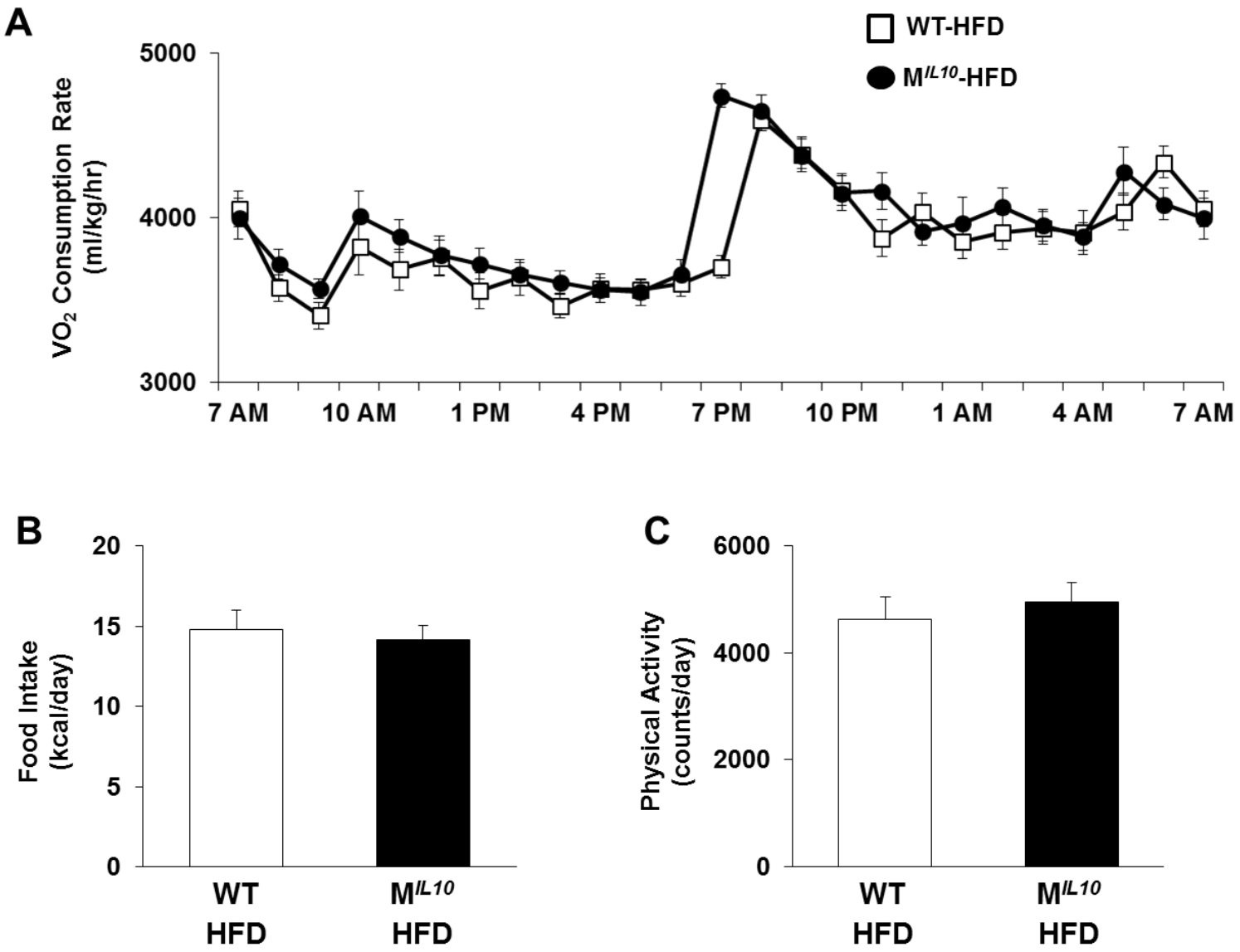
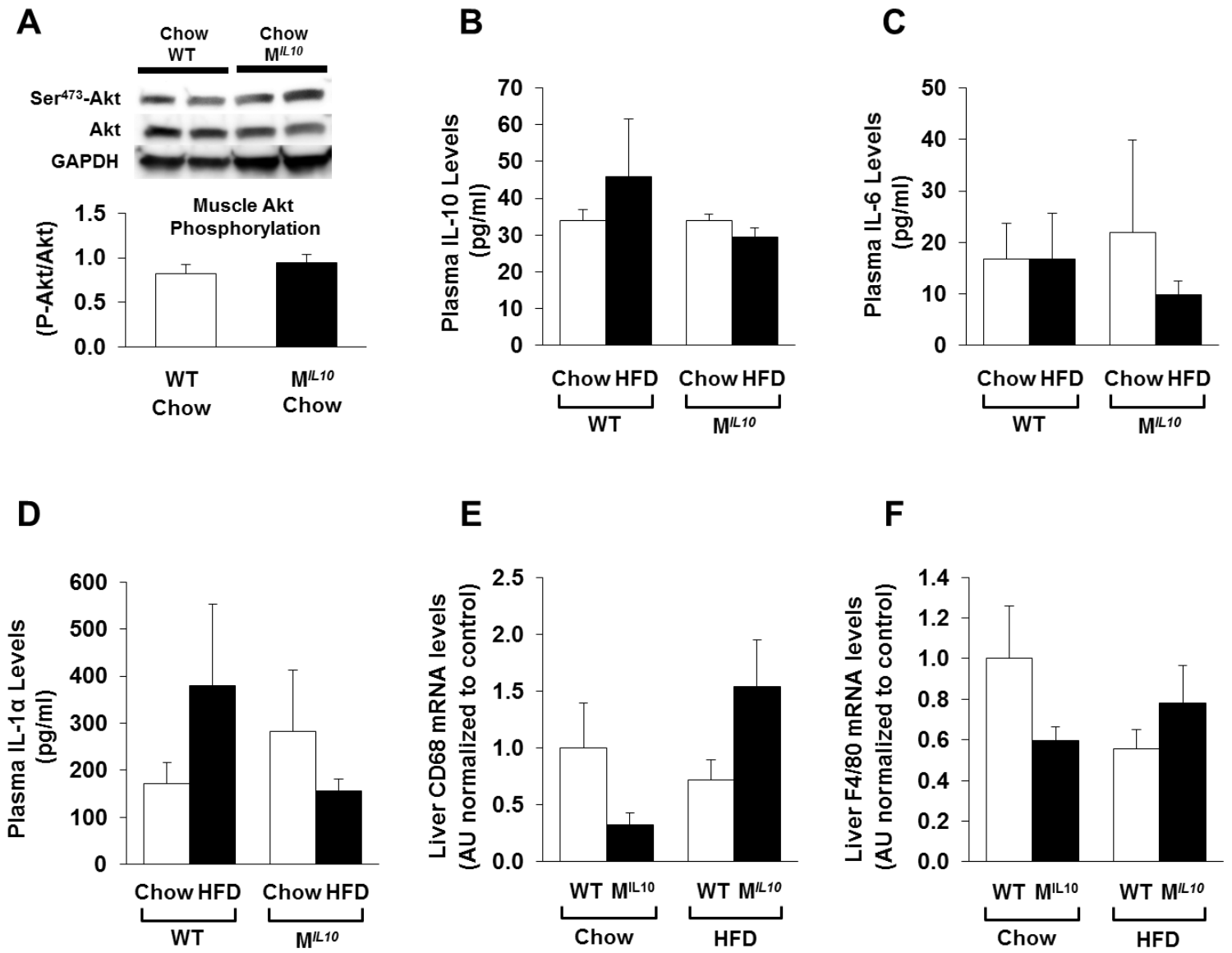
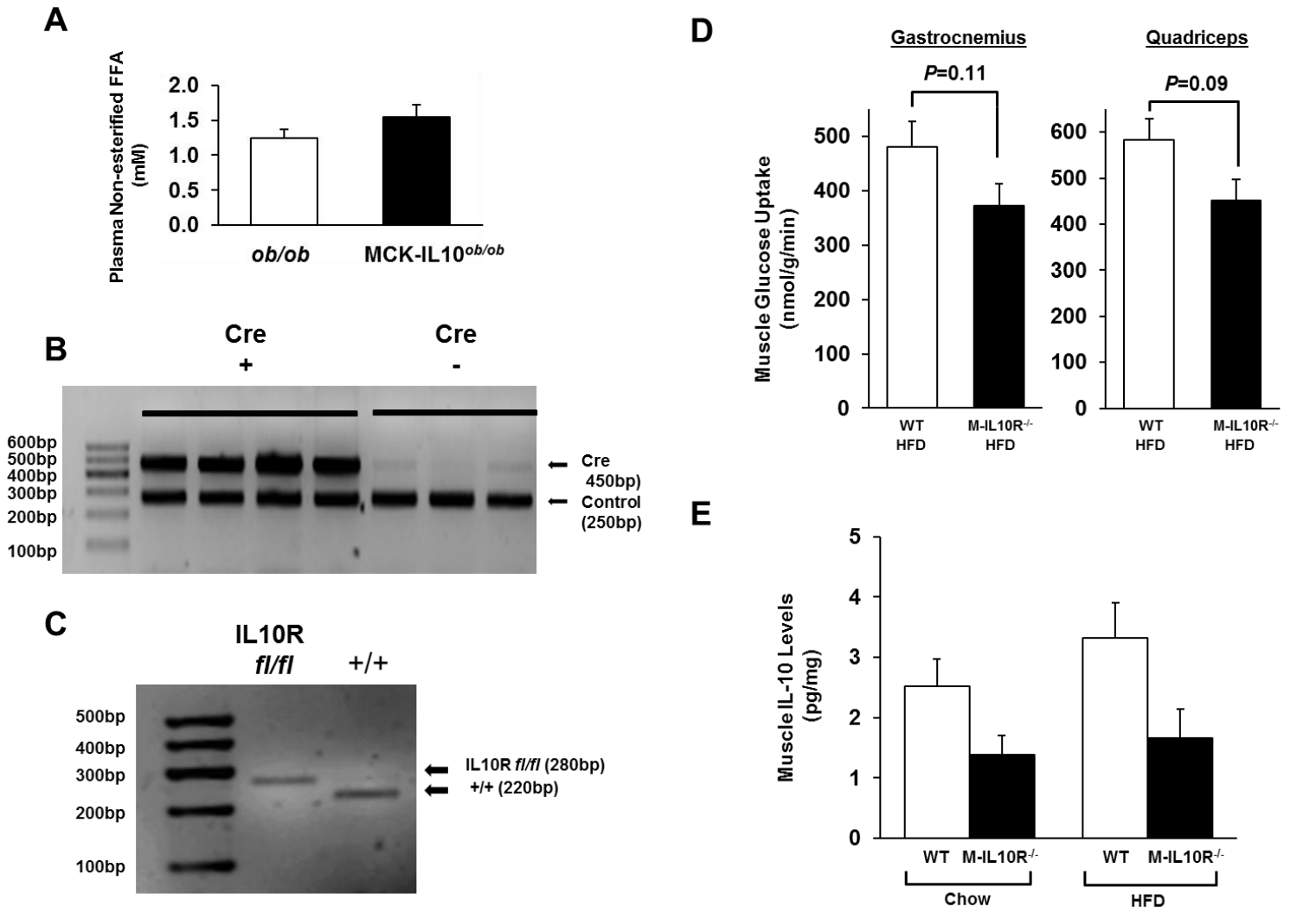


Supp. Fig 1. A 72-hour metabolic cage measurement in M^{IL10} and WT mice on long term HFD feeding. ***A:*** Oxygen consumption rates ***B:*** Daily food intake and ***C:*** Daily physical activity of M^{IL10} and WT mice on 16 weeks of HFD. Values are means ± SE for 6 mice in each group.



Supp. Fig. 2. ***A:*** Insulin-stimulated Akt phosphorylation of chow-fed WT and M^{IL10} mice quadriceps muscles. ***B, C, D:*** Plasma IL-10, IL-6 and IL-1α levels of same WT and M^{IL10} mice measured after 16 weeks of HFD (n=5-6/group). ***E, F:*** Liver CD68 and F4/80 macrophage marker mRNA levels in chow and HFD-fed WT and M^{IL10} mice (n=5-6/group).



Supp. Fig 3. ***A:*** Plasma non-esterified free fatty acid levels of *ob/ob and* MCK-IL10$^{ob/ob}$ mice (n=6/group). Genotyping of M-IL10R$^{-/-}$ mice. ***B:*** PCR for Cre gene (450bp) ***C:*** IL10R LoxP PCR (WT band 220 bp floxed band 280 bp). ***D:*** Insulin-stimulated gastrocnemius and quadriceps glucose uptake levels in chow and HFD-fed WT and M-IL10R$^{-/-}$ mice (n=5-8/group) and ***E:*** Skeletal muscle IL-10 levels in chow and HFD-fed WT and M-IL10R-/- mice (n=4-6/group).

Primer name	Primer sequence (5’-3’)
CD68-Forward	TGTCTGATCTTGCTAGGACCG
CD68-Reverse	GAGAGTAACGGCCTTTTTGTG
F4/80 (Emr1)-Forward	TGACTCACCTTGTGGTCCTAA
F4/80 (Emr1)-Reverse	CTTCCCAGAATCCAGTCTTTCC
G6Pase-Forward	CGACTCGCTATCTCCAAGTGA
G6Pase-Reverse	GTTGAACCAGTCTCCGACCA
IL-10-Forward	TGAATTCCCTGGGTGAGAAG
IL-10-Reverse	GCTCCACTGCCTTGCTCTTA
IL-1β-Forward	GAAATGCCACCTTTTGACAGTG
IL-1β-Reverse	CTGGATGCTCTCATCAGGACA
IL-6-Forward	AGTTGCCTTCTTGGGACTGA
IL-6-Reverse	TCCACGATTTCCCAGAGAAC
MCP-1-Forward	TTAAAAACCTGGATCGGAACCAA
MCP-1-Reverse	GCATTAGCTTCAGATTTACGGGT
PEPCK-Forward	CTGCATAACGGTCTGGACTTC
PEPCK-Reverse	CAGCAACTGCCCGTACTCC
TNF-α-Forward	CAGGCGGTGCCTATGTCTC
TNF-α-Reverse	CGATCACCCCGAAGTTCAGTAG

Supp. Table 1. List of primers