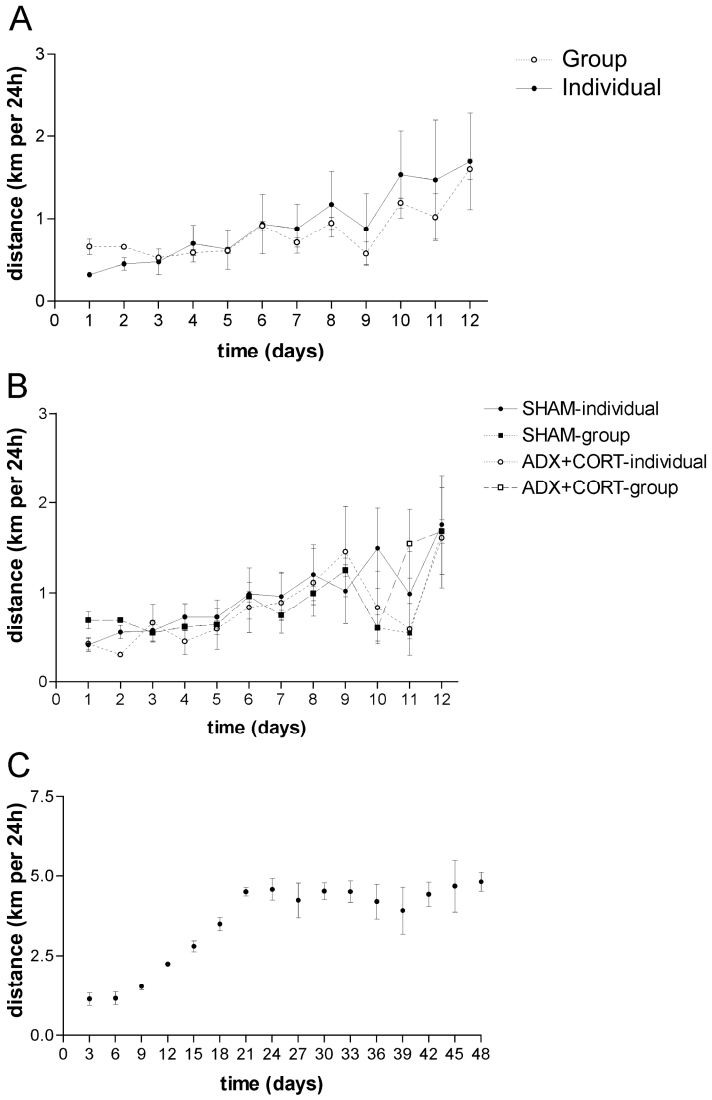
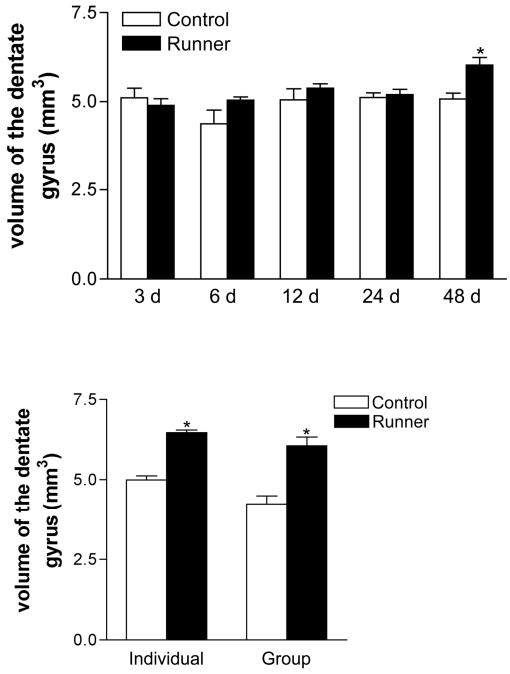
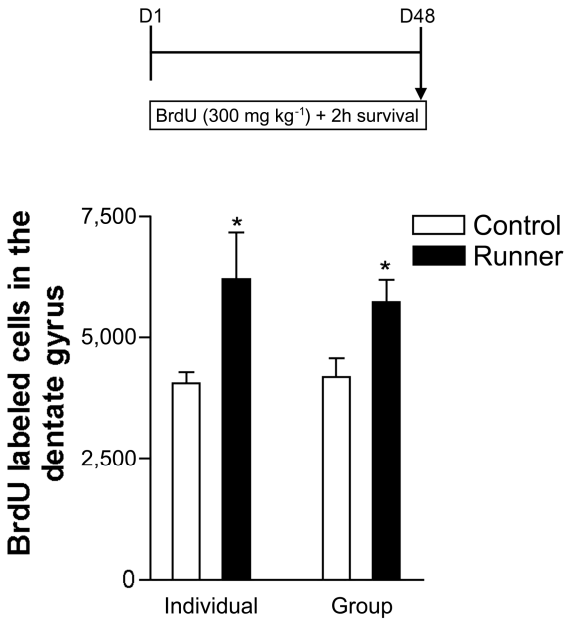
Supplementary Figures.



Supplementary Figure 1. Differences in the amount of running do not explain differences in neurogenesis across housing conditions or glucocorticoid status. (A) Mean 24 hr distances in runners housed alone or in groups are similar. (B) No significant difference in mean 24 hr distance was seen between sham-operated animals (SHAM) and those that received adrenalectomy and low-dose corticosterone replacement (ADX + CORT) in either social condition. (C) Mean 24 hr distance run plateaus around 21 days. Error bars = s.e.m.



Supplementary Figure 2. The volume of the dentate gyrus increases with prolonged physical activity. (Top graph) Changes in the volume of this brain region were only noted with long-term activity in individually-housed runners. (Bottom graph) Both group- and individually-housed animals exhibit increased dentate gyrus volume with long-term physical activity (48 days of running). Error bars = s.e.m.; Asterisk (*) indicates significance at $P < 0.05$ following 2 x 5 ANOVA (top graph) or 2 x 2 ANOVA (bottom graph).



Supplementary Figure 3. The increase in neurogenesis with short-term running in group-housed animals is sustained over longer periods of activity. The top panel describes the experimental design for this study: group- or individually-housed animals ran (or were sedentary) for 48 days before being injected once with BrdU and perfused 2 h later. In group-housed animals that ran for 48 days (the length of time previously found to enhance neurogenesis in socially isolated animals), neurogenesis remains elevated. This suggests that the enhancement of neurogenesis seen with 12 days of running in socially housed animals is sustained. Error bars = s.e.m. Asterisks (*) indicate significance at $P < 0.05$ following 2-way ANOVA.