

Supplemental Table 2: Changes in individual and total ceramide and other sphingolipids (pMol/mg protein) by intervention group

	WL		EX	
	PRE	POST	PRE	POST
N (male/female)	8 (3/5)		8 (4/4)	
Ceramide species (pMol/mg)				
C14:0	0.84±0.19	0.57±0.08*	1.3±0.2	0.8±0.1*
C16:0	13.0±3.4	18.2±4.4	12.3±3.9	3.6±1.1*
C18:0	30.2±7.4	31.9±5.3	17.0±2.4	10.4±3.1*
C18:1	12.6±2.5	14.9±1.4	9.7±3.4	4.8±1.6
C20:0	7.4±1.1	6.3±1.5*	3.6±0.6	1.8±0.5*
C24:0	78.1±19.9	54.6±11.9*	26.4±3.5	16.3±4.4*
C24:1	71.3±17.6	74.1±15.8*	18.0±2.5	11.0±3.4*
Total ceramide	188.4±40.3	176.9±31.0	73.5±4.3	46.4±8.7*
Sphingolipids (pMol/mg)				
Dihydroceramide	1.1±0.2	0.7±0.1*	0.7±0.2	0.4±0.2*
Sphingosine	1.0±0.2	1.2±0.2	1.3±0.4	0.6±0.1*
Sphingosine 1-phosphate	12.9±6.2	8.2±2.2	0.9±0.5	0.9±0.7

Data are mean ± SEM. A two-way (group x time) repeated measures analysis of variance was used to assess differences. Data were log transformed when ANOVA assumption of normality was not met.

* $P < 0.05$ within-group intervention. † $P < 0.05$ between-groups difference.