 \pm 17.8 a	104.4 \pm 36.4 a	86.4 \pm 23.7 a	46.9 \pm 7.74 b	0.01	0.31	0.01
Serum Triglycerides (mg.dL ⁻¹)	193.7 \pm 77.6	248.7 \pm 107.2	173.7 \pm 89.6	69.9 \pm 11.5	0.01	0.43	0.02
Gastrocnemius Glycogen (mg.g of tissue ⁻¹)	0.37 (0.21 - 2.34)	0.27 (0.19 - 0.68)	0.43 (0.34 - 2.73)	0.27 (0.16 - 0.36)	-	-	0.23
Soleus Glycogen (mg.g of tissue ⁻¹)	1.41 \pm 0.69	0.40 \pm 0.18	1.36 \pm 0.76	0.58 \pm 0.38	0.77	0.01	0.58
Hepatic Glycogen (mg.g of tissue ⁻¹)	73.4 (60.6 - 80.2) a	57.3 (38.3 - 77.3) a,b	29.3 (24.1 - 62.3) b	47.5 (34.2 - 54.4) a,b	-	-	0.03
Heart Glycogen (mg.g of tissue ⁻¹)	0.04 \pm 0.02	0.04 \pm 0.03	0.03 \pm 0.02	0.04 \pm 0.01	0.96	0.35	0.39
Gastrocnemius Lactate (mg.g of tissue ⁻¹)	4.16 (1.33 - 6.42)	3.28 (0.84 - 5.41)	1.29 (0.87 - 4.65)	5.54 (2.74 - 6.29)	-	-	0.29
Soleus Lactate (mg.g of tissue ⁻¹)	2.50 \pm 0.76	2.00 \pm 0.79	2.53 \pm 1.52	2.65 \pm 0.35	0.36	0.60	0.39
Hepatic Lactate (mg.g of tissue ⁻¹)	0.94 \pm 0.23	1.13 \pm 0.31	1.22 \pm 0.33	1.13 \pm 0.56	0.30	0.71	0.31
Gastrocnemius Triglycerides (mg.g of tissue ⁻¹)	2.38 \pm 0.84	2.37 \pm 0.52	2.78 \pm 0.79	2.61 \pm 0.56	0.27	0.77	0.78
Soleus Triglycerides (mg.g of tissue ⁻¹)	2.93 (2.60 - 3.56) a	2.34 (2.20 - 2.94) b	2.56 (2.35 - 2.72) a,b	2.42 (2.01 - 3.01) b	-	-	0.04
Hepatic Triglycerides (mg.g of tissue ⁻¹)	14.7 \pm 3.29	13.2 \pm 2.33	13.2 \pm 4.65	14.0 \pm 4.15	0.83	0.79	0.41
Heart Triglycerides (mg.g of tissue ⁻¹)	4.67 \pm 0.38 a	5.25 \pm 0.51 b	5.46 \pm 0.62 b	4.52 \pm 0.44 a	0.88	0.33	0.00
Gastrocnemius HSP70 (AU)	0.30 \pm 0.09	0.30 \pm 0.09	0.42 \pm 0.10	0.48 \pm 0.17	0.00	0.56	0.48
Soleus HSP70 (AU)	0.40 \pm 0.06	0.29 \pm 0.05	0.52 \pm 0.04	0.49 \pm 0.16	0.00	0.05	0.25
Gastrocnemius SIRT-1 (AU)	0.25 \pm 0.13	0.28 \pm 0.11	0.38 \pm 0.04	0.48 \pm 0.27	0.01	0.26	0.52
Soleus SIRT-1 (AU)	0.38 \pm 0.07	0.28 \pm 0.13	0.40 \pm 0.09	0.48 \pm 0.19	0.02	0.87	0.05