

**Figure S1.** Transmission electron micrographs of IMLDG and SMCA1 areas from middle-aged sedentary (MAS), middle-aged treadmill training (MATT), old sedentary (OS), and old treadmill training (OTT) mice. Arrows indicate synapses stained with the ethanol phosphotungstic acid (E-PTA) technique. Bars: 500 nm.