

Table S1. Probabilities from pairwise comparisons of least square means from a significant 2-way ANCOVA ($F_{1,51}=4.4$; $P=0.04$) for final body mass (day 558) between all subgroups ($\alpha=0.025$)

	Sham Sedentary	Sham Run	Sham Swim	S-LAo Sedentary	S-LAo Run	S-LAo Swim
Sham Sedentary	X					
Sham Run	0.017	X				
Sham Swim	0.029	0.792	X			
S-LAo Sedentary	0.057	0.746	0.929	X		
S-LAo Run	<0.001	0.218	0.137	0.151	X	
S-LAo Swim	0.016	0.808	0.633	0.595	0.368	X

The Sham Sedentary group had a significantly larger final body mass ($P\leq 0.017$) compared with the Sham Run, S-LAo Run and S-LAo Swim groups but not compared with the S-LAo Sedentary or Sham Swim groups.

S-LAo, successful experimental animals with an occluded LAo upstream and downstream of the foramen of Panizza.

Table S2. Probabilities from pairwise comparisons of least square means from non-significant 2-way ANCOVA ($F_{1,51}=3.0$; $P=0.09$) for final snout-to-vent length (day 558) between all subgroups ($\alpha=0.025$)

	Sham Sedentary	Sham Run	Sham Swim	S-LAo Sedentary	S-LAo Run	S-LAo Swim
Sham Sedentary	X					
Sham Run	<0.01	X				
Sham Swim	<0.01	0.633	X			
S-LAo Sedentary	0.031	0.485	0.784	X		
S-LAo Run	<0.001	0.350	0.167	0.133	X	
S-LAo Swim	0.024	0.572	0.883	0.91	0.168	X

The Sham Sedentary group had a significantly larger final SVL ($P\leq 0.024$) compared with the four exercised groups, but not compared with the S-LAo Sedentary group.

Table S3. Probabilities from pairwise comparisons of least square means from non-significant 2-way ANCOVA ($F_{1,51}=1.5$; $P=0.23$) for final head length (day 558) between all subgroups ($\alpha=0.025$)

	Sham Sedentary	Sham Run	Sham Swim	S-LAo Sedentary	S-LAo Run	S-LAo Swim
Sham Sedentary	X					
Sham Run	0.011	X				
Sham Swim	0.036	0.596	X			
S-LAo Sedentary	0.081	0.530	0.877	X		
S-LAo Run	<0.01	0.837	0.253	0.236	X	
S-LAo Swim	0.124	0.407	0.714	0.847	0.175	X

The Sham Sedentary group had a significantly larger final head length than only the Sham Run and S-LAo Run groups ($P\leq 0.011$).