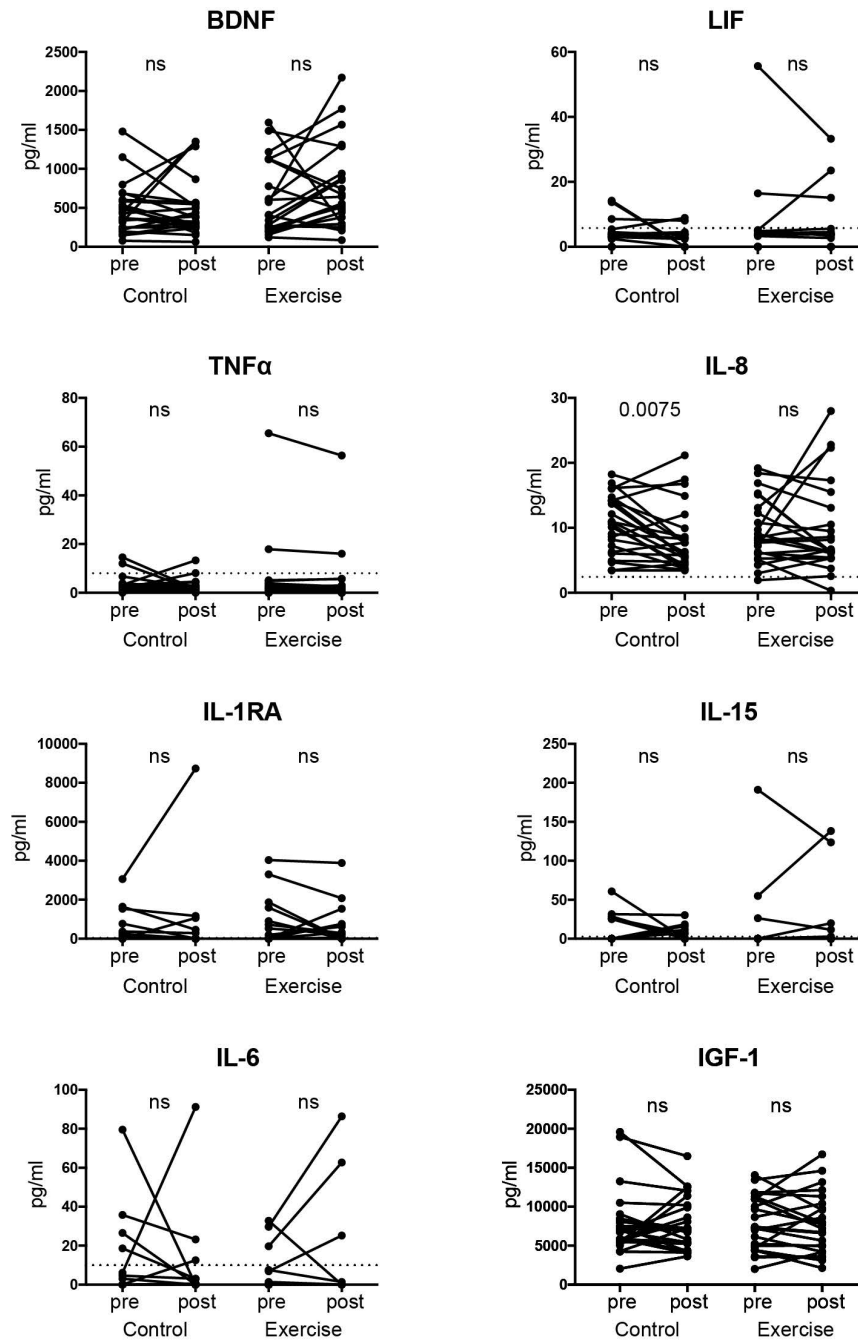




Supplementary figure 3

The concentrations of BDNF, LIF, TNF α , IL-8, IL1-RA, IL-15, IL-6 and IGF-1 in plasma samples, pre and post 20 weeks of control (n=24) or exercise (n=24) intervention. The lower level of quantification is marked with a dotted line. *P* values were determined using Wilcoxon signed-rank test comparing data obtained at baseline (pre) and after 20 weeks (post).