

Supplemental information

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Exercise Training Remodels Inguinal White Adipose Tissue Through Adaptations in Innervation, Vascularization and the Extracellular Matrix

Pasquale Nigro^{1,7}, Maria Vamvini^{1,2,7}, Jiekun Yang³, Tiziana Caputo^{1,3}, Li-Lun Ho³, Nicholas P. Carbone¹, Danae Papadopoulos³, Royce Conlin¹, Jie He¹, Michael F. Hirshman¹, Joseph D. White⁴, Jacques Robidoux⁴, Robert C. Hickner^{4,5}, Søren Nielsen⁶, Bente K. Pedersen⁶, Manolis Kellis³, Roeland J. W. Middelbeek^{1,2} and Laurie J. Goodyear^{1,8,9*}.

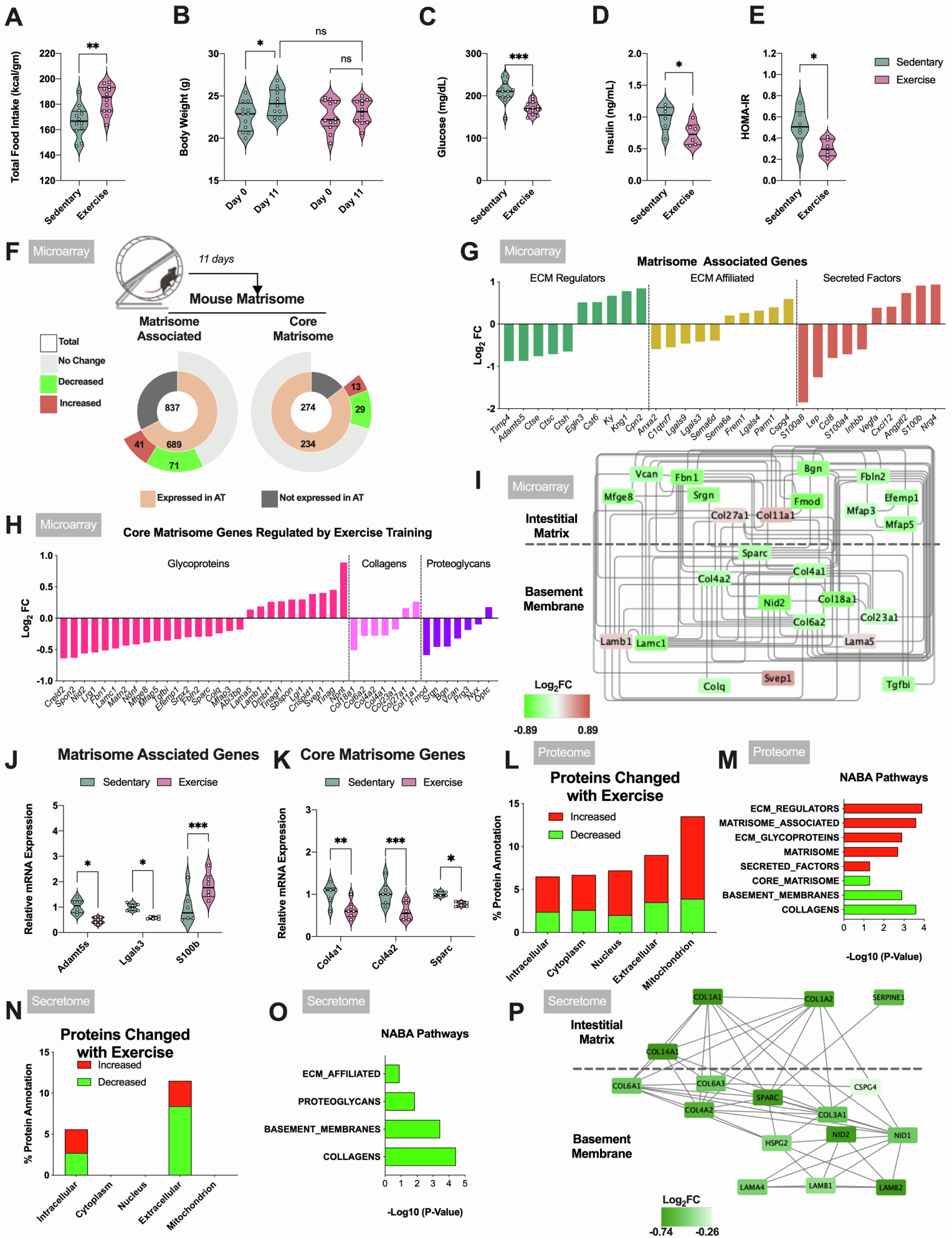


Figure S1 Systemic phenotypic effects of 11 days of exercise training on C57BL/6 male mice, with qPCR data for ECM genes, related to Figure 1.

(A-C) Total food consumption (A), body weight change (B), and glucose (C) for all sedentary and trained mice used in the study ($n=12/group$).

(D-E) Serum insulin level (D) and insulin resistance index HOMA-IR (E) for a sub cohort of $n=6/group$ mice.

(F) Overview of exercise training effect on mouse matrisome gene categories in iWAT using microarray dataset (GSE68161).

(G) List of top 10 matrisome associated genes changing with exercise training versus sedentary mice ($p<0.05$) divided in subcategories: ECM regulators (*green*), ECM affiliated (*yellow*) and secreted factors (*red*).

(H) List of core matrisome genes changing with training ($p<0.05$) divided in subcategories: glycoproteins (*magenta*), collagens (*pink*), and proteoglycans (*purple*).

(I) Protein-protein interaction (PPI) networks analysis for iWAT matrisome genes changed with exercise training.

(J-K) mRNA expression level for matrisome associated genes (J) and core matrisome genes (K) ($n=6/group$).

(L) Categorization of identified proteins in proteome modulated by exercise training using GO Cellular Component terms.

(M) Pathway analysis for the exercise-regulated proteins using the matrisome gene sets available in the Molecular Signature Database (MSigDB v5.0).

(N) Categorization of identified proteins in secretome modulated by exercise training using GO Cellular Component terms.

(O) Pathway analysis for the exercise-regulated proteins using the matrisome gene sets.

(P) Protein-protein interaction (PPI) networks analysis for iWAT conditioned media secreted proteins that are decreased with exercise training.

Data are presented as mean \pm SEM and were compared using unpaired two-tailed Student's t test. * $p < 0.05$, ** $p < 0.01$, and *** $p < 0.001$.

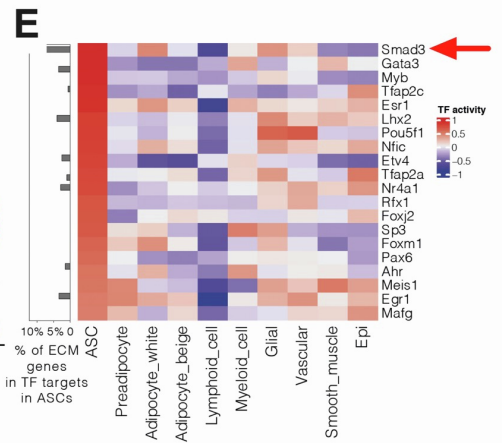
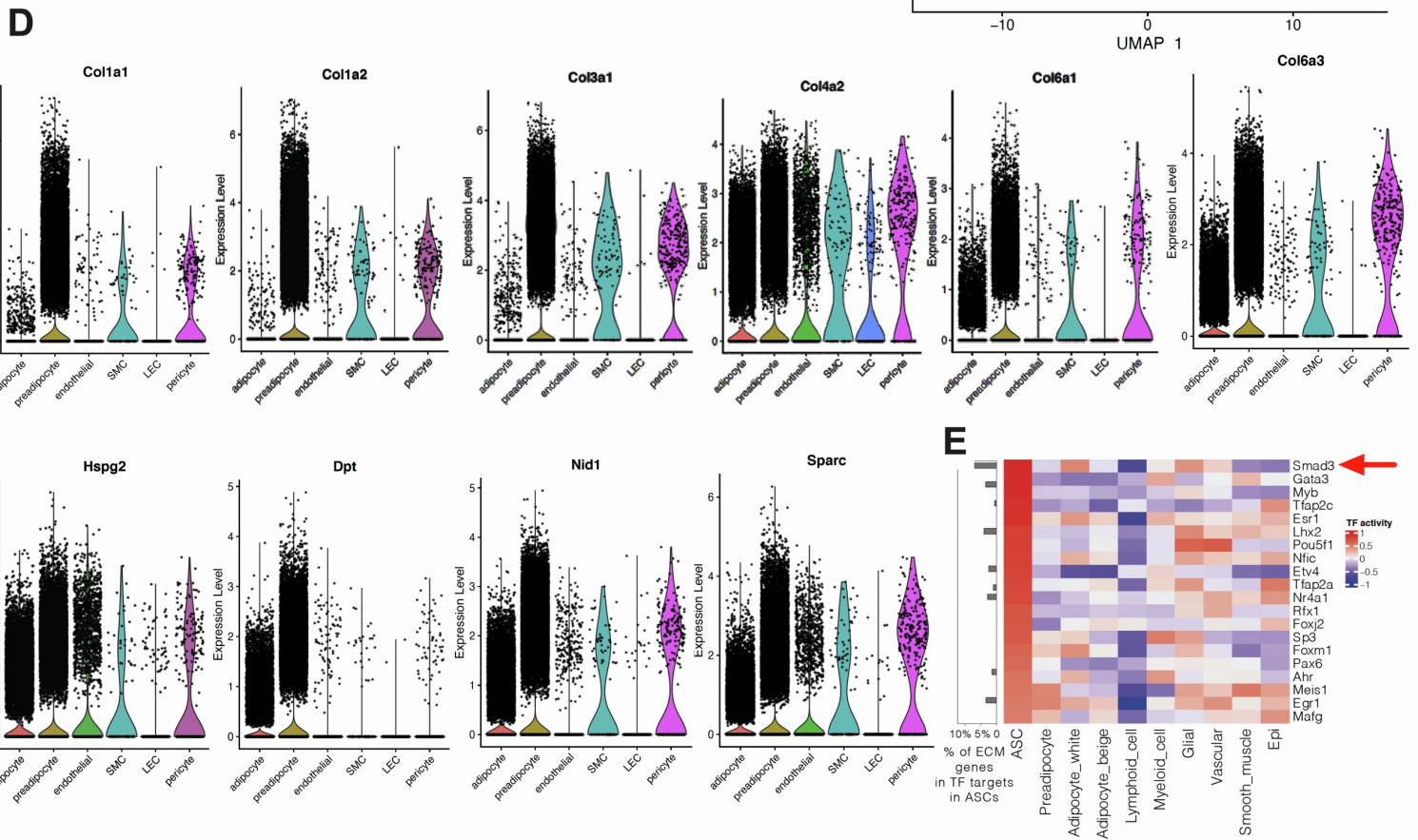
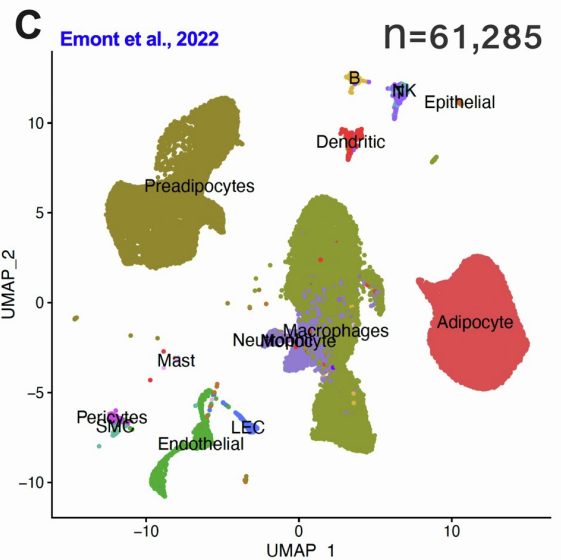
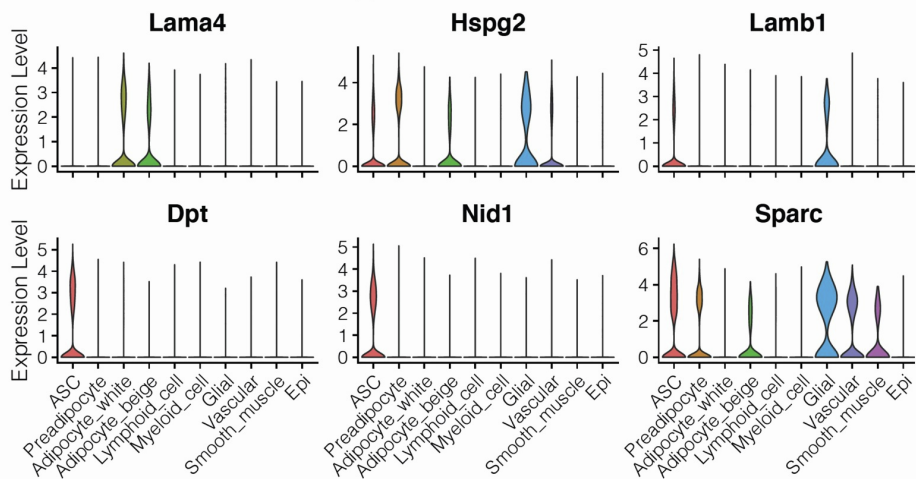
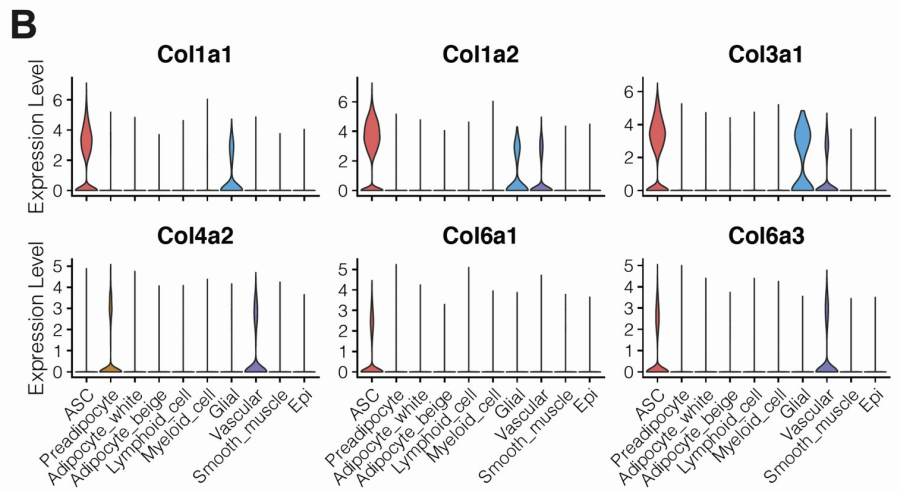
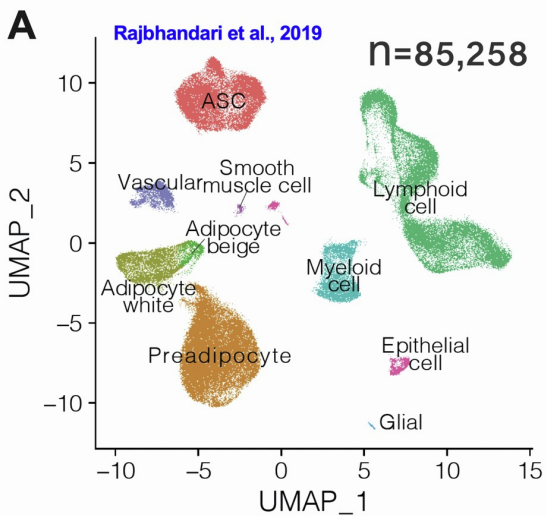


Figure S2 Unsupervised analysis of two independent single-cell transcriptomics datasets, related to Figure 2.

(A) Unsupervised clustering of 85,258 cells from the iWAT of pooled male C57BL/6 mice. 10 distinct cell groups were represented on a UMAP plot.

(B) Individual violin plots showing the expression levels and distribution of representative genes for the core matrisome proteins decreased with exercise training detected in iWAT conditioned media (secretome analysis). The y-axis is the log-scale normalized read count.

(C) Unsupervised clustering of 61,285 cells from the iWAT of pooled male C57BL/6 mice. 13 distinct cell groups were represented on a UMAP plot.

(D) Individual violin plots showing the expression levels and distribution of representative genes for the core matrisome proteins decreased with exercise training detected in iWAT conditioned media (secretome analysis). The y-axis is the log-scale normalized read count.

(E) Inferred TF activity based on target gene expression levels across cell types identified in the single-cell data presented in panel (A). The TFs were ranked by their activity levels in ASCs. The percentage of ECM genes in the targets of the individual TFs was plotted to the left of the heatmap.

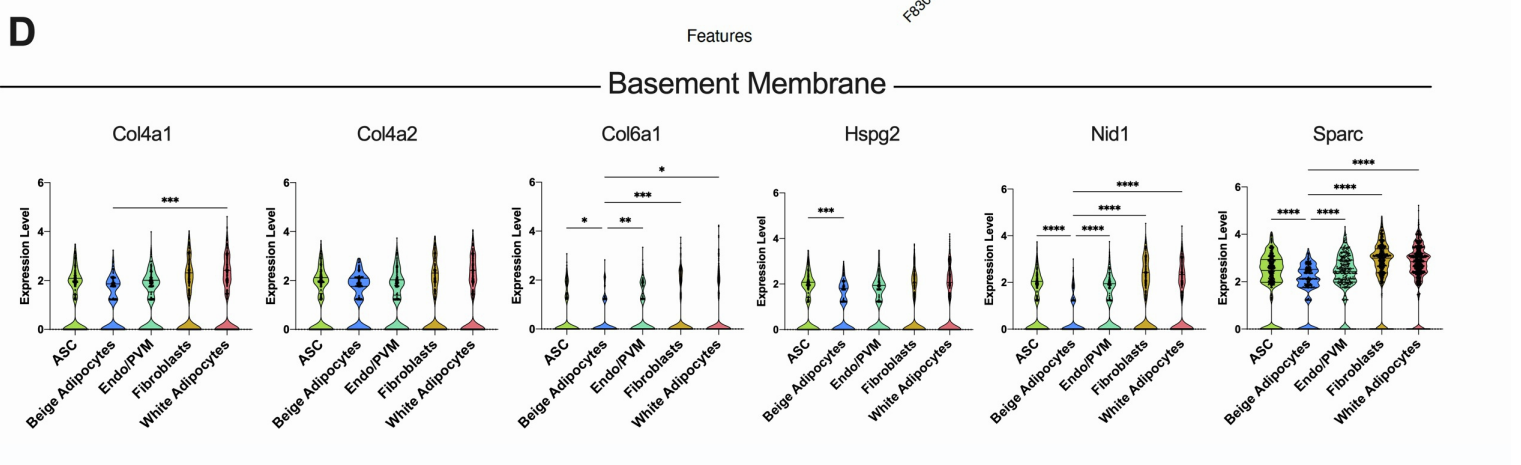
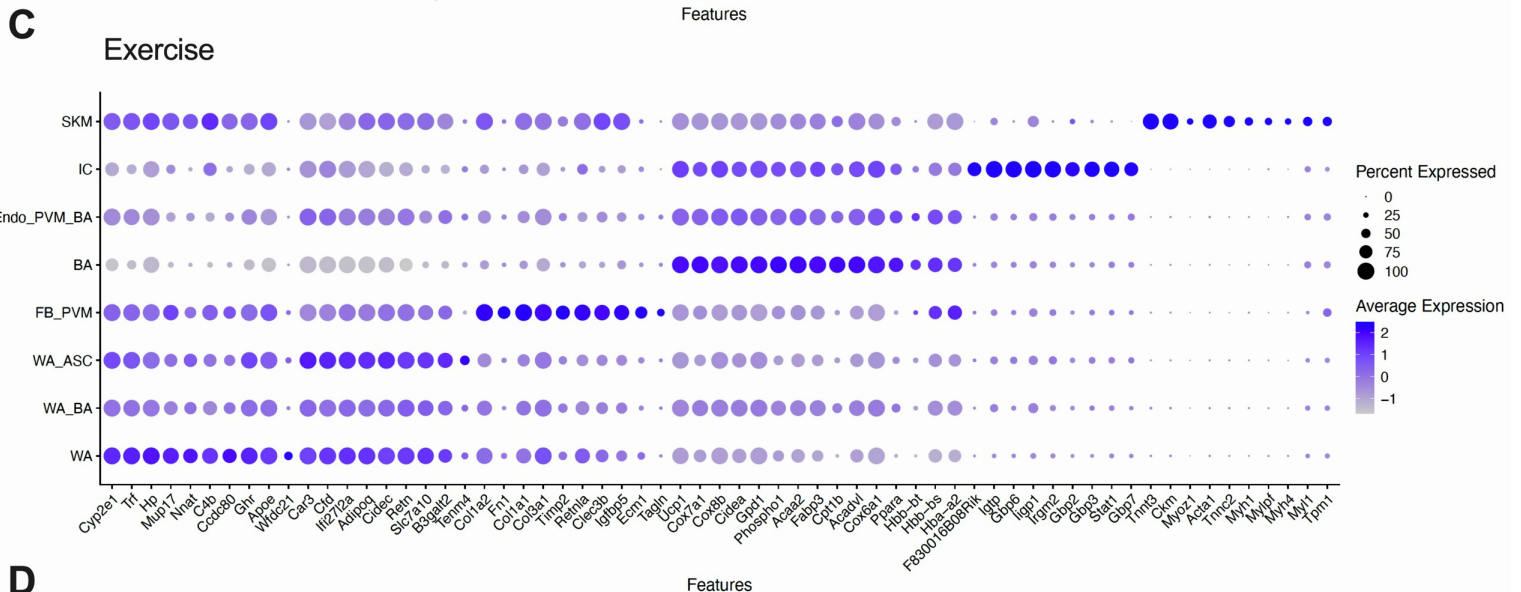
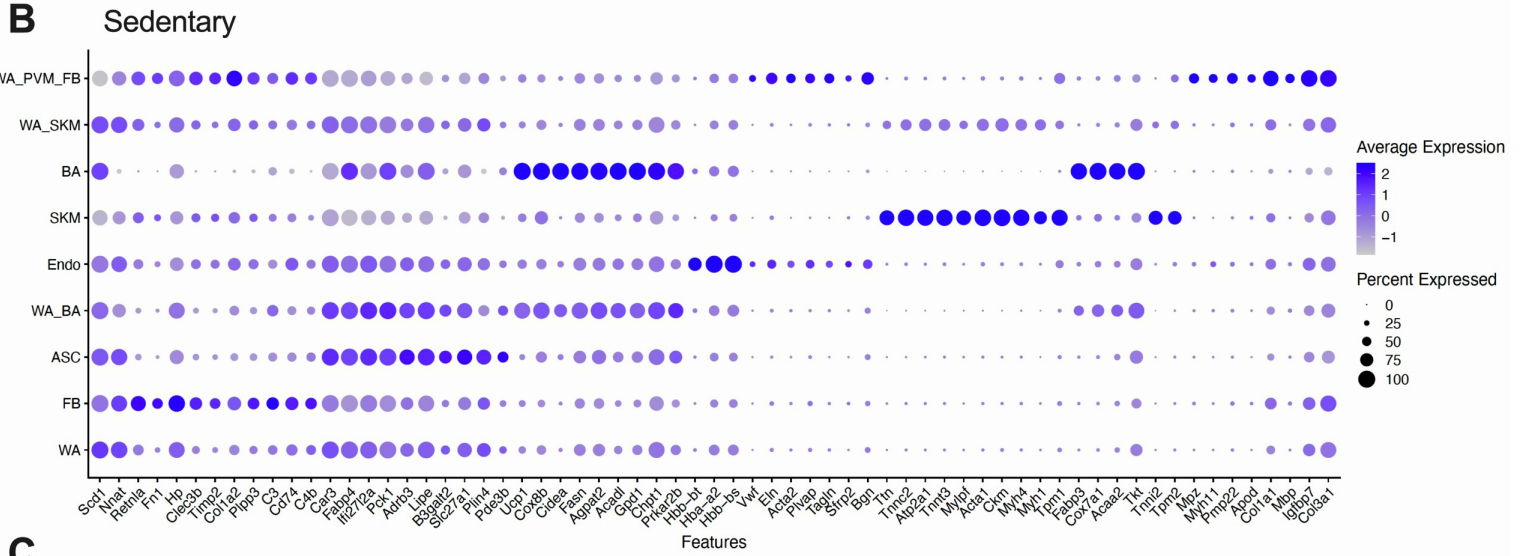
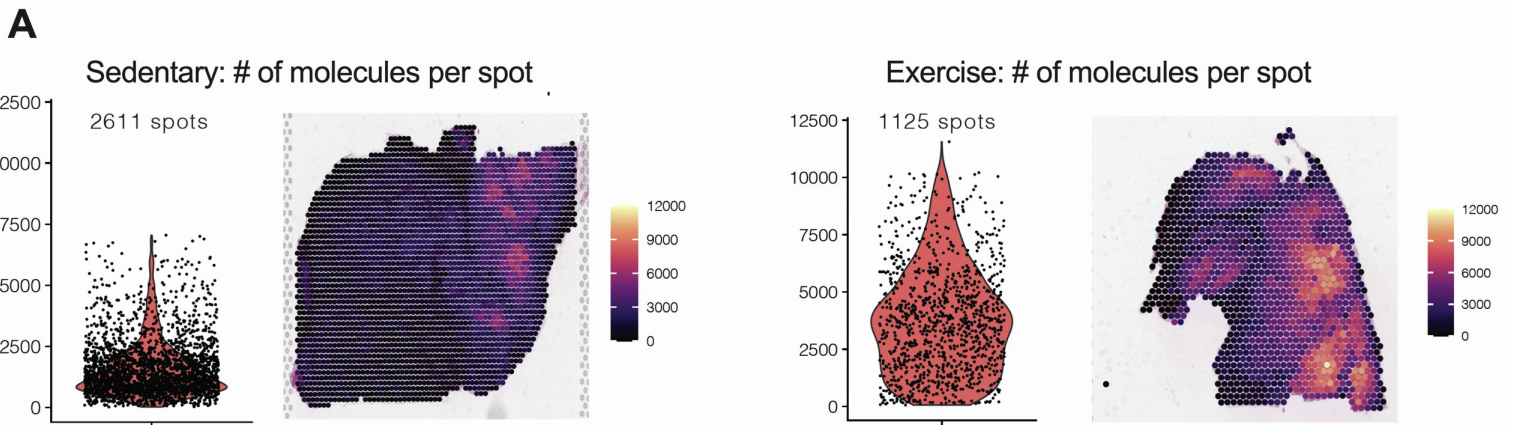


Figure S3 Spatial transcriptomics analysis of iWAT from sedentary and exercise training mice, related to Figure 2.

(A) Violin plots showing the variance in molecular counts across spots and the total number of spots counted in iWAT from sedentary (*left*) and exercise training (*right*) mice. (B-C) Dotplot visualization listing cell clusters identified with spatial transcriptomics on iWAT from sedentary (B) and exercise training (C) mice. Cell clusters listed on the y-axis, showing unbiased gene expression for the top genes per cluster identified by log fold change; genes (features) are listed along the x-axis. Dot size reflects percentage of cells in a cluster expressing each gene; dot color reflects expression level (as indicated in the legend). (D) Individual violin plots showing the expression level for basement membrane collagens species across 5 selected cell type clusters. Data are presented as mean \pm SEM and were compared using One-way ANOVA. * $p < 0.05$, ** $p < 0.01$, *** $p < 0.001$, and **** $p < 0.0001$.

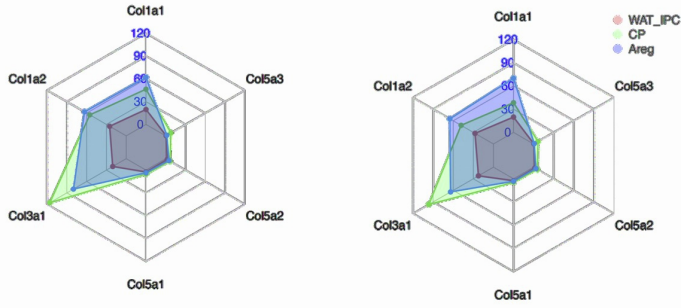
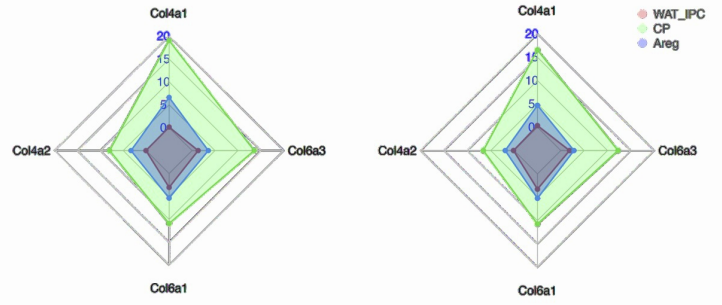
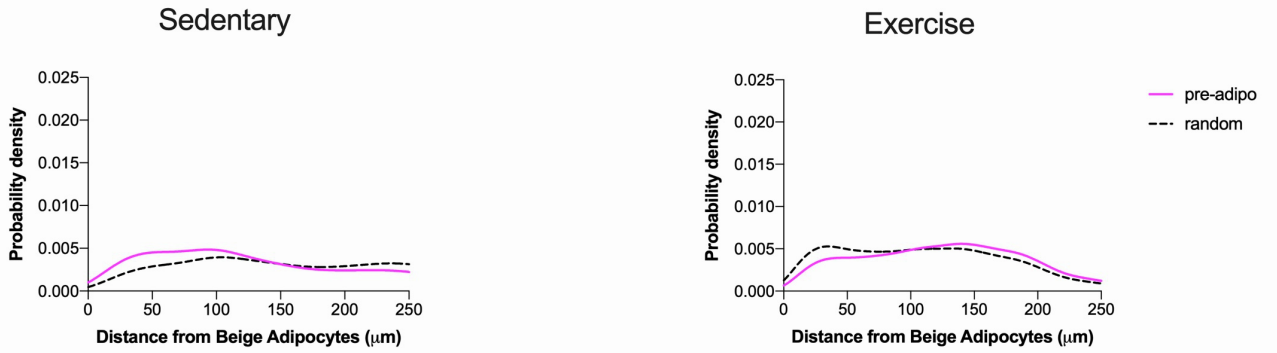
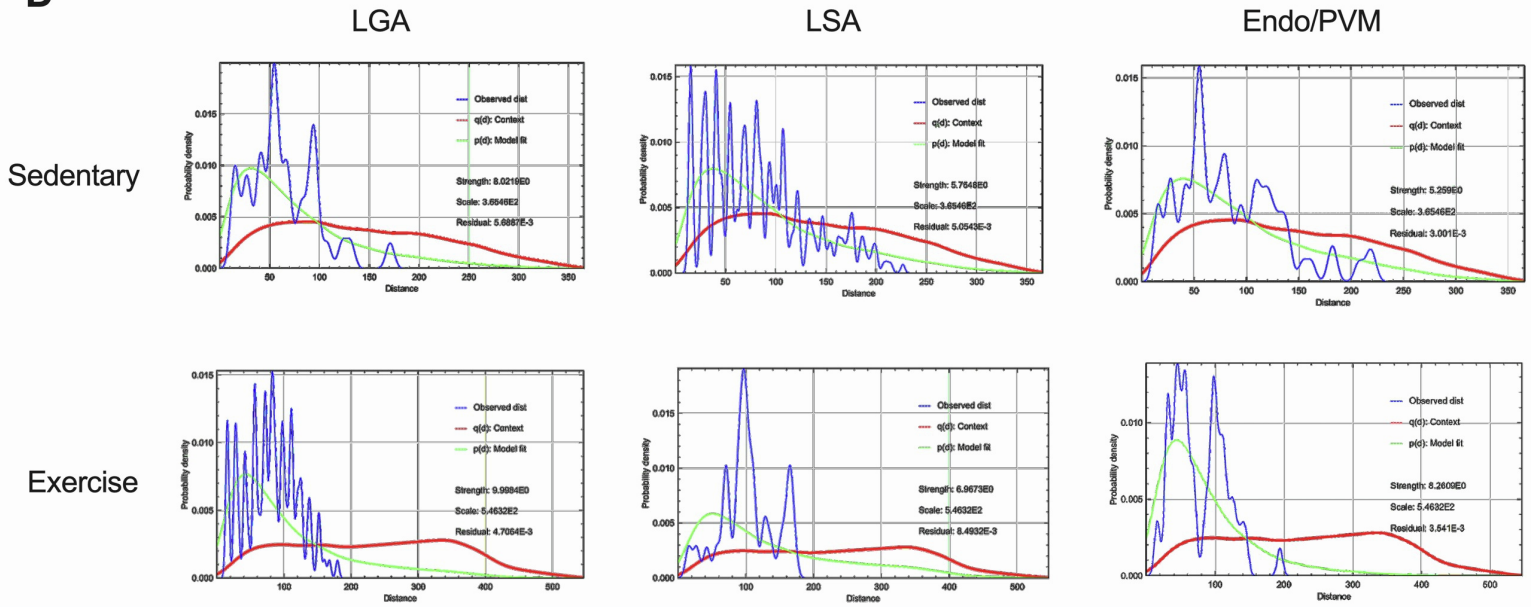
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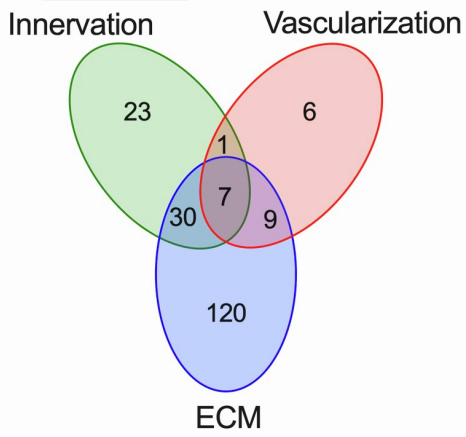
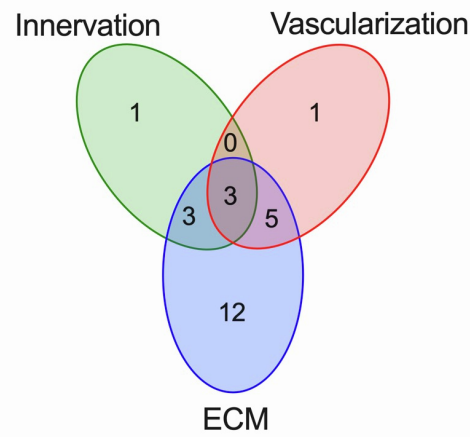
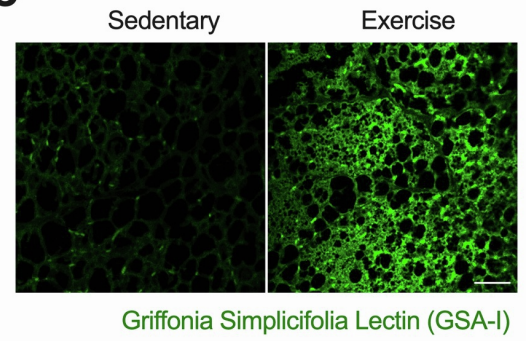
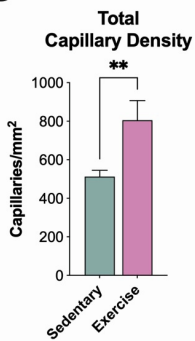
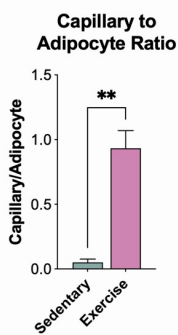
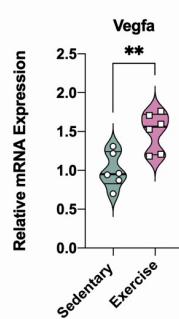
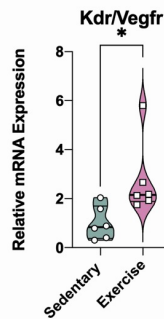
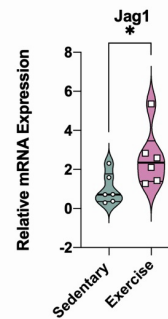
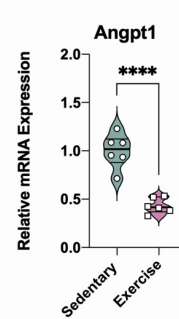
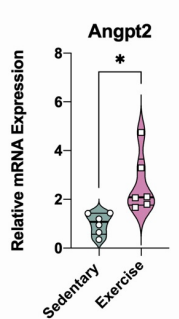
Figure S4 Spatial transcriptomics analysis of iWAT from sedentary and exercise training mice, related to Figure 2.

(A) Interstitial matrix components' gene expression level in the three different ASC subclusters (CP, ICP and Areg). The gene expression level is presented as a scale ranging from zero to 120, where 120 represents the highest expression level.

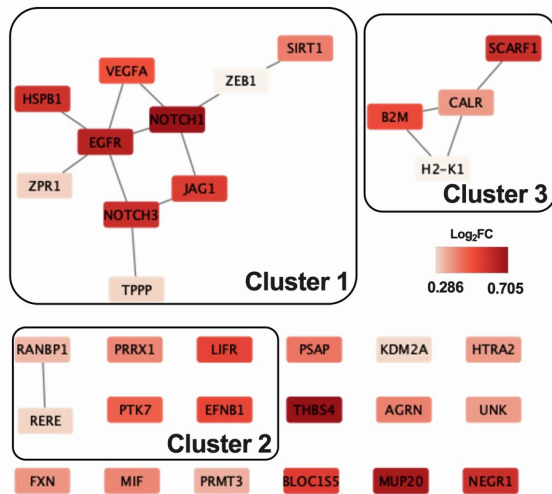
(B) Basement membrane components' gene expression level in the three different ASC subclusters (CP, ICP and Areg). The gene expression level is presented as a scale ranging from zero to 20, where 20. represents the highest expression level.

(C) Probability density distribution plots showing the distance relative to the beige adipocyte from preadipocytes (pre-adipo) in iWAT from sedentary (*left*) and exercise training (*right*) mice. Dashed black lines indicate the random distribution among the clusters.

(D) Interaction analysis for LGA, LSA and Endo/PVM clusters in iWAT from sedentary (*top*) and exercise training (*bottom*). The plots show the observed nearest-neighbor (NN) distance distribution (*blue*) between two arbitrary point patterns, the model fits (*green*) to the observed NN distance distribution and the random context distribution (*red*).

A Proteome**B** Secretome**C****D****E****F****G****H****I****J****K**

Upregulated Proteins

**L**

Downregulated Proteins

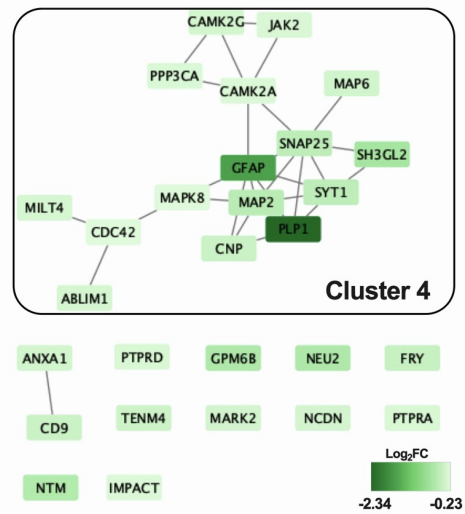


Figure S5 ECM proteins are key components for vasculature and innervation remodeling in iWAT, related to Figure 4 and 5.

(A-B) Venn diagram illustrating quantified proteins regulated by exercise training in proteome (A) and secretome (B) datasets, annotated as members of innervation, vascularization and ECM pathways.

(C) Representative images of iWAT from sedentary and trained mice stained with Griffonia Simplicifolia Lectin (GSA-I). Scale bar: 50 μm

(D-E) Quantification of capillary density (D) and capillary per adipocyte ratio (E) in iWAT from sedentary and trained mice ($n=6/\text{group}$; *calculated from 10 fields/mouse*).

(F-J) Relative mRNA expression of pro-angiogenic markers *Vegfa* (F), *Kdr/Vegfr* (G), *Jag1* (H), *Angpt1* (I), *Angpt2* (J) in iWAT from sedentary and trained mice ($n=6/\text{group}$).

(K-L) Protein-protein interaction (PPI) networks analysis for iWAT proteins up-regulated (K) and down-regulated (L) with exercise training detected in proteome dataset and annotated in the innervation pathway.

Data are presented as mean \pm SEM and were compared using unpaired two-tailed Student's t test. * $p < 0.05$, ** $p < 0.01$, and **** $p < 0.0001$.

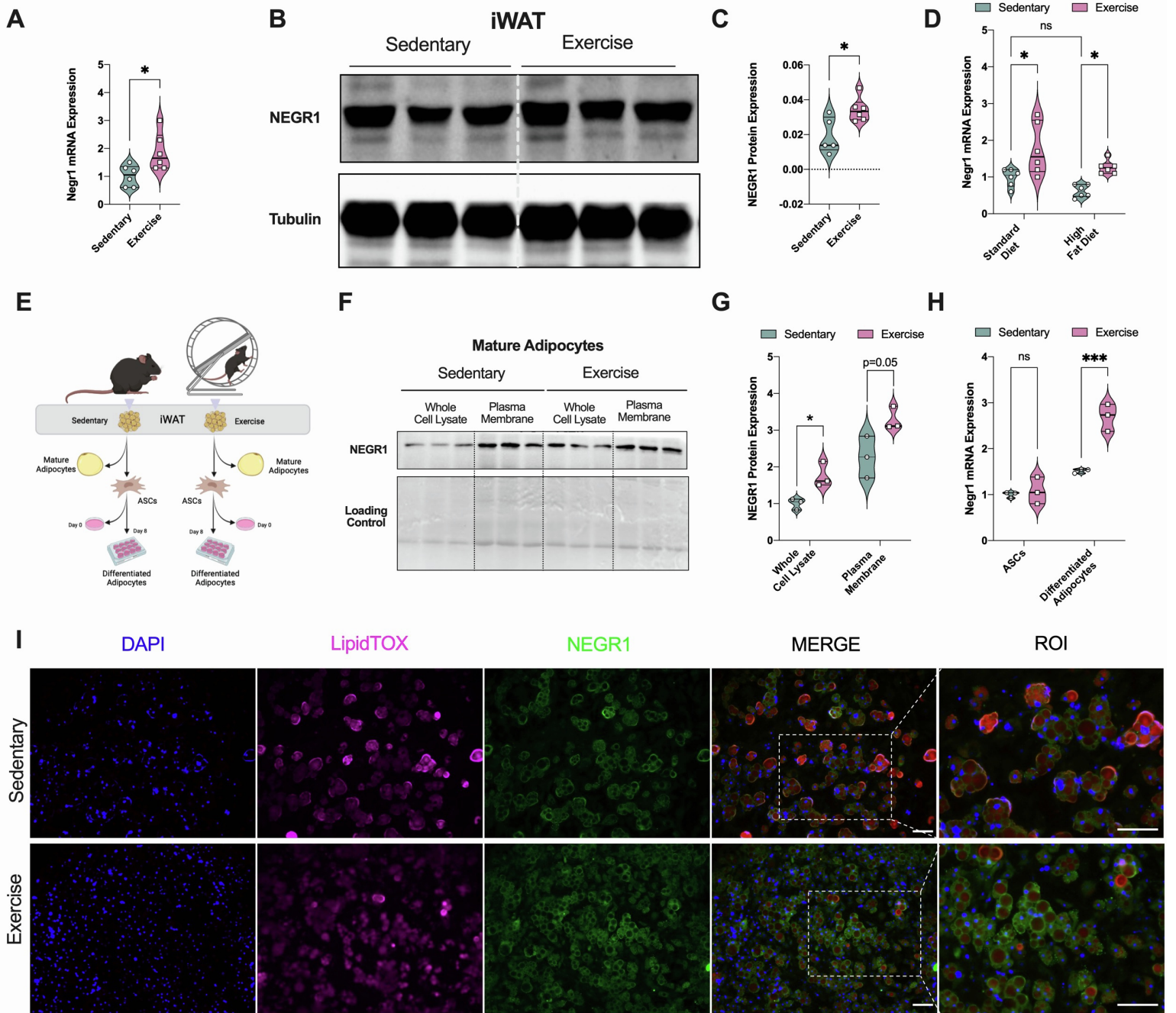


Figure S6 NEGR1 is expressed in mature adipocytes.

(A) Relative mRNA expression of *Negr1* in iWAT from sedentary and trained mice ($n=6/group$).

(B-C) Representative images of NEGR1 protein by western blot (B) in sedentary and trained mice with relative quantification (C) ($n=6/group$).

(D) Relative mRNA expression of *Negr1* in iWAT from sedentary and trained mice under standard diet (20% fat) and high fat diet (60% fat) ($n=6/group$).

(E) Study design to collect fresh mature adipocytes and adipose stem cells (ASCs) from sedentary and trained mice ($n=12/group$, 4 mice were pooled to reach $n=3$).

(F-G) Representative images of NEGR1 protein by western blot in fresh mature adipocytes isolated from sedentary and trained mice with relative quantification (G) ($n=3/group$).

(H) Relative mRNA expression of *Negr1* in undifferentiated ASCs and differentiated mature adipocytes isolated from sedentary and trained mice ($n=3/group$).

(I) Representative images of differentiated mature adipocytes isolated from sedentary and trained mice immunostained for NEGR1, DAPI (*nuclei*) and LipidTOX for neutral lipid stain ($n=3/group$). Scale bar: 50 μm (20x).

Data are presented as mean \pm SEM and were compared unpaired two-tailed Student's t test and Two-way ANOVA followed by Tukey's multiple comparisons test, * $p < 0.05$, *** $p < 0.001$.

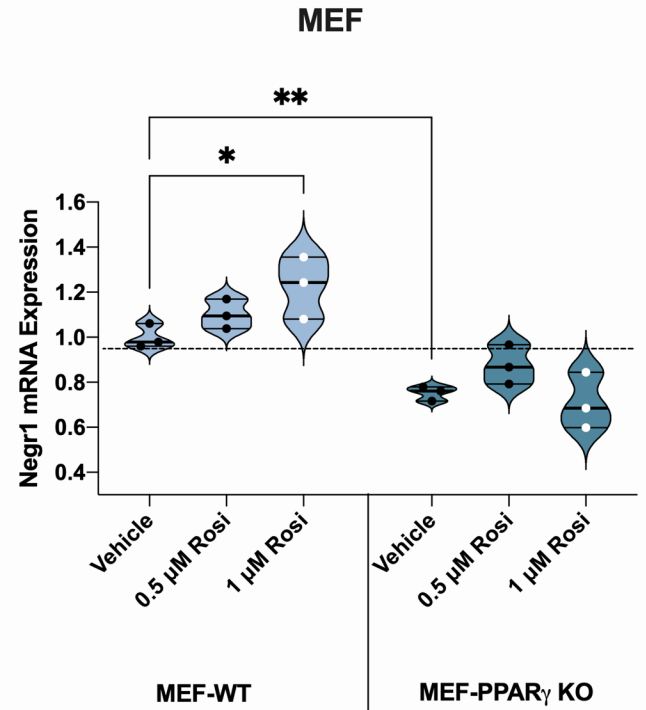
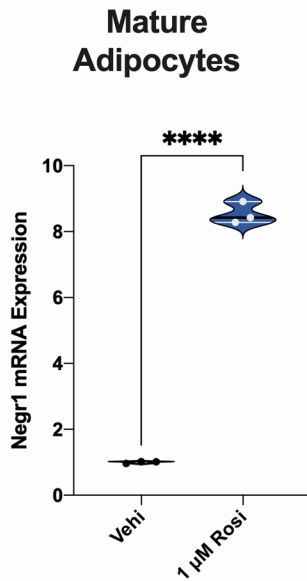
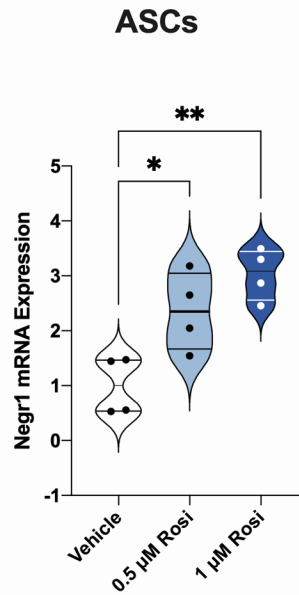
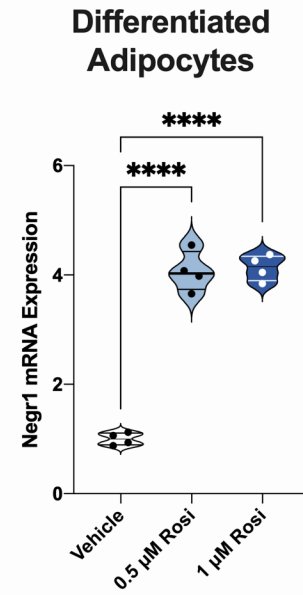
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Figure S7 Pparg is the master regulator of NEGR1 expression.

(A) The sequence analysis of murine *Negr1* gene promoter region (-2000bp relative to the transcription start site, TSS). The highlighted regions in blue, green and yellow depict the three high scored consensus sequences for the Pparg::Rxra transcription factor complex.

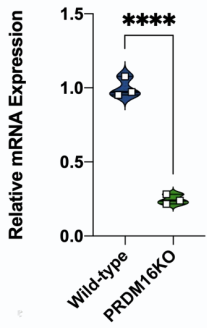
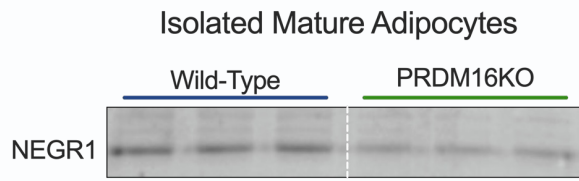
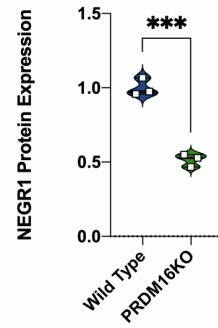
(B) Relative mRNA expression of *Negr1* in wildtype and Pparg KO MEFs treated with and without 0.5 and 1 μ M rosiglitazone for 24hrs ($n=3/group$).

(C) Relative mRNA expression of *Negr1* in fresh mature adipocytes isolated from sedentary mice treated with and without 1 μ M rosiglitazone for 24hrs ($n=12/group$, 4 mice were pooled to reach $n=3$).

(D) Relative mRNA expression of *Negr1* in ASCs isolated from sedentary mice treated with 0.5 and 1 μ M rosiglitazone for 24hrs ($n=12/group$, 3 mice were pooled to reach $n=4$)

(E) Relative mRNA expression of *Negr1* in differentiated adipocytes for 7 days using 0.5 and 1 μ M rosiglitazone ($n=12/group$, 3 mice were pooled to reach $n=4$)

Data are presented as mean \pm SEM and were compared using unpaired two-tailed Student's t test and Two-way ANOVA followed by Tukey's multiple comparisons test * $p < 0.05$, ** $p < 0.01$ and **** $p < 0.0001$.

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ChIP-Seq Data Analysis

(Harms et al. 2015; Kajimura et al. 2008)

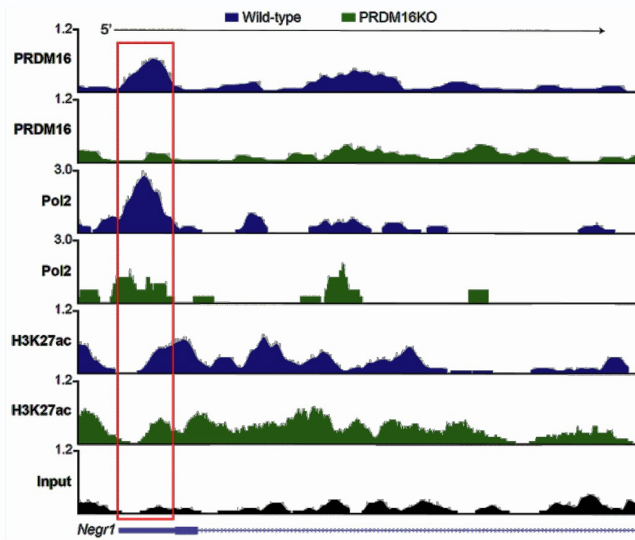
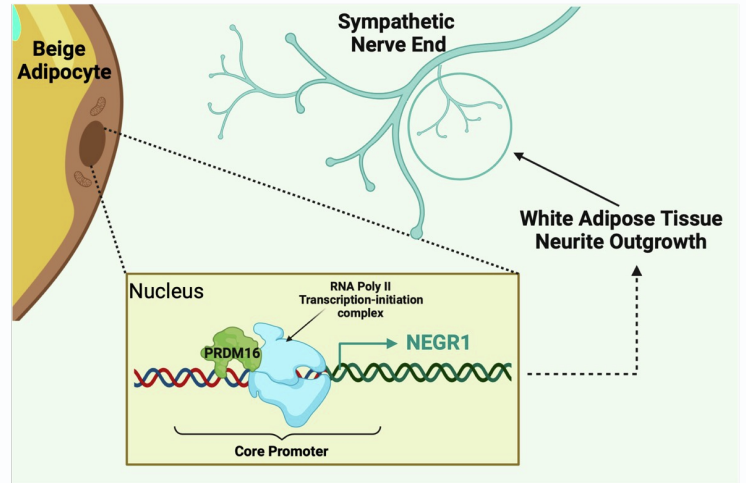
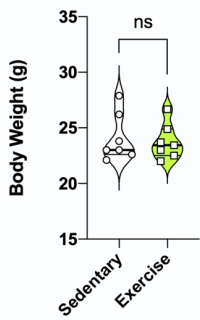
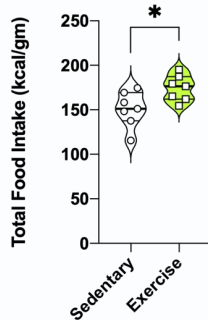
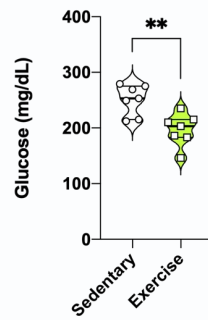
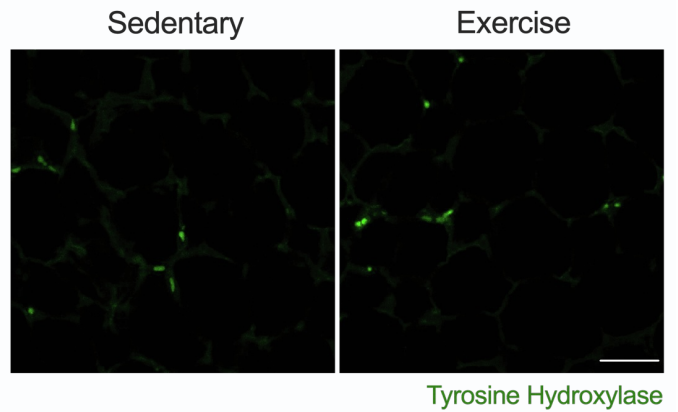
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Figure S8 PRDM16 transcriptional complex mediated exercise-induced iWAT remodeling, related to Figure 6.

(A) Relative mRNA expression of *Negr1* in fresh mature adipocytes isolated from wild type and PRDM16KO mice ($n=12/group$, 4 mice were pooled to reach $n=3$).

(B-C) Representative images of NEGR1 protein by western blot (B) in fresh mature adipocytes isolated from wild type and PRDM16KO mice with relative quantification (C) ($n=12/group$, 4 mice were pooled to reach $n=3$).

(D) ChIP-seq profiles in reads per million total reads (RPM) for *PRDM16*, *RNA Polymerase II* (Pol2) and *H3K27ac* in iWAT at *Negr1* for wild type (*blue*) and PRDM16 knockout (*green*) mice.

(E) Summary cartoon for the transcriptional regulation of *Negr1* in beige adipocytes and its potential role in the white adipose tissue neurite outgrowth.

(F-H) Body weight (F), total food consumption (G), and glucose (H) for sedentary and trained PRDM16KO mice ($n=6/group$)

(I) Representative immunofluorescence staining images of iWAT for the sympathetic innervation marker Tyrosine Hydroxylase (TH). Scale bar: 50 μ m

Data are presented as mean \pm SEM and were compared using unpaired two-tailed Student's t test, * $p < 0.05$, ** $p < 0.01$, *** $p < 0.001$, and **** $p < 0.0001$.

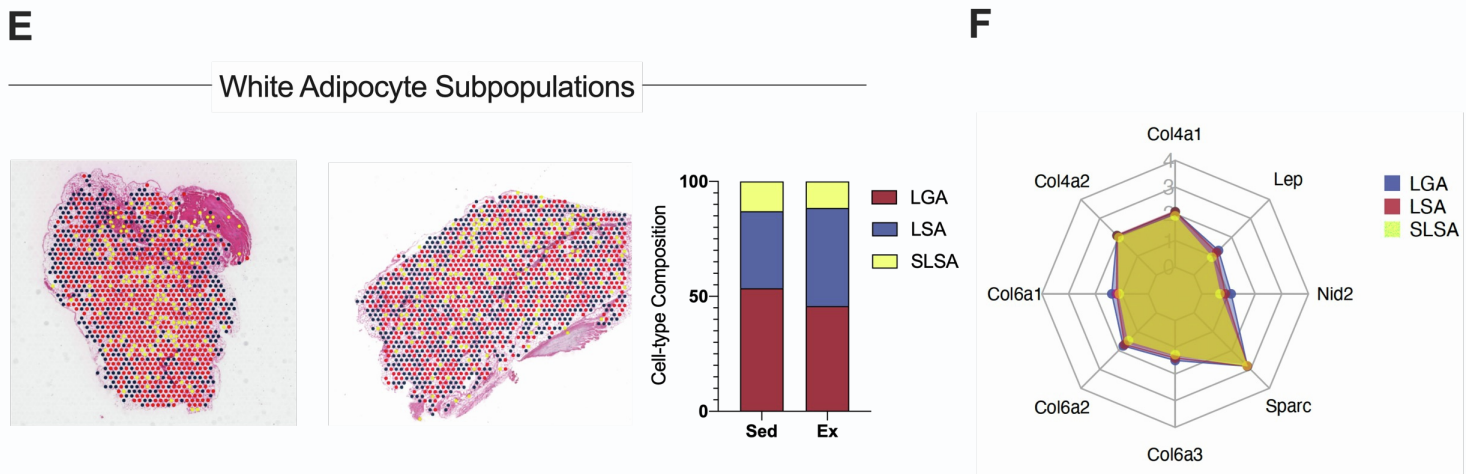
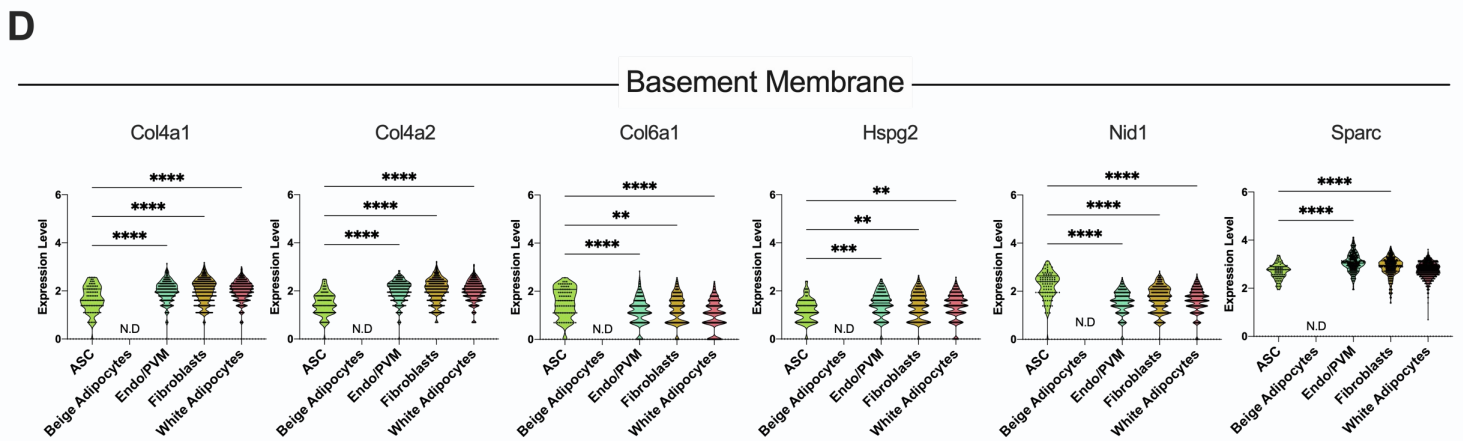
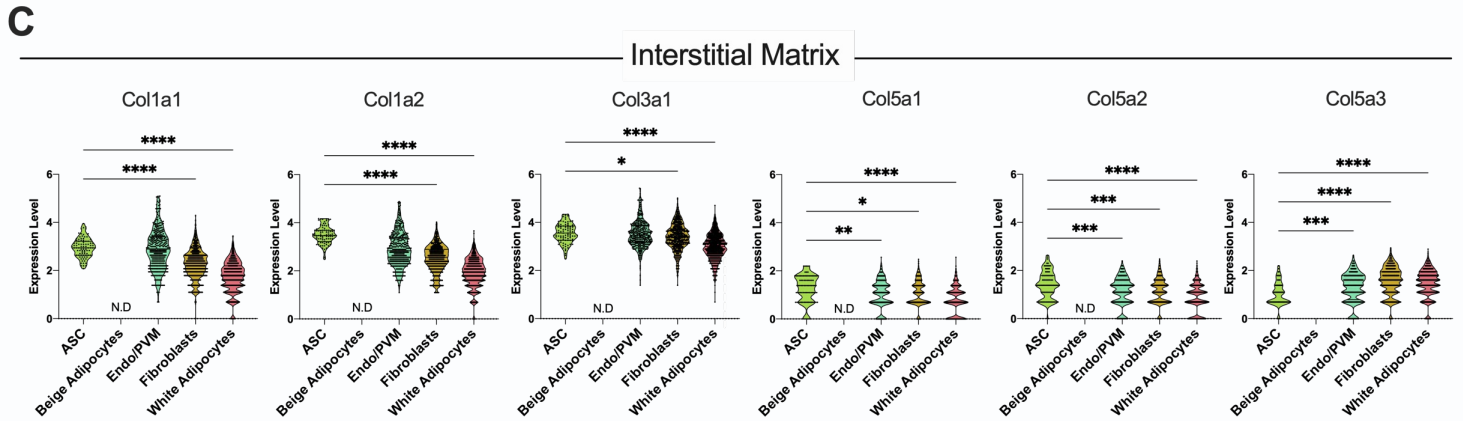
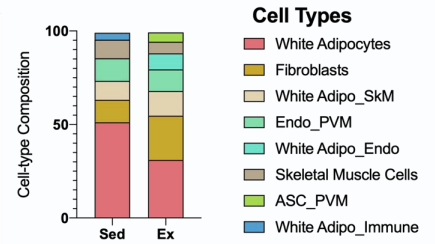
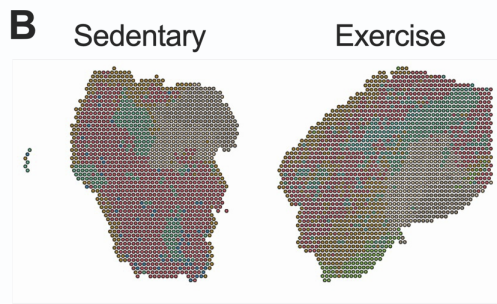
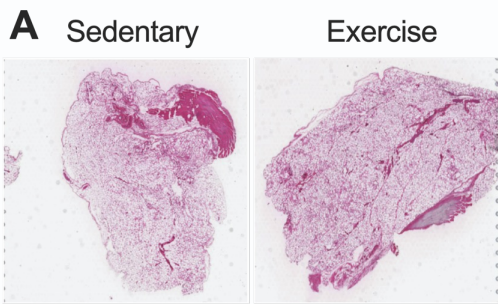


Figure S9 Spatial transcriptomics analysis of iWAT from sedentary and exercise training PRDM16KO mice, related to Figure 6.

(A-B) Magnified view of H&E-stained sections (A) and relative spatial RNA-seq barcoded spot (B) indicating the cell clusters detected in iWAT from sedentary (*left*) and exercise training (*right*) PRDM16KO mice. Scale bar: 2 mm

(C) Individual violin plots showing the expression level for interstitial matrix collagens species across 5 selected cell type clusters.

(D) Individual violin plots showing the expression level for basement membrane collagens species across 5 selected cell type clusters.

(E) Spatial distribution maps showing the three white adipocyte subpopulations lipid-scavenging adipocytes (LSA), stressed lipid-scavenging adipocytes (SLSA) and lipogenic adipocytes (LGA) detected in iWAT from sedentary (*left*) and exercise training (*right*) PRDM16KO mice along with the relative proportion plot.

(F) Basement membrane components gene expression level in LSA and LGA white adipocyte subpopulations. The gene expression level is presented as a scale ranging from zero to four, where four represents the highest expression level.

Data are presented as mean \pm SEM and were compared using One-way ANOVA. * $p < 0.05$, ** $p < 0.01$, *** $p < 0.001$, and **** $p < 0.0001$.