

## Figure Legend

**Figure 6.** Data (mean  $\pm$  SE) represents protein expression for nuclear A) ATF4 and B) STAT3 phosphorylation at Thr705 before (basal) and after (3, 6, and 24h) a single bout of resistance exercise in skeletal muscle of young and older adults. Western blot inset are representative images from a single young and old subject corresponding to time points below (in duplicate) for Y= Young and O= Older adults. \*Significantly different than basal ( $P < 0.05$ ). #Significantly different between the age groups at indicated post-exercise time point ( $P \leq 0.05$ ). Note: a subset of the enrolled subjects were included for nuclear ATF4 (Young,  $n=12$ ; Old,  $n=12$ ) and STAT3 (Young,  $n=11$ ; Old,  $n=12$ ) analysis.