

Supplementary Material

Age of Rats (weeks)	4-5	6	7	8	9	10	11	12	13	14	15	16
Experimental Weeks	IW	2 nd	3 rd	4 th	5 th	6 th	7 th	8 th	9 th	10 th	11 th	12 th
High fat diet (HFD, HFD+EX)	+	+	+	+	+	+	+	+	+	+	+	+
Standart Rodent Chow (SED, EX)	+	+	+	+	+	+	+	+	+	+	+	+
Exercise Phase	Habitation (No exercise)				Exercise Protocol							
MWM Test				1st trial				2nd trial				3rd trial

Table 1: Timeline of High-Fat Diet Feeding, Exercise Protocol, and Morris Water Maze Testing in a 12-Week Experimental Period

Male Wistar albino rats were 4–5 weeks old at the start of the study. The experimental week numbers correspond to the first day of each week (Mondays). From the beginning of the experiment until the rats reached 8 weeks of age, all animals remained in their cages and did not undergo any exercise intervention. Rats assigned to the high-fat diet groups (HFD and HFD+EX) received the high-fat diet from the first week of the experiment onward. The exercise protocol was introduced at the 4th experimental week, when the rats were 8 weeks old. In 4th, 8th, and 12th experimental weeks rats formerly exposed to MWM test. Whan all groups finished MWM test in trials, exercise protocol was appiled.