

Supplemental Figure 1. Exercise-induced muscle CXCL-1 mRNA expression is inhibited in IL-6 knock out mice. Muscle CXCL-1 mRNA expression was measured immediately (0h), four hours (4h) or ten hours (10h) after a single bout of exercise in WT and IL-6 knock out (KO) mice. The relative CXCL-1 mRNA expression is presented as fold change values proportional to the non-exercising control group (Pre). Data are depicted as means  $\pm$  S.E.M (N = 12). Statistical significance was tested by 2-way ANOVA with Bonferroni's post hoc test.

## Supplemental table 1

CT values:	Tibialis	Soleus	Gastrocnemius	Liver	Spleen	Vis. fat	Sub. fat	Kidney	Heart
Pre (-1H)	$29.4\pm0.2$	$31.4 \pm 0.4$	$31.9 \pm 0.3$	28.0 ± 0.2	$30.9\pm0.1$	$28.9\pm0.3$	$29.7\pm0.3$	$28.9\pm0.3$	$28.2\pm0.2$
0H	$27.2\pm0.2$	$30.7\pm0.2$	$30.2\pm0.4$	27.6 ± 0.3	$29.9\pm0.2$	$28.8\pm0.5$	$29.8\pm0.2$	$26.8\pm0.3$	$27.3\pm0.3$
2H	$28.5\pm0.3$	$31.2\pm0.4$	$31.6\pm0.8$	$22.7\pm0.4$	$30.8\pm0.2$	$29.1\pm0.3$	$28.4\pm0.6$	$27.2\pm0.4$	$28.3\pm0.2$
5H		$31.7\pm0.2$	32.0 ± 0.4	26.4 ± 0.3	31.1 ± 0.2	29.4 ± 0.3	$29.6\pm0.3$	$28.4 \pm 0.1$	26.6 ± 0.1

**Supplemental table 1.** Actual mRNA expression levels (CT- values) for the CXCL-1 during the swimming exercise trial in WT mice. Data are presented as Mean  $\pm$  SEM.