



**Support Figure 1:** Serum non-esterified fatty acid (NEFA) responses. Panels A (NW group) and B (OW/Ob group) show the NEFA excursion curves from the pre-meal baseline (Time 0 minutes) through the postprandial period (10-180 minutes). Panel C shows the total NEFA area under the curve (AUC) for each trial. Panel D shows individual values for the difference in NEFA AUC (delta AUC) between each exercise trial and the No Ex trial, respectively. Values for panels A-C shown as mean  $\pm$  SEM. The legend applies to all panels. \*Prior Day Ex versus No Ex within group,  $p < 0.05$ . † Same Day Ex versus No Ex within group,  $p < 0.05$ ; § Prior Day Ex versus Same Day Ex within group,  $p < 0.05$ .