Table S1. Probabilities from pairwise comparisons of least square means from a significant 2-way ANCOVA ($F_{1,51}$ =4.4; P=0.04) for final body mass (day 558) between all subgroups (α =0.025)

mas body mass (day body bottles an basgloups (at blees)							
	Sham Sedentary	Sham Run	Sham Swim	S-LAo Sedentary	S-LAo Run	S-LAo Swim	
Sham Sedentary	Х						
Sham Run	0.017	X					
Sham Swim	0.029	0.792	X				
S-LAo Sedentary	0.057	0.746	0.929	Χ			
S-LAo Run	<0.001	0.218	0.137	0.151	X		
S-LAo Swim	0.016	0.808	0.633	0.595	0.368	Χ	

The Sham Sedentary group had a significantly larger final body mass (*P*≤0.017) compared with the Sham Run, S-LAo Run and S-LAo Swim groups but not compared with the S-LAo Sedentary or Sham Swim groups.

Table S2. Probabilities from pairwise comparisons of least square means from non-significant 2-way ANCOVA ($F_{1.51}$ =3.0; P=0.09) for final spout-to-vent length (day 558) between all subgroups (α =0.025)

	ilital shoul-to-verit length (day 550) between all subgroups (\alpha = 0.025)						
	Sham Sedentary	Sham Run	Sham Swim	S-LAo Sedentary	S-LAo Run	S-LAo Swim	
Sham Sedentary	Х						
Sham Run	< 0.01	Χ					
Sham Swim	<0.01	0.633	X				
S-LAo Sedentary	0.031	0.485	0.784	X			
S-LAo Run	< 0.001	0.350	0.167	0.133	Χ		
S-LAo Swim	0.024	0.572	0.883	0.91	0.168	Χ	

The Sham Sedentary group had a significantly larger final SVL (*P*≤0.024) compared with the four exercised groups, but not compared with the S-LAo Sedentary group.

Table S3. Probabilities from pairwise comparisons of least square means from non-significant 2-way ANCOVA ($F_{1,51}$ =1.5; P=0.23) for final head length (day 558) between all subgroups (α =0.025)

	Sham Sedentary	Sham Run	Sham Swim	S-LAo Sedentary	S-LAo Run	S-LAo Swim
Sham Sedentary	Х					
Sham Run	0.011	X				
Sham Swim	0.036	0.596	Χ			
S-LAo Sedentary	0.081	0.530	0.877	X		
S-LAo Run	<0.01	0.837	0.253	0.236	X	
S-LAo Swim	0.124	0.407	0.714	0.847	0.175	X

The Sham Sedentary group had a significantly larger final head length than only the Sham Run and S-LAo Run groups (P≤0.011).

S-LAo, successful experimental animals with an occluded LAo upstream and downstream of the foramen of Panizza.