



**SDC 6. Example images of vastus lateralis samples (n=6).**

*Vastus lateralis* biopsy samples stained with an anti-slow skeletal myosin heavy chain primary antibody (fluorescent green). Nuclei are represented in blue (stained with DAPI). Example non-stained fibres (representing fast-glycolytic (IIa) and fast (IIb) fibres) are indicated with the white arrow. Percentage represents the proportion of slow-oxidative fibres determined through manual counting (minimum 50 fibres) by a blinded assessor.