**figs7**

**Supplementary Figure 3.** (**A**) Protein expression and phosphorylation of p70S6K and 4EBP1 in liver tissue of mice with or without HFHC feeding (n=3). (**B**) Protein expression and phosphorylation of p70S6K and 4EBP1 in liver tissue of mice with or without exercise (n=3). (C and D) mRNA levels of inflammation and fibrosis related genes (n=6). HFHC: High fat and high cholesterol; SED: Sedentary group; EXE: Exercise group; \*\*p<0.01.