



**Supplemental Figure 1. Representative staining images.** A: Cell borders, B: Type I fibers, C: Type IIX fibers, D: Lipid droplets, E: Succinate dehydrogenase, F:  $\alpha$ -glycerophosphate dehydrogenase. Images A-D are layers of a single confocal microscopy image (sections B and C enhanced here only for visual purposes). Images E and F are from sequential sections.