Table SI. Sequences of the primers used for reverse transcription-quantitative PCR.

Gene	Forward (5'→3')	Reverse (5'→3')
PGC-1α	CAGTGCTACCTGAGAGAGACT	TTGACTGGGATGACCGAAGTGC
PGC-1β	GACACAGATGAAGATCCAAGC	CTCCTCAAAGCTCTTCTTGCC
PPARα	CCTTACCTGTGAACACGATCTG	CAGGTAGGCTTCGTGGATTCTC
PPARβ	CCTACAACGAGATCAGCGTGCATG	CCTGGTCGTTGAGGAAGAGGCTG
ChREBP	CGAGGTGGTGATGCGTGAAT	GAAGTTTGAAGATGTGGCGT
SREBP-1c	TCCTGCACCACCAACTGCTTAG	AGTGGCAGTGATGGCATGGACT
CPT1α	ATATCAAGGACAGCAGGCACA	CTCAGCAGCCTCCCATGCT
ACCα	CACATCATGAAGGAGGAGG	GCTATCACACAGCCTGGGTC
PDK4	CTGCTCCAACGCCTGTGATGG	GACATGGAATAGAGATTCAGATC
GAPDH	GGCACAGTCAAGGCTGAGAATG	ATGGTGGTGAAGACGCCAGTA

PGC, peroxisome proliferator-activated receptor γ coactivator; PPAR, peroxisome proliferator-activated receptor; SREBP, sterol regulatory element binding protein; ChREBP, carbohydrate-response element-binding protein; CPT1α, carnitine palmitoyl transferase1α; ACCα, acyl-CoA carboxylase 1; PDK4, pyruvate dehydrogenase kinase 4.

Table SII. Effects of exercise and rapamycin on blood biochemical parameters in rats fed high-fat diets.

Parameter	N (n=6)	H (n=6)	HE (n=4)	HR (n=5)	HER (n=4)
FBG, g/l	1.18±0.18	1.49±0.10	1.24±0.20	1.39±0.32	1.65±0.31
FTG, g/l	0.82±0.41	1.28±0.38	1.34±0.15	1.16±0.41	1.23±0.22
FFA, μg/ml	1.63±0.59	1.80±0.15	2.21±0.26	2.50±0.50	2.04±0.42
β-HB, μmol/l	300.01±18.53	277.32±56.51	290.32±6.88	296.62±46.41	283.52±28.70
FINS, mU/l	21.62±1.91	21.38±3.83	20.58±2.43	25.39±5.01	20.43±4.17

Data are presented as the mean ± SE. N, normal; H, rats fed high-fat diet; E, exercise; R, rapamycin; FBG, fasting blood glucose; FTG, fasting plasma triglyceride; FFA, fasting plasma non-esterified fatty acids; β-HB, β-hydroxybutyrate; FINS, fasting plasma insulin.