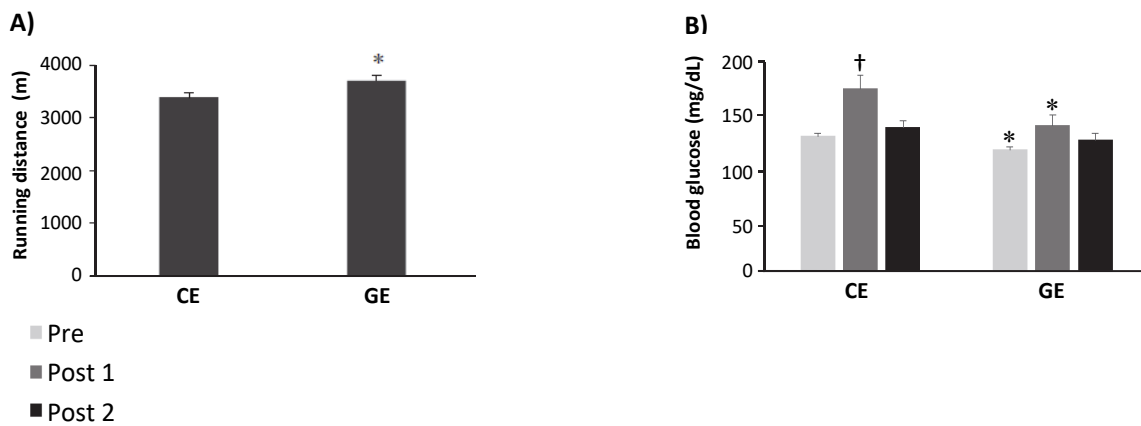


**Supplementary Figure 1.** Food intake (A), change in body weight (B), final body weight (C), and running distance of rats (D). Experimental animals were randomly divided into three groups at the age of 6 weeks (CE: Control exercise group [n=7], LGE: Low ginger exercise group [n=11], HGE: High ginger exercise group [n=10]). \*p<0.05 vs CE group. Values are represented as mean ± SE.



**Supplementary Figure 2.** Running distance (A) and blood glucose levels (B). Experimental animals were randomly divided into two groups at the age of 6 weeks (CE: Control exercise group [n=10], GE: Ginger exercise group [n=10]). \*p<0.05 vs CE group, †p<0.01 vs pre. Values are represented as mean ± SE.