Adaptation period for 1 wk

Animals divided into four body weight matched groups

Fasting glucose and fasting insulin levels measured after 9 wk

Fasting glucose and fasting insulin levels measured after 18 wk

Running wheels locked 12 h before sacrifice

Animal groups for 19 wk interventions:

- Low-fat diet + sedentary (n=14)
- Low-fat diet + running (n=15)
- High-fat diet + sedentary (n=14)
- High-fat diet + running (n=15)

Fasting 3 h before sacrifice

Sacrifice and collecting end point samples