

Reporting Summary

Nature Research wishes to improve the reproducibility of the work that we publish. This form provides structure for consistency and transparency in reporting. For further information on Nature Research policies, see [Authors & Referees](#) and the [Editorial Policy Checklist](#).

Statistics

For all statistical analyses, confirm that the following items are present in the figure legend, table legend, main text, or Methods section.

n/a Confirmed

- The exact sample size (n) for each experimental group/condition, given as a discrete number and unit of measurement
- A statement on whether measurements were taken from distinct samples or whether the same sample was measured repeatedly
- The statistical test(s) used AND whether they are one- or two-sided
Only common tests should be described solely by name; describe more complex techniques in the Methods section.
- A description of all covariates tested
- A description of any assumptions or corrections, such as tests of normality and adjustment for multiple comparisons
- A full description of the statistical parameters including central tendency (e.g. means) or other basic estimates (e.g. regression coefficient) AND variation (e.g. standard deviation) or associated estimates of uncertainty (e.g. confidence intervals)
- For null hypothesis testing, the test statistic (e.g. F , t , r) with confidence intervals, effect sizes, degrees of freedom and P value noted
Give P values as exact values whenever suitable.
- For Bayesian analysis, information on the choice of priors and Markov chain Monte Carlo settings
- For hierarchical and complex designs, identification of the appropriate level for tests and full reporting of outcomes
- Estimates of effect sizes (e.g. Cohen's d , Pearson's r), indicating how they were calculated

Our web collection on [statistics for biologists](#) contains articles on many of the points above.

Software and code

Policy information about [availability of computer code](#)

Data collection

No software was used.

Data analysis

All statistical analyses were performed in JMP14 (SAS Institute Inc.). ImageJ was used to quantify western blot bands.

For manuscripts utilizing custom algorithms or software that are central to the research but not yet described in published literature, software must be made available to editors/reviewers. We strongly encourage code deposition in a community repository (e.g. GitHub). See the Nature Research [guidelines for submitting code & software](#) for further information.

Data

Policy information about [availability of data](#)

All manuscripts must include a [data availability statement](#). This statement should provide the following information, where applicable:

- Accession codes, unique identifiers, or web links for publicly available datasets
- A list of figures that have associated raw data
- A description of any restrictions on data availability

All data supporting the findings of this study are available within this article and in the Supplementary Information or from the corresponding author upon reasonable request.

Field-specific reporting

Please select the one below that is the best fit for your research. If you are not sure, read the appropriate sections before making your selection.

- Life sciences Behavioural & social sciences Ecological, evolutionary & environmental sciences

Life sciences study design

All studies must disclose on these points even when the disclosure is negative.

Sample size	No statistical methods were used to determine sample size.
Data exclusions	No data were excluded from the analysis.
Replication	Representative data from one of 2-5 independent experiments are shown. Every experiment was performed multiple times with essentially the same result.
Randomization	Mice analyzed were litter mates and sex-matched whenever possible.
Blinding	Investigators were blinded to mouse genotypes during experiments.

Reporting for specific materials, systems and methods

We require information from authors about some types of materials, experimental systems and methods used in many studies. Here, indicate whether each material, system or method listed is relevant to your study. If you are not sure if a list item applies to your research, read the appropriate section before selecting a response.

Materials & experimental systems

Methods

n/a	Involved in the study	n/a	Involved in the study
<input type="checkbox"/>	<input checked="" type="checkbox"/> Antibodies	<input checked="" type="checkbox"/>	<input type="checkbox"/> ChIP-seq
<input checked="" type="checkbox"/>	<input type="checkbox"/> Eukaryotic cell lines	<input checked="" type="checkbox"/>	<input type="checkbox"/> Flow cytometry
<input checked="" type="checkbox"/>	<input type="checkbox"/> Palaeontology	<input checked="" type="checkbox"/>	<input type="checkbox"/> MRI-based neuroimaging
<input type="checkbox"/>	<input checked="" type="checkbox"/> Animals and other organisms		
<input checked="" type="checkbox"/>	<input type="checkbox"/> Human research participants		
<input checked="" type="checkbox"/>	<input type="checkbox"/> Clinical data		

Antibodies

Antibodies used	Phospho-AMPK α (Thr172) antibody (#2535, Cell Signaling), AMPK α antibody (#2532, Cell Signaling), Phospho-Akt (Ser473) antibody (#4060, Cell Signaling), Akt antibody (#9272, Cell Signaling), AdipoR1 antibody (IBL #18993), AdipoR2 antibody (IBL #18995)
Validation	Validation statements on specificity of the antibodies and citations can be found from manufacturers validation statements.

Animals and other organisms

Policy information about [studies involving animals](#); [ARRIVE guidelines](#) recommended for reporting animal research

Laboratory animals	Male mice (C57BL/6 background) between 6-10 weeks of age were used in the study. Additional detailed information is provided in methods section.
Wild animals	The study did not involve wild animals.
Field-collected samples	The study did not involve samples collected from the fields.
Ethics oversight	All animal experiments were approved by the Faculty's animal experimentation committee of the University of Tokyo.

Note that full information on the approval of the study protocol must also be provided in the manuscript.