

Treadmill workout activates PPAR α in the hippocampus to upregulate ADAM10, decrease plaques and improve cognitive functions in 5XFAD mouse model of Alzheimer's disease

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Running title: Treadmill protects the hippocampus via PPAR α

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Supplemental results

Figure S1. Upregulation of ADAM10 in the DG of Tg mice by treadmill exercise. Six-month-old Tg mice (n=6/group) were allowed to gently run on treadmill. After 2 months of treadmill exercise, DG sections were DAB-immunostained for ADAM10 (A). The density of cells expressing ADAM10 was quantified in dorsal (B), ventral (C) and DG (D) by using the Image J. A total of 24 cells (4 cells per section; one section per mouse; six mice per group) were used for Image J quantification. Statistical analyzes was conducted by using One-way ANOVA followed by Tukey's multiple comparison tests. *** $p < 0.001$.

Figure S2. Comparison of hippocampal volumes from the brain of non-Tg mice, Tg mice and Tg mice with treadmill running exercise. A) Photograph shows the coronal section containing stereology module grid to measure the volume of hippocampus using the Stereo Investigator software (MicroBrightfield) driving a motorized stage microscope. B) Hippocampal volumes (mm^3) of different groups of mice (n=6 per group). Results were statistically analyzed by One-way ANOVA followed by Tukey's multiple comparison tests. *** $p < 0.001$.

Figure S3. Treadmill exercise attenuates the burden of A β in the hippocampus of Tg-mice. Six to seven-month old Tg-mice (n=6/group) were allowed to perform the treadmill exercise. Using the 6E10 monoclonal antibody, the levels of A β proteins were examined in hippocampal homogenates of mice by the Western Blot (A). Actin was used as the loading control. All the protein bands were scanned and densitometric analysis representing mean \pm SD for A β levels are relative to non-Tg controls. (B, C) Quantification of relative A β level and CTF- β level in protein bands indicates - *** $p < 0.001$ (= 2.3700×10^{-5}) vs non-Tg mice; *** $p < 0.001$ (= 1.4300×10^{-5}) vs Tg-mice with treadmill exercise and *** $p < 0.001$ (= 0.0070) vs non-Tg mice; *** $p < 0.001$ (= 0.0032×10^{-5}) vs Tg-mice with treadmill exercise. (D, E) Hippocampal sections were double labeled using

Thio-S and A β 6E10 antibody for demonstrating the A β pathology in cortex and hippocampus region of mice with and without treadmill exercise. Results are mean \pm SD of six per group. All the quantification of A β plaques was performed using the Image J. Statistical analysis were conducted by using One-way ANOVA followed by Tukey's multiple comparison tests. Thio-S positive plaque in hippocampus and cortex region were further characterized for (F) the total area fraction (Thio-S area as a percentage of total hippocampal area) - ***** $p < 0.001 (=1.8100 \times 10^{-18})$ vs non-Tg mice and *** $p < 0.001 (=8.9453 \times 10^{-9})$ vs Tg-mice with treadmill exercise;** (G) the plaque count - ***** $p < 0.001 (=1.9361 \times 10^{-26})$ vs non-Tg mice and *** $p < 0.001 (=2.0106 \times 10^{-11})$ vs Tg-mice with treadmill exercise;** (H) the average plaque size - **$p < 0.001 (=4.6257 \times 10^{-14})$ vs non-Tg mice and *** $p < 0.001 (=9.9493 \times 10^{-7})$ vs Tg-mice with treadmill exercise.** ns – Non-significant.

Figure S4. Treadmill exercise upregulates the expression of PPAR α in cortex and hippocampus of Tg-mice. Tg-mice (6-7 month old), were initially trained to perform the treadmill exercise. Representative images of immunofluorescence staining showing NeuN (green) and PPAR α (red) in (A) cortex and (B) hippocampal CA1 region of mice. DAPI (blue) was used to stain nuclei. (C) Higher magnification of images shows significant expression of PPAR α (yellow) in center of NeuN+ cells and (D) Mean fluorescence intensity (MFI) analysis of PPAR α using the Image J indicates - ***** $p < 0.001 (=3.4162 \times 10^{-7})$ vs non-Tg mice; $p < 0.001 (=0.1103 \times 10^{-5})$ vs Tg-mice after treadmill exercise.** (E) Using the PPAR α monoclonal antibody, relative level of PPAR α were also examined in hippocampal homogenates of mice by Western Blot. Statistical analysis was conducted by using One-way ANOVA followed by Tukey's multiple comparison tests. (F) Quantification of relative PPAR α level in protein bands indicates - ***** $p < 0.001 (=5.1400 \times 10^{-5})$ vs non-Tg mice; *** $p < 0.001 (=0.00015)$ vs Tg-mice after treadmill exercise.** ns – Non-significant.

Figure S5. Treadmill exercise attenuates A β plaque pathology in Tg-mice via the PPAR α pathway. Six to seven month old Tg-mice and Tg^{APPAR α} mice (n=6/group) were allowed to perform the treadmill exercise. Campbell-Switzer Silver staining of hippocampal sections performed for demonstrating the A β pathology in cortex and hippocampal region of Tg-mice and Tg^{APPAR α} mice with and without treadmill exercise (A). A β plaque pathology characterized for number of plaques (B), density of plaques (C) and average size of plaques (D). Results are mean \pm SD of six per group. All the quantification of A β plaques performed using the Image J. Statistical analysis were conducted by using One-way ANOVA followed by Tukey's multiple comparison tests. The number of plaques in Cortex - *** p <0.001 (=1.4908x10⁻⁵) vs Non-Tg mice; *** p <0.001 (=0.0002) vs Tg-mice after treadmill exercise; ns (=0.8144) vs Tg^{APPAR α} mice after treadmill exercise and in hippocampus - *** p <0.001(=5.4492x10⁻⁵) vs Non-Tg mice; *** p <0.001 (=0.0018) vs Tg-mice after treadmill exercise; ns (=0.9954) vs Tg^{APPAR α} mice after treadmill exercise. The size of plaques - *** p <0.001 (=3.7900x10⁻³⁹) vs non-Tg mice; *** p <0.001 (=1.0900 x10⁻²³) vs Tg-mice after treadmill exercise; ns (=0.2829) vs Tg^{APPAR α} mice after treadmill exercise and the density of plaques - *** p <0.001(=1.6789x10⁻¹⁵) vs non-Tg mice; *** p <0.001 (=1.3098x10⁻¹¹) vs Tg-mice after treadmill exercise; ns (=0.7856) vs Tg^{APPAR α} mice after treadmill exercise. ns – Non-significant.

Figure S6. Treadmill exercise attenuates the memory deficits in Tg-mice via the PPAR α pathway. Six to seven-month old Tg-mice and Tg^{APPAR α} mice (n=6/group) were allowed to perform running exercise on the rotating treadmill. Following the treadmill exercise, behavioral tests such as Barnes maze, Novel-object recognition test and T-maze performed for assessing the memory functions of Tg-mice and Tg^{APPAR α} mice. Barnes maze test showing (A) representative heat maps, (B) latency to the goal box - *** p <0.001 (=1.050x10⁻⁶) vs Non-Tg mice; *** p <0.001

($=4.1200 \times 10^{-7}$) vs Tg-mice with treadmill exercise; ns ($=0.4404$) vs Tg^{PPAR α} mice with treadmill exercise, (C) Number of errors made - *** $p < 0.001$ ($=4.2660 \times 10^{-6}$) vs Non-Tg mice; *** $p < 0.001$ ($=7.8300 \times 10^{-5}$) vs Tg-mice with treadmill exercise; ns ($=0.2986$) vs Tg^{PPAR α} mice with treadmill exercise. Context-dependent hippocampal behavior was analyzed using the T-maze test showing (D) positive turns - *** $p < 0.001$ ($=1.233 \times 10^{-5}$) vs non-Tg mice; *** $p < 0.001$ ($=1.0081 \times 10^{-7}$) vs Tg-mice with treadmill exercise; ns ($=0.6189$) vs Tg^{PPAR α} mice with treadmill exercise and (E) negative turns - *** $p < 0.001$ ($=1.0021 \times 10^{-7}$) vs non-Tg mice; *** $p < 0.001$ ($=1.2165 \times 10^{-3}$) vs Tg-mice with treadmill exercise; ns ($=0.6019$) vs Tg^{PPAR α} mice with treadmill exercise. Novel-object recognition test showing (F) representative heat maps, (G) object exploration time - *** $p < 0.001$ ($=1.2128 \times 10^{-9}$) vs non-Tg mice; *** $p < 0.001$ ($=5.8675 \times 10^{-7}$) vs Tg-mice with treadmill exercise; ns ($=0.8433$) vs Tg^{PPAR α} mice with treadmill exercise. (H) Open field test demonstrating the velocity behavior in general locomotor activity of mice indicates - ns ($=0.1333$) vs non-Tg mice; ns ($=0.3011$) vs Tg-mice with treadmill exercise; ns ($=0.9398$) vs Tg^{PPAR α} mice with treadmill exercise. Results are mean \pm SD of six per group. Statistical analyzes was conducted by using one-way ANOVA followed by Tukey's multiple comparison tests. ns – Non-significant.

Figure S7. Treadmill exercise did not alter the PPAR β expression in cortex and hippocampus region of Tg- mice. Six- to seven-month-old Tg-mice (n=6/group) were allowed to perform exercise on rotating treadmill. Representative images of immunofluorescence staining showing NeuN (green) and PPAR β (red) in (A) cortex and (B) hippocampal CA1 region of mice with and without treadmill exercise. DAPI (blue) was used to stain nuclei. Using the PPAR β monoclonal antibody, PPAR β levels was also examined in hippocampal homogenates of mice by the Western Blot (C). Actin was used as the loading control. All the protein bands were scanned and densitometric analysis representing mean \pm SD for PPAR β levels relative to non-Tg controls. (D)

MFI analysis of PPAR β was performed using the Image J shows – ns (=0.2789) vs non-Tg mice; ns (=0.9739) vs Tg-mice after treadmill exercise. (E) Quantification of relative PPAR β level in protein bands indicates – ns (=0.3287) vs non-Tg mice; ns (0.9440) vs Tg-mice after treadmill exercise. Results are mean \pm SD of six per group. Statistical analysis was conducted by using One-way ANOVA followed by Tukey's multiple comparison tests. ns – Non-significant.

Figure S8. Generation of 5XFAD mice lacking PPAR β (Tg ^{Δ PPAR β}). Representative PCR of PPAR β , PSEN1 and APP transgene DNA expression in 5XFAD (Tg), PPAR β ^{-/-} and Tg ^{Δ PPAR β} mice.

Figure S9. Treadmill exercise results in upregulation of ADAM10 in Tg-mice independent of PPAR β . After the treadmill exercise, Tg and Tg ^{Δ PPAR β} mice sacrificed for monitoring the level of *p*ADAM10 and *m*ADAM10 in hippocampal homogenates by Western Blot using the monoclonal ADAM10 antibody (A). Actin was used as the loading control. Bands were scanned and densitometric analysis for *p*ADAM10 and *m*ADAM10 levels relative to Non-Tg controls performed using the NIH Image J Software. Results are mean \pm SD of six per group. Statistical analysis was conducted by using One-way ANOVA followed by Tukey's multiple comparison tests. (B, C) Quantification of relative *p*ADAM10 and *m*ADAM10 level in protein bands are mean \pm SD of six per group indicates - for *p*ADAM10 – $p < 0.001$ (=0.0014) vs Non-Tg mice; $p < 0.001$ (=0.0003) vs Tg-mice after treadmill exercise; *** p (=0.0004) vs Tg ^{Δ PPAR β} mice after treadmill exercise and *m*ADAM10 - *** $p < 0.001$ (=0.0008) vs non-Tg mice; *** $p < 0.001$ (=0.0016) vs Tg-mice after treadmill exercise; *** p (=0.0007) vs Tg ^{Δ PPAR β} mice after treadmill exercise. Abbreviations: *p*ADAM10 - proADAM10; *m*ADAM10 – mature ADAM10; ns – Non-significant.

Figure S10. Treadmill exercise attenuates the burden of A β in Tg-mice and Tg^{APPAR β} mice.

Six to seven-month old Tg-mice and Tg^{APPAR β} mice (n=6/group) were allowed to perform running exercise on rotating treadmill. After treadmill exercise, mice were sacrificed and Diaminobenzidine staining of hippocampal brain sections were performed using the monoclonal 82E1 antibody for demonstrating the A β pathology in cortex and hippocampus region of mice with and without treadmill exercise (A). The A β plaque pathology was characterized for number of plaques (B), average size of plaques (C) and density of plaques (D). Results are mean \pm SD of six per group. All the quantification of A β plaques was performed using the Image J. Statistical analysis were conducted by using One-way ANOVA followed by Tukey's multiple comparison tests. The number of plaques in hippocampus region - *** p <0.001 (=6.2981x10⁻⁵) vs non-Tg mice; *** p <0.001(=0.0008) vs Tg-mice, *** p <0.001 (0.0062) vs Tg^{APPAR β} mice after treadmill exercise. The size of plaques - *** p <0.001 (=2.574x10⁻⁴) vs Non-Tg mice; *** p <0.001 (=6.8685x10⁻¹³) vs Tg-mice after treadmill exercise; *** p <0.001 (=1.1085x10⁻¹³) vs Tg^{APPAR β} mice and density of plaques - *** p <0.001(=3.9723x10⁻²²) vs Non-Tg mice; *** p <0.001(=9.5411x10⁻¹⁴) vs Tg-mice after treadmill exercise; *** p <0.001 (=9.2455x10⁻²³) vs Tg^{APPAR β} mice after treadmill exercise. ns – Non-significant.

Figure S11. Treadmill exercise reduces the levels of A β ₁₋₄₀ and A β ₁₋₄₂ in serum and hippocampus of Tg-mice via PPAR α , but not PPAR β . After treadmill exercise, ELISA quantification of A β ₁₋₄₀ (A, C, E) and A β ₁₋₄₂ (B, D, F) was performed in serum (A, B), TBS (C, D) and TBS+Triton X-100 (E, F) extracted hippocampal tissues. Six to seven-month old mice (n=6 per group) were used in two independent experiments. ** p <0.01 and *** p <0.001 versus Non-Tg mice; *** p <0.01 and p <0.001 versus Tg-mice with treadmill exercise and ** p <0.01 versus Tg^{APPAR β} mice with treadmill exercise by sample t-tests. ns – Non-significant.

Figure S12. Treadmill exercise attenuates the memory deficits in Tg^{APPAR β} mice. Tg-mice and Tg^{APPAR β} mice (6-7-month-old; n=6/group) were allowed to perform running exercise on rotating treadmill. After treadmill exercise, behavioral tests such as Barnes maze, Novel-object recognition test, and T-maze were conducted for assessing the memory functions of Tg-mice and Tg^{APPAR β} mice. (A) Barnes maze test showing representative heat maps, (B) latency to the goal box - *** $p < 0.001$ ($=1.051 \times 10^{-6}$) vs non-Tg mice; *** $p < 0.001$ ($=4.1200 \times 10^{-7}$) vs Tg-mice after treadmill exercise; $p < 0.001$ ($=1.4812 \times 10^{-5}$) vs Tg^{APPAR β} mice after treadmill exercise, (C) Number of errors made - *** $p < 0.001$ ($=7.0594 \times 10^{-6}$) vs non-Tg mice; *** $p < 0.001$ ($=7.8300 \times 10^{-5}$) vs Tg-mice after treadmill exercise; *** $p < 0.001$ ($=0.0003$) vs Tg^{APPAR β} mice after treadmill exercise. Analysis of context-dependent hippocampal behavior using the T-maze test shows (D) positive turns - *** $p < 0.001$ ($=1.5100 \times 10^{-7}$) vs non-Tg mice; *** $p < 0.001$ ($=1.1800 \times 10^{-6}$) vs Tg-mice after treadmill exercise; $p < 0.001$ ($=0.0001$) vs Tg^{APPAR β} mice with treadmill exercise and (E) negative turns - *** $p < 0.001$ ($=1.5100 \times 10^{-7}$) vs non-Tg mice; *** $p < 0.001$ ($=1.0080 \times 10^{-6}$) vs Tg-mice with treadmill exercise; $p < 0.001$ ($=0.0013$) vs Tg^{APPAR β} mice with treadmill exercise. (F) Novel-object recognition test showing representative heat maps, (G) object exploration time - *** $p < 0.001$ ($=0.0002$) vs non-Tg mice; *** $p < 0.001$ ($=0.0016$) vs Tg-mice with treadmill exercise; $p < 0.001$ ($=0.0012$) vs Tg^{APPAR β} mice with treadmill exercise. (H) Open field test demonstrating the velocity in general locomotor behavior of mice indicates - ns ($=0.1029$) vs non-Tg mice; ns ($=0.2982$) vs Tg-mice with treadmill exercise; ns ($=0.3826$) vs Tg^{APPAR β} mice with treadmill exercise. Results are mean \pm SD of six per group. Statistical analyzes were performed by using one-way ANOVA followed by Tukey's multiple comparison tests. ns – Non-significant.

Figure S13. Treadmill exercise upregulates the PPAR γ expression in cortex and hippocampus region of Tg-mice. Six to seven-month old mice (n=6/group) were allowed to

perform running exercise on rotating treadmill. Representative images of immunofluorescence staining showing NeuN (green) and PPAR γ (red) in (A) cortex and (B) hippocampal CA1 region of Tg-mice with and without treadmill exercise. DAPI (blue) was used to stain nuclei. (C) MFI analysis of PPAR γ using the Image J was performed in mice after treadmill exercise and compared to non-exercise group of mice – *** $p < 0.001$ ($=1.5370 \times 10^{-7}$) vs Non-Tg mice and *** $p < 0.001$ ($=1.4200 \times 10^{-6}$) vs Tg-mice with treadmill exercise. (D) Using the PPAR γ monoclonal antibody, we examined the level of PPAR γ in hippocampal homogenates of mice by the Western Blot. Actin was used as the loading control. Bands were scanned and densitometric analysis representing mean \pm SD for PPAR γ levels was studied relative to non-Tg controls. Results are mean \pm SD of six per group. Statistical analyzes was conducted by using one-way ANOVA followed by Tukey's multiple comparison tests. (E) Quantification of relative PPAR α level in protein bands indicates - *** $p < 0.001$ ($=5.1400 \times 10^{-5}$) vs non-Tg mice; *** $p < 0.001$ ($=0.0015$) vs Tg-mice with treadmill exercise. ns – Non-significant.

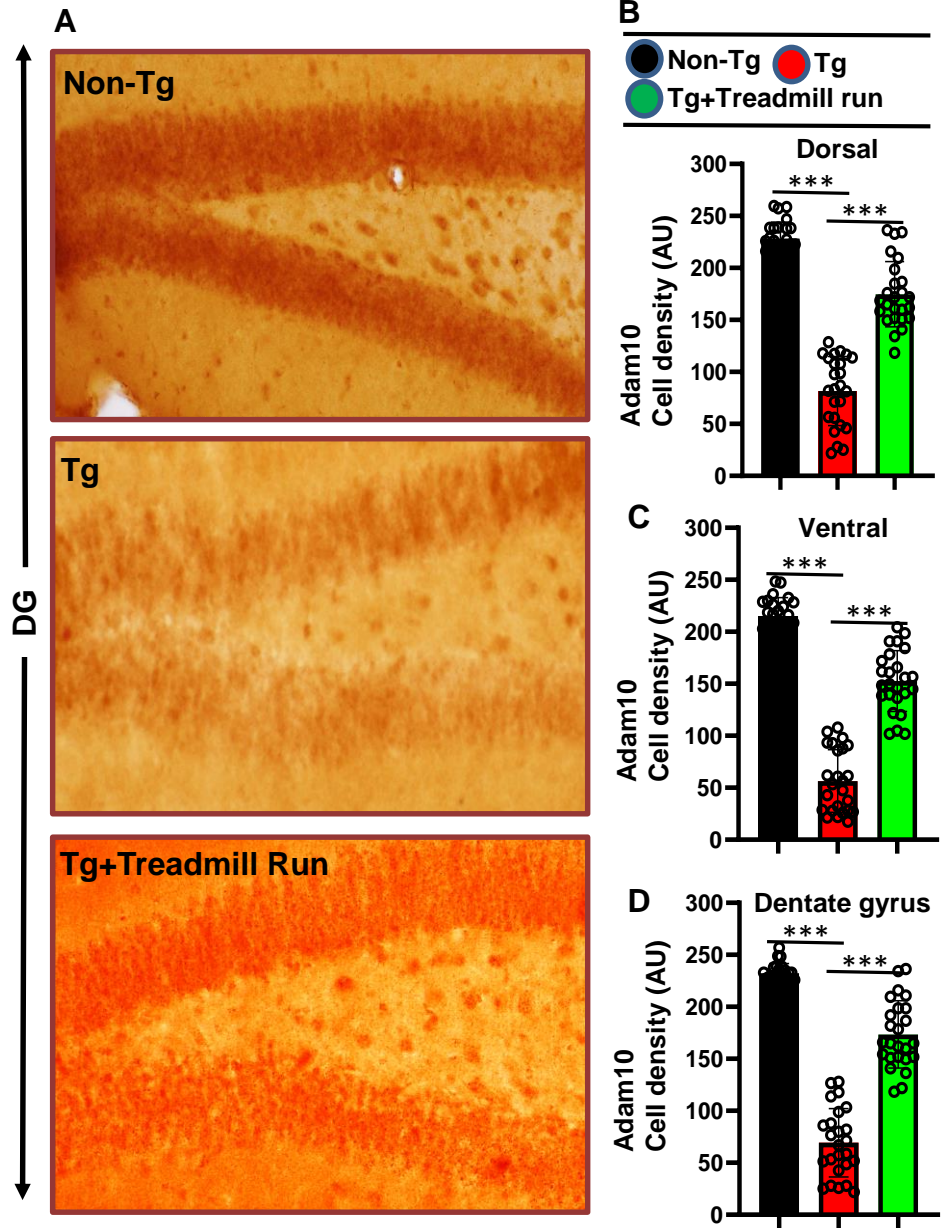
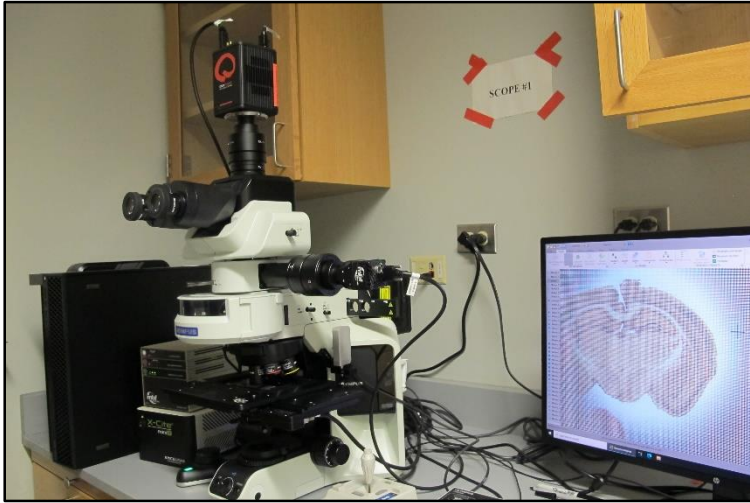


Figure S1

A



● Non-Tg ● Tg ● Tg+Treadmill run

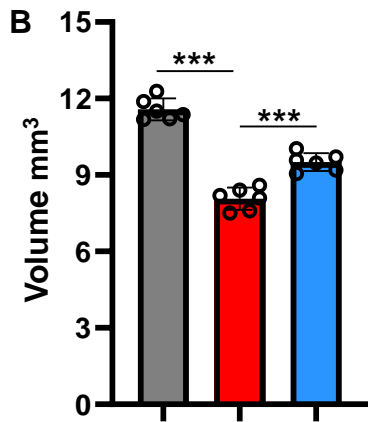


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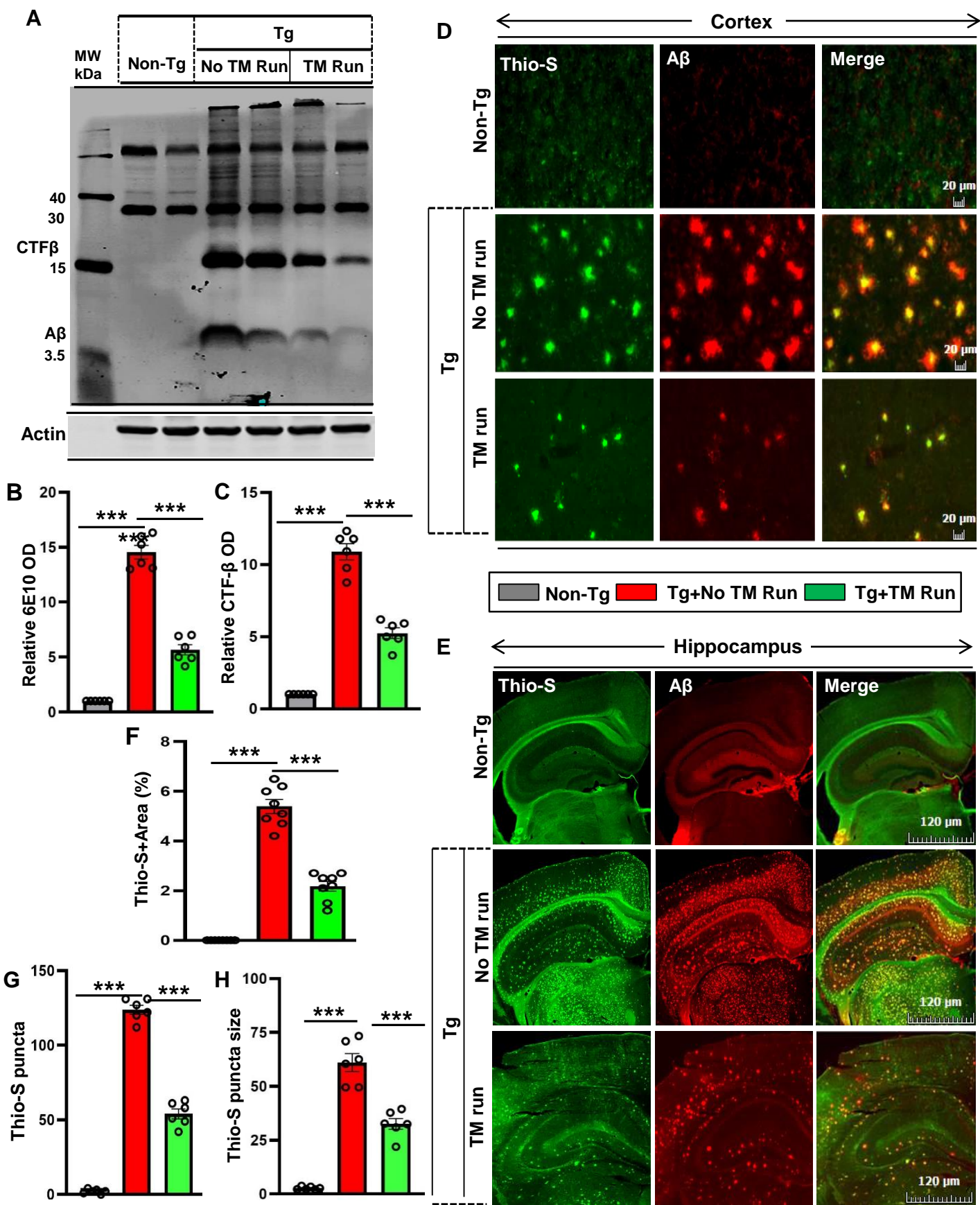


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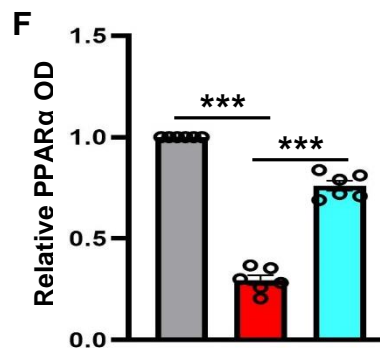
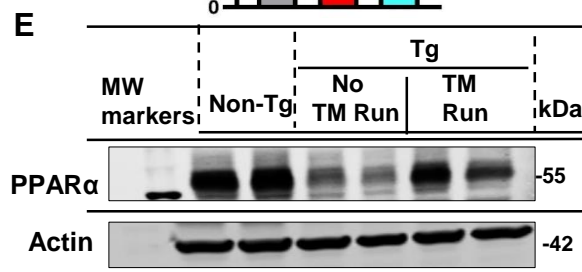
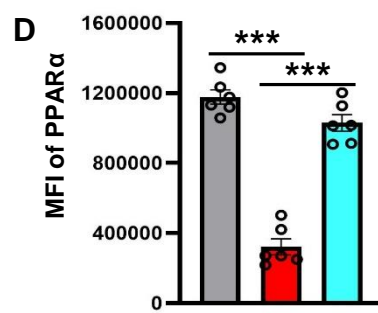
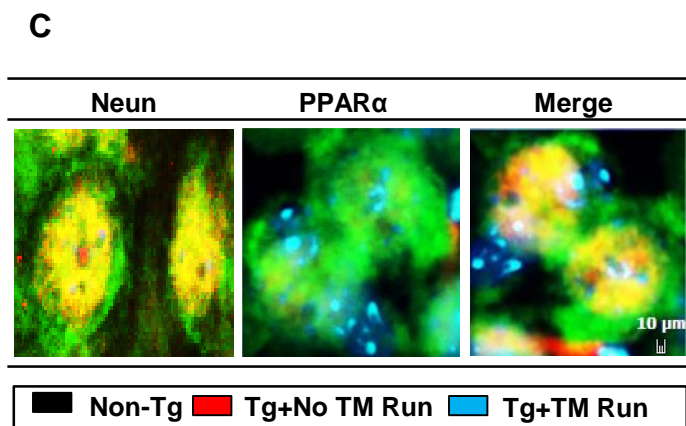
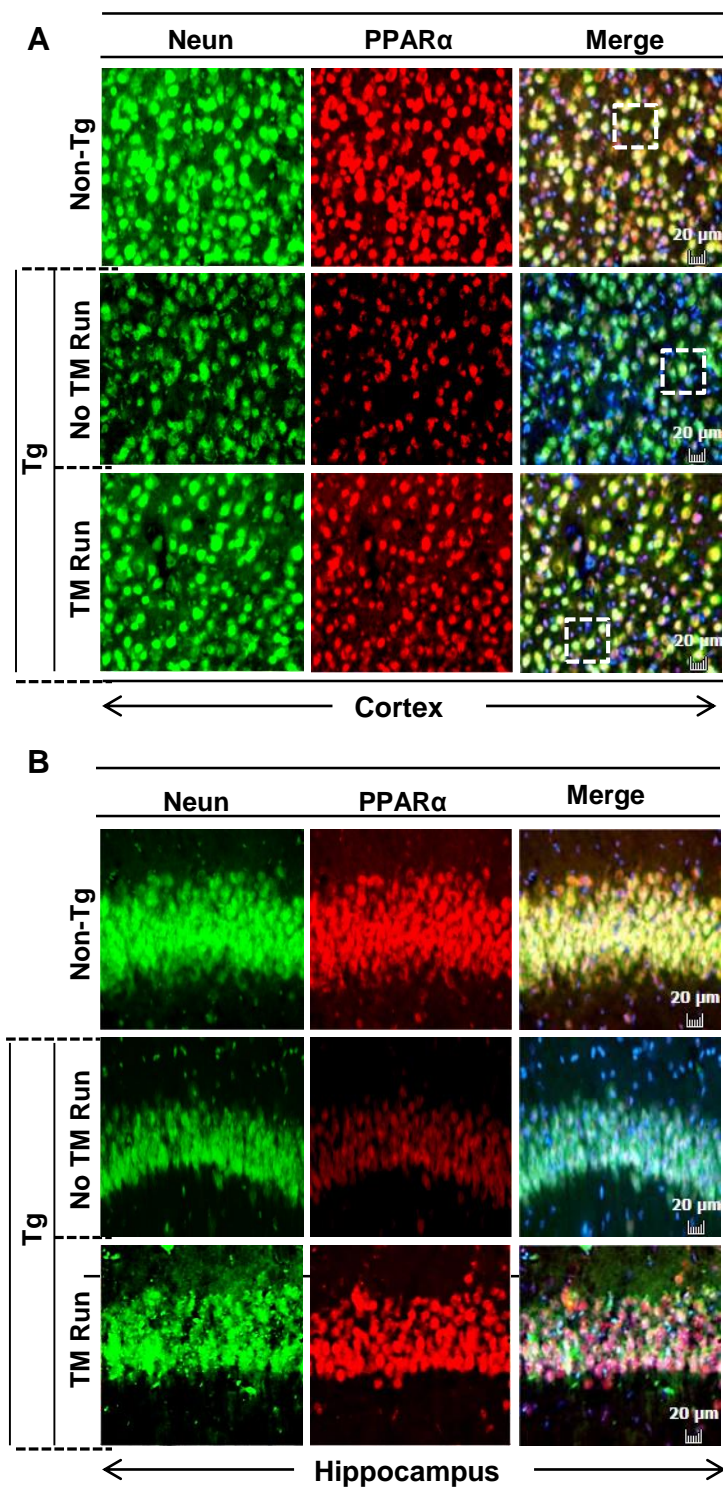


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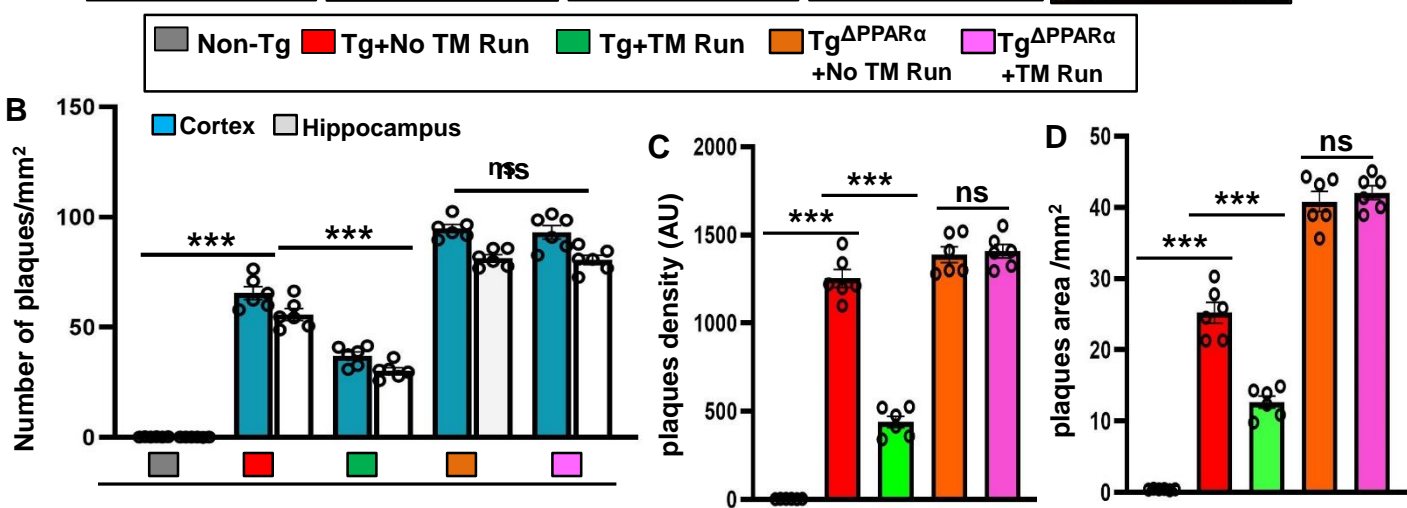
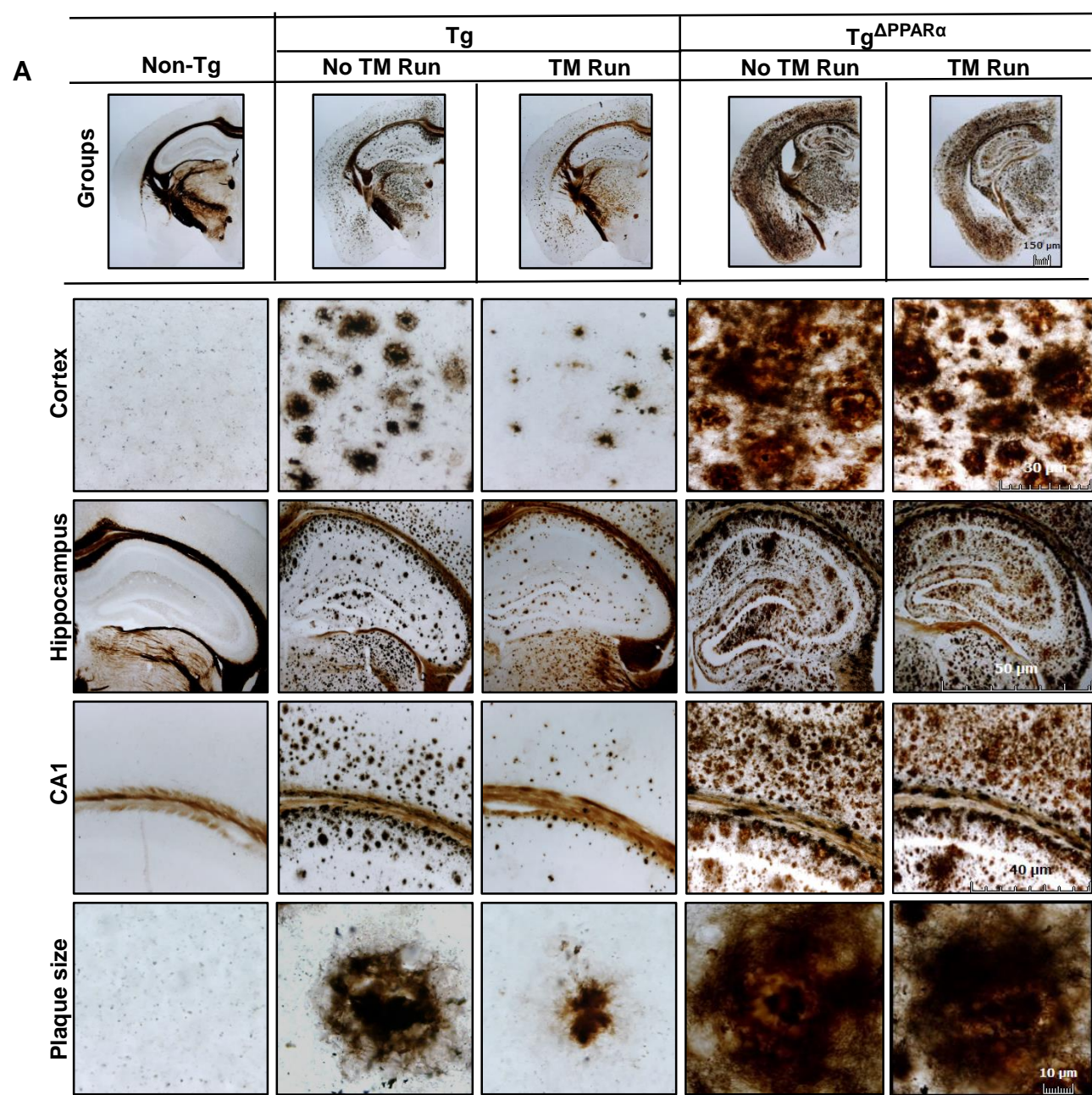


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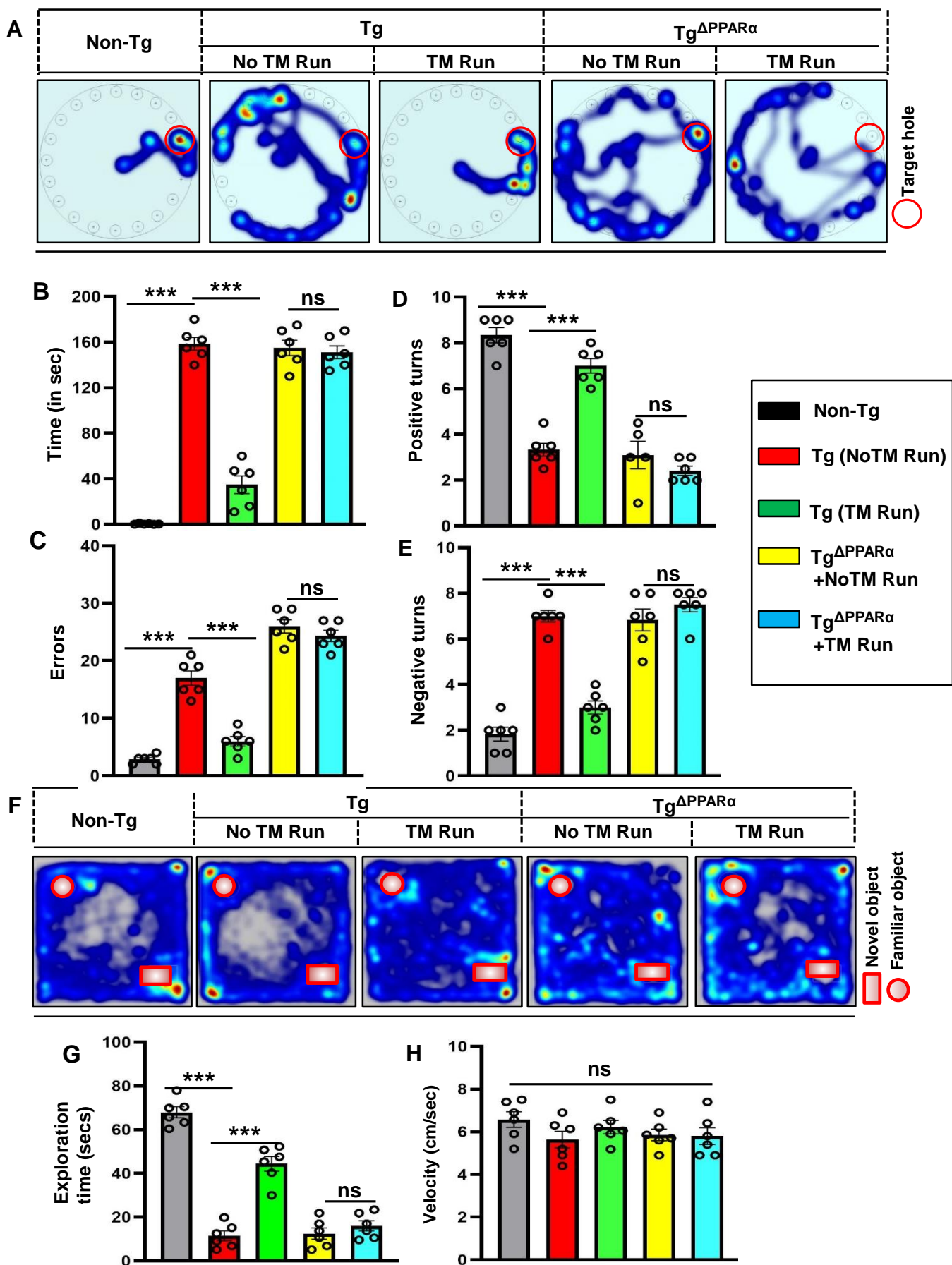


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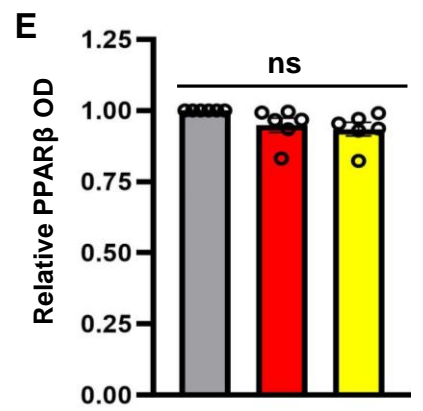
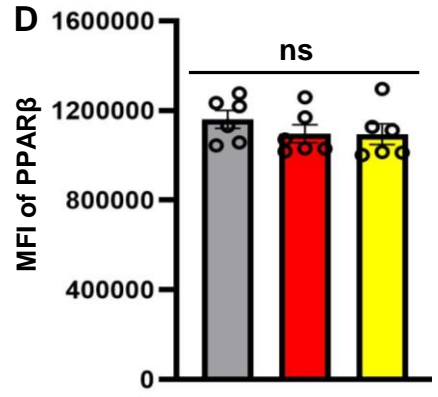
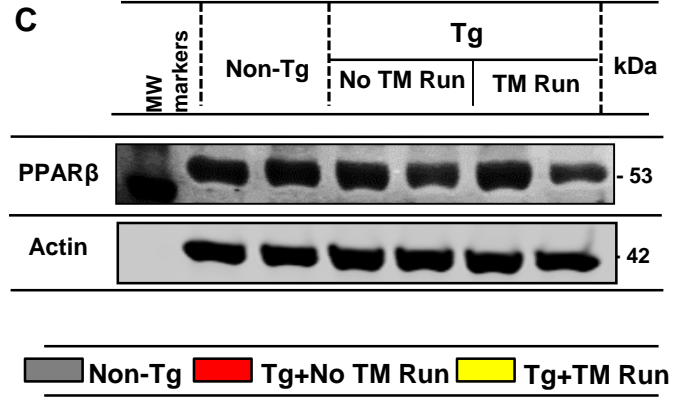
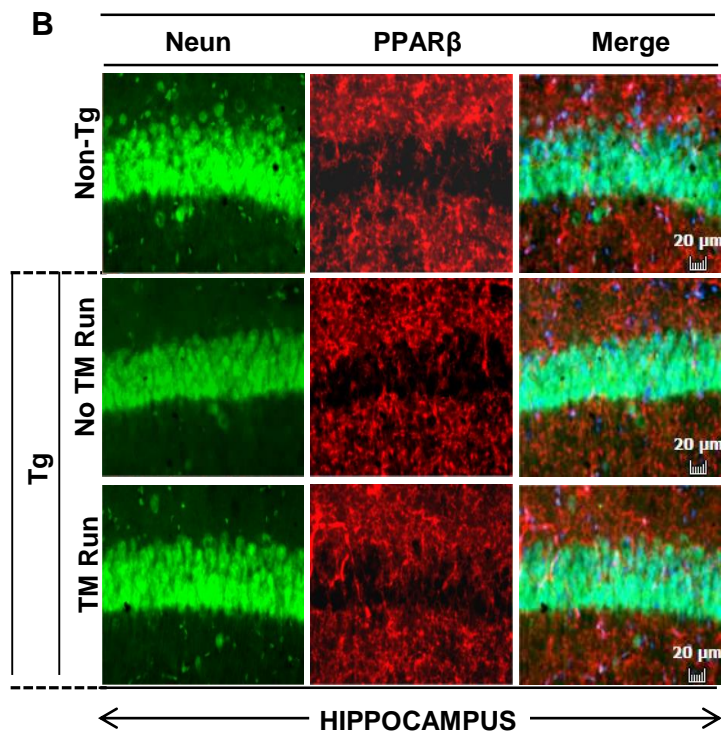
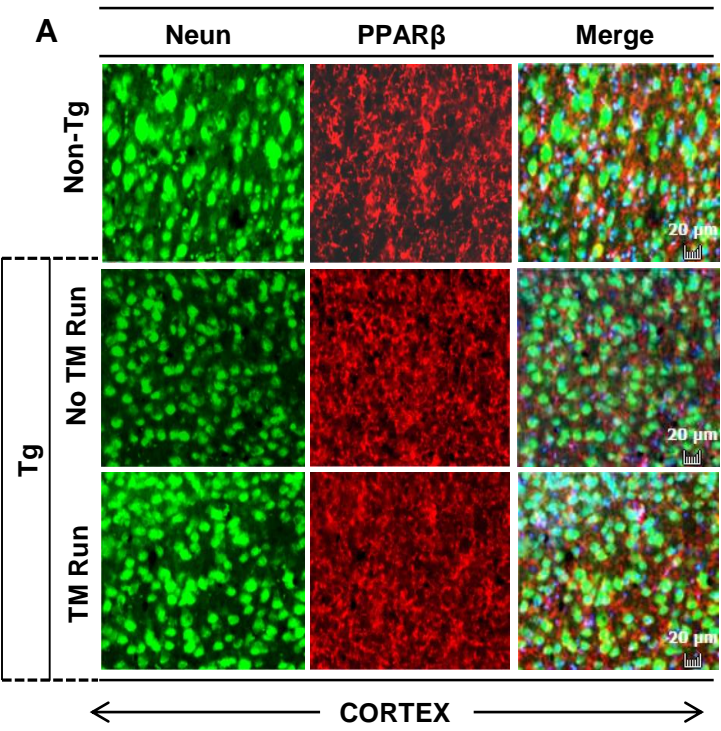


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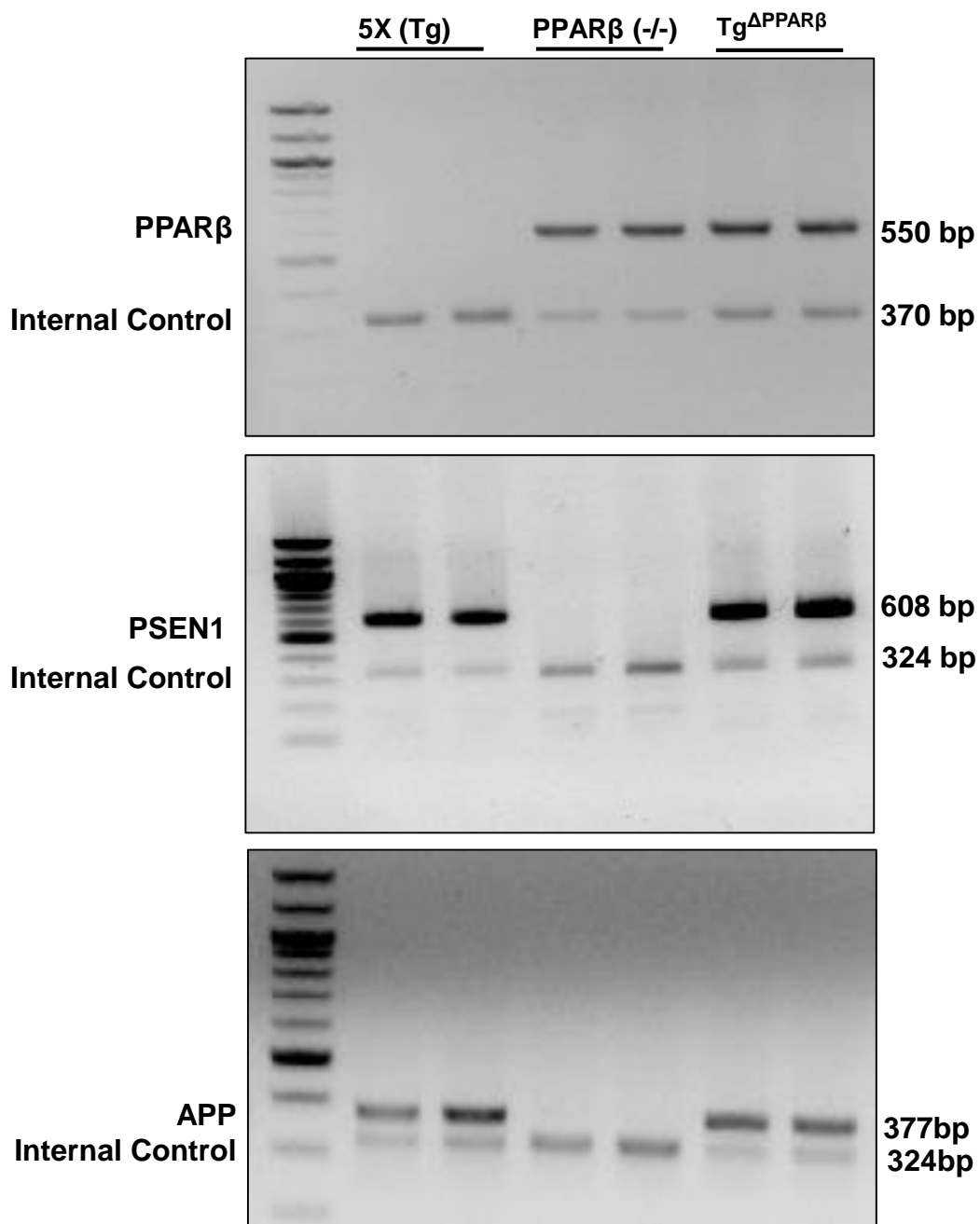


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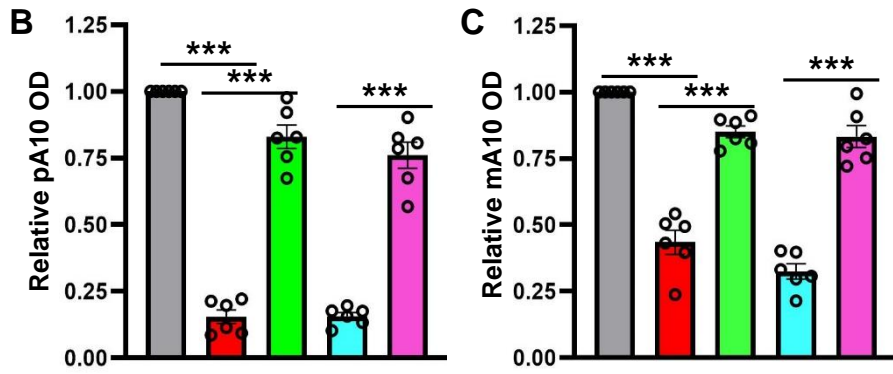
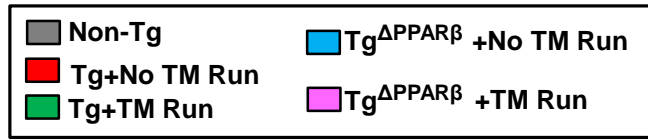
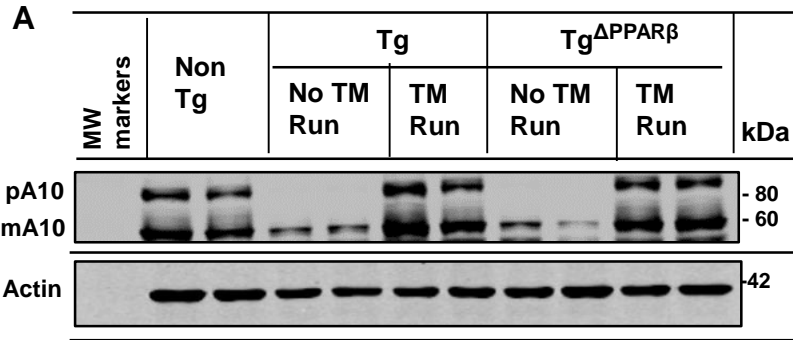


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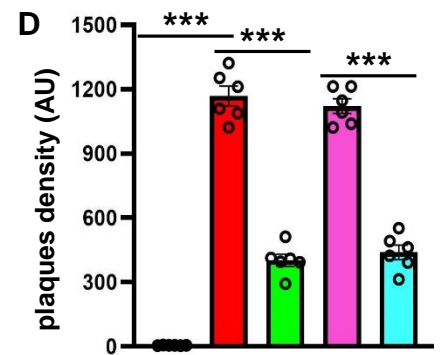
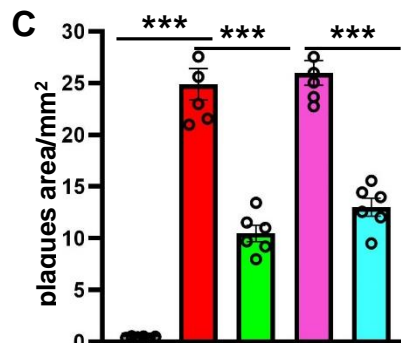
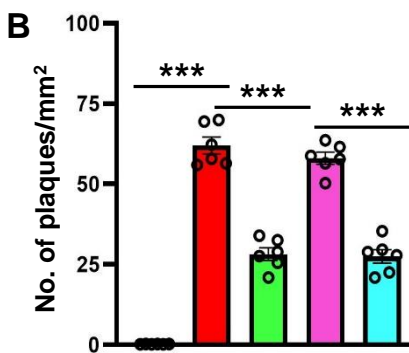
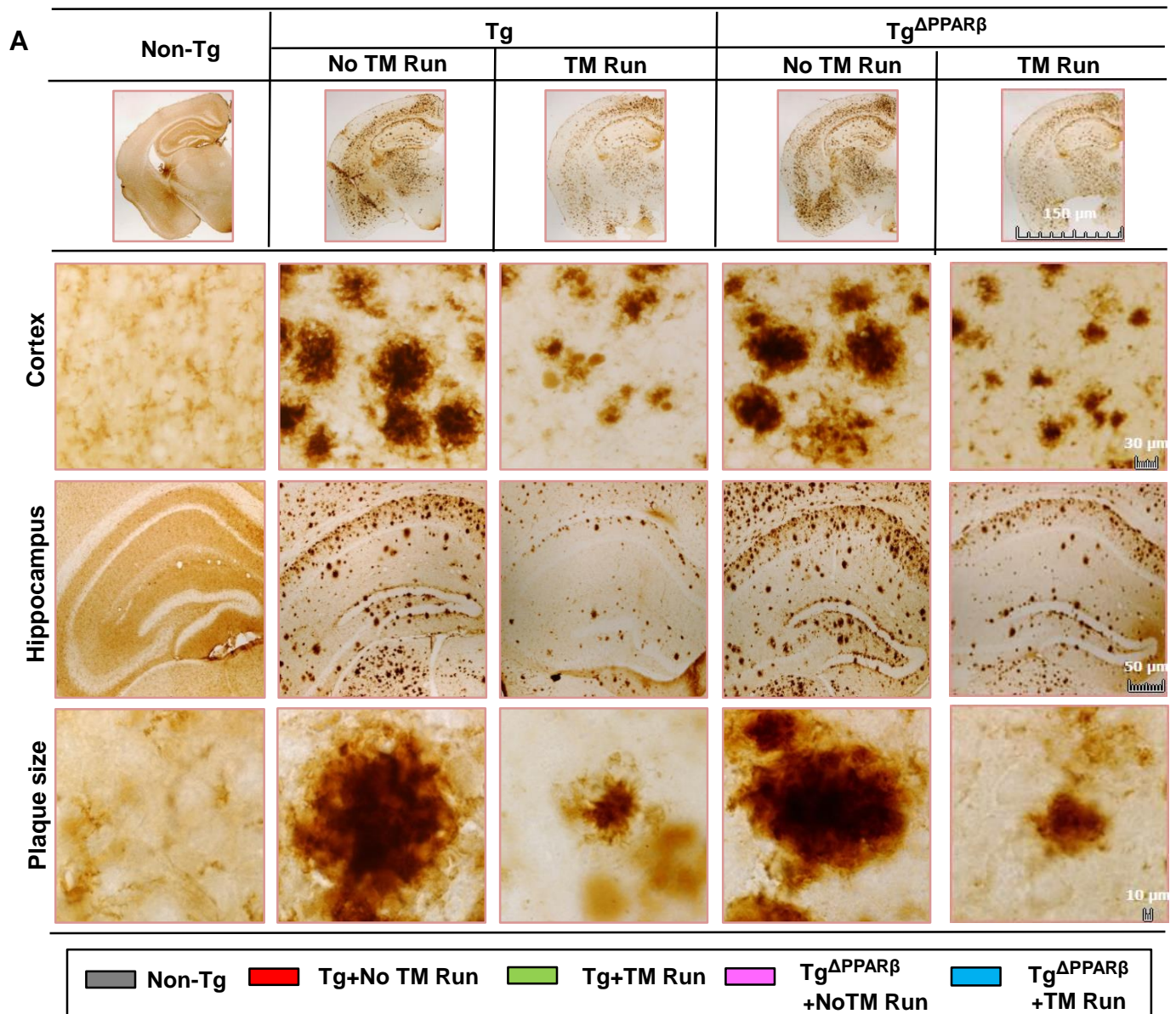


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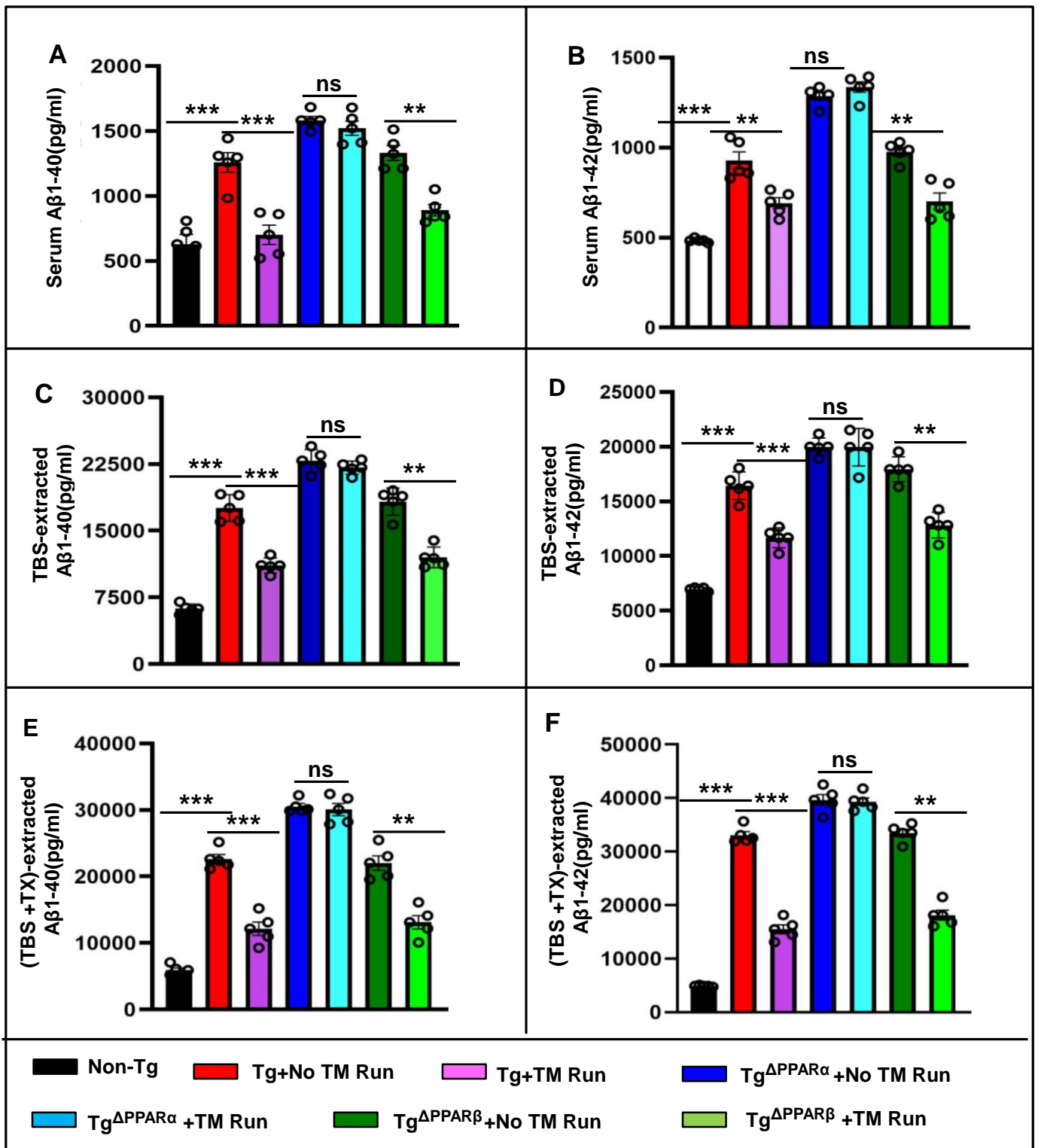


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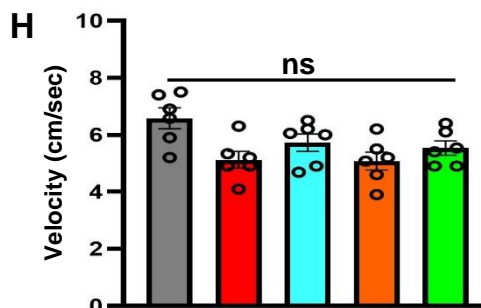
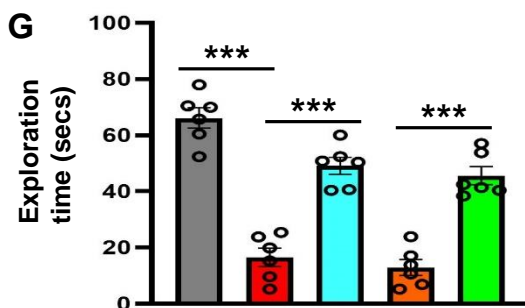
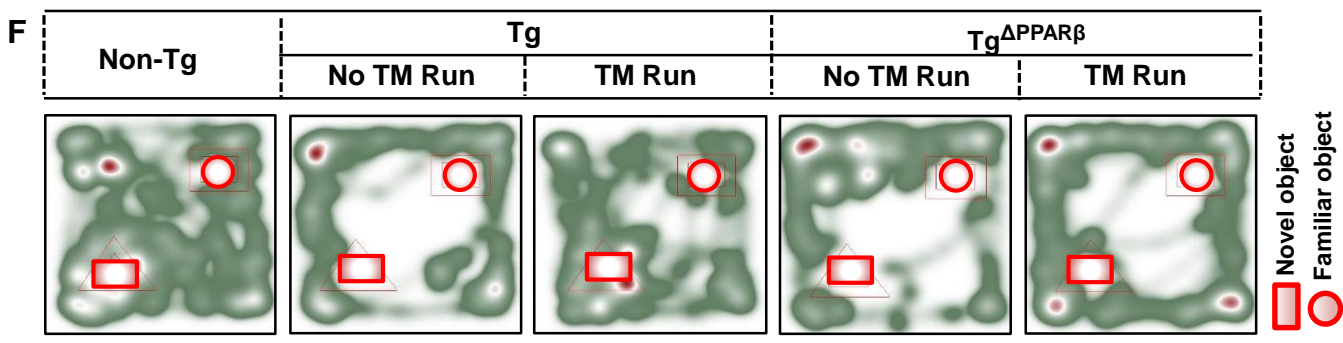
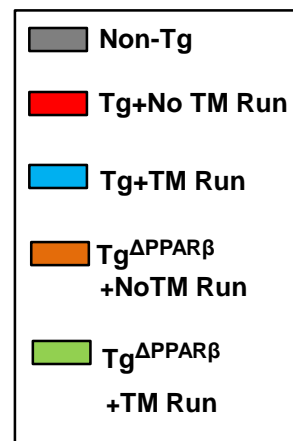
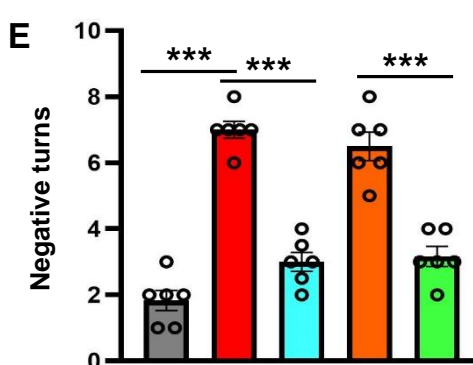
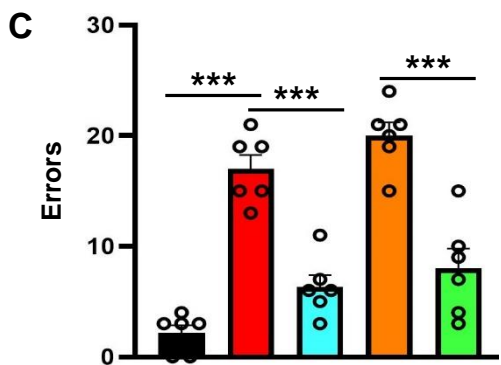
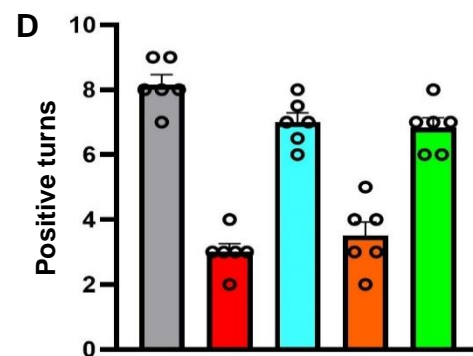
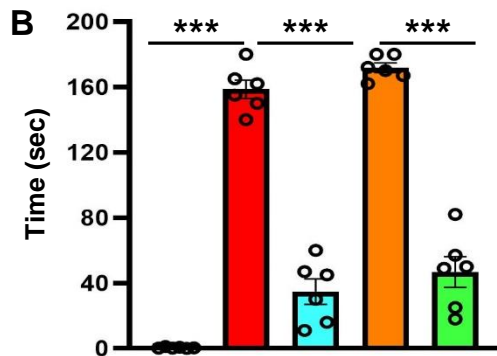
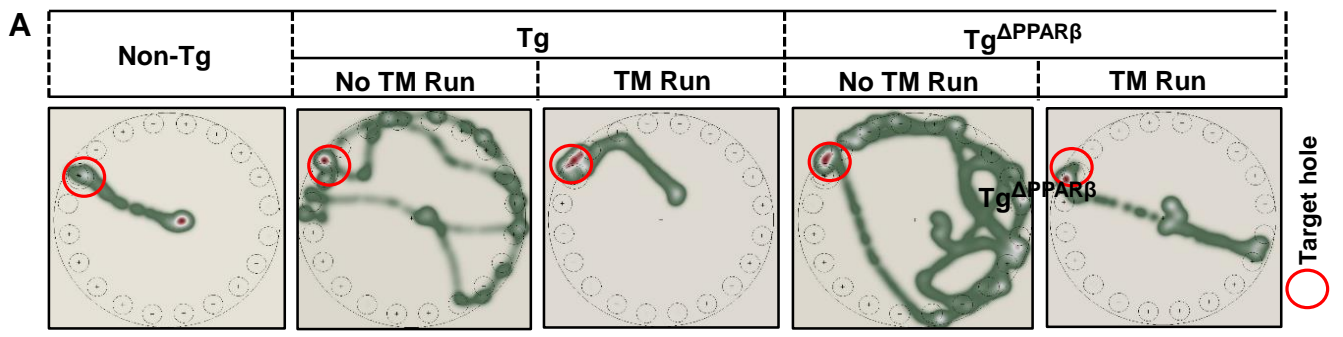
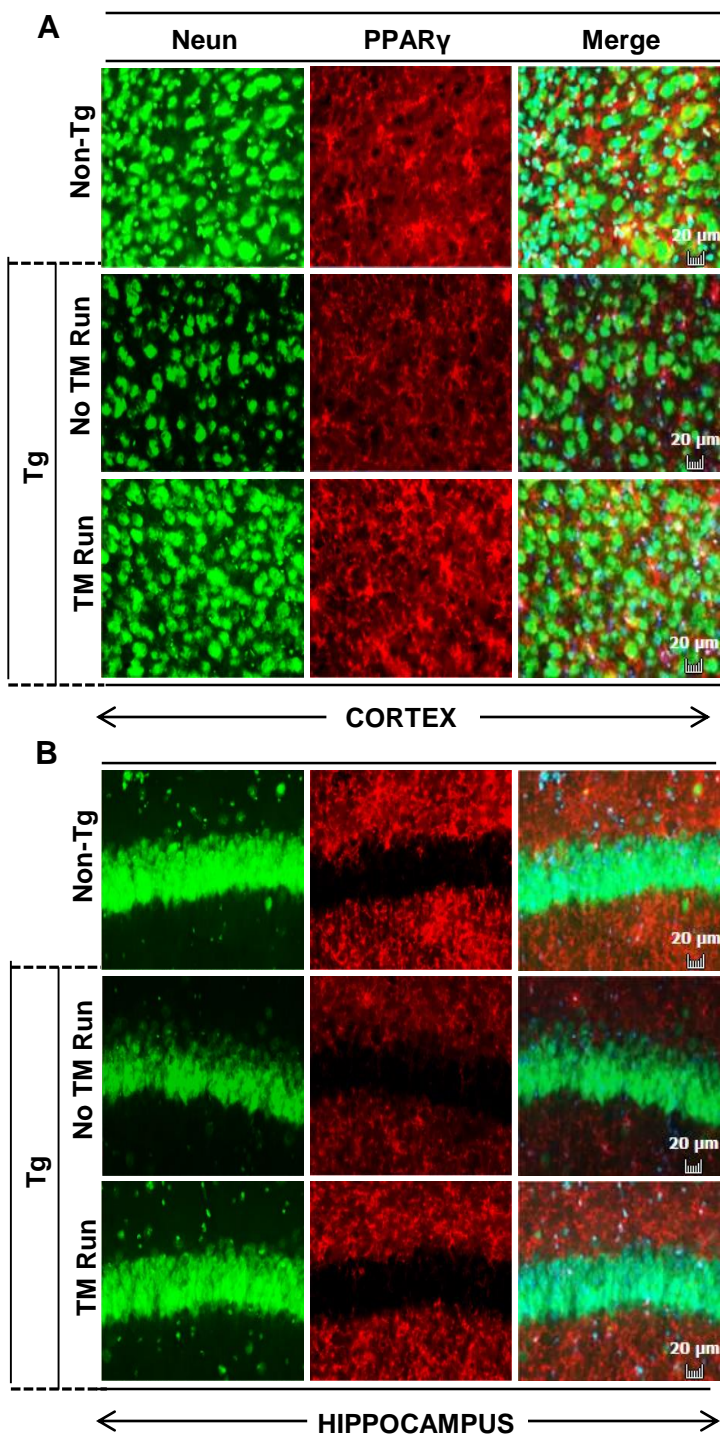


Figure S12



■ Non-Tg ■ Tg+No TM Run ■ Tg+TM Run

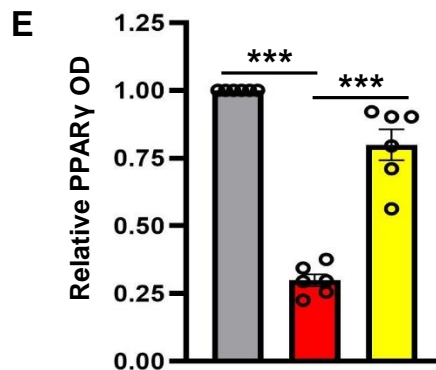
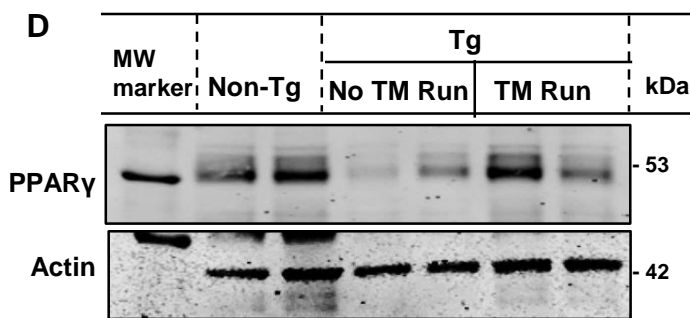
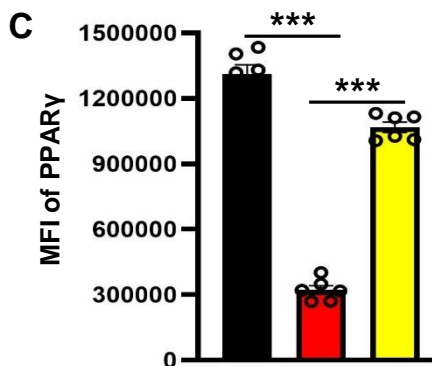


Figure S13

Table S1. List of antibodies used

Target and Antibody	Source	Catalog No. and Host	Application/Dilution
Adam10	Millipore	AB19026 (Rabbit)	IHC/1:500; WB/1:1000
Adam 17	Abcam	AB 2051 (Rabbit)	WB/1:1000
Bace1	Invitrogen	PA5-14878 (Rabbit)	WB/1:1000
Psen1	Millipore	AB5308 (Rabbit)	WB/1:1000
Neun	Millipore Invitrogen	NAB377 (Mouse) 702022 (Rabbit)	IHC/1:500 WB/1:500
PPAR α	Santa Cruz	sc398394 (Mouse)	IF/1:250; WB/1:250
PPAR β	Santa Cruz	sc74517 (Mouse)	IF/1:200; WB/1:250
PPAR γ	Santa Cruz	sc7273 (Mouse)	IF/1:200; WB/1:200
β Amyloid (6E10)	Biologend	803001 (Mouse)	IF/1:400; WB/1:1000
β Amyloid (82e1)	IBL	103230 (Mouse)	IHC/1:500; WB/1:1000
Campbell Switzer staining	NSA	Stains – NSA	NSA procedure
β Actin	Abcam	ab6276 (Mouse)	WB/1:1000

WB, Western blot; ICC, immunocytochemistry; IHC, immunohistochemistry

Table S2. Details of primers used for genotyping 5XFAD mice lacking PPAR β

PPAR β null:	Forward:	CAGGATGTCCTTCCACAGAGACAG
	Reverse:	TTAGCCACTGCATCATCTGGG
	Neo Primer:	GCAATCCATCTTGTTCAATGGC
5XFAD:	Mutant reverse:	CGGGCCTCTTCGCTATTAC
	Wild type reverse:	TATACAACCTTGGGGGATGG
	Common:	ACCCCATGTCAGAGTTCCT