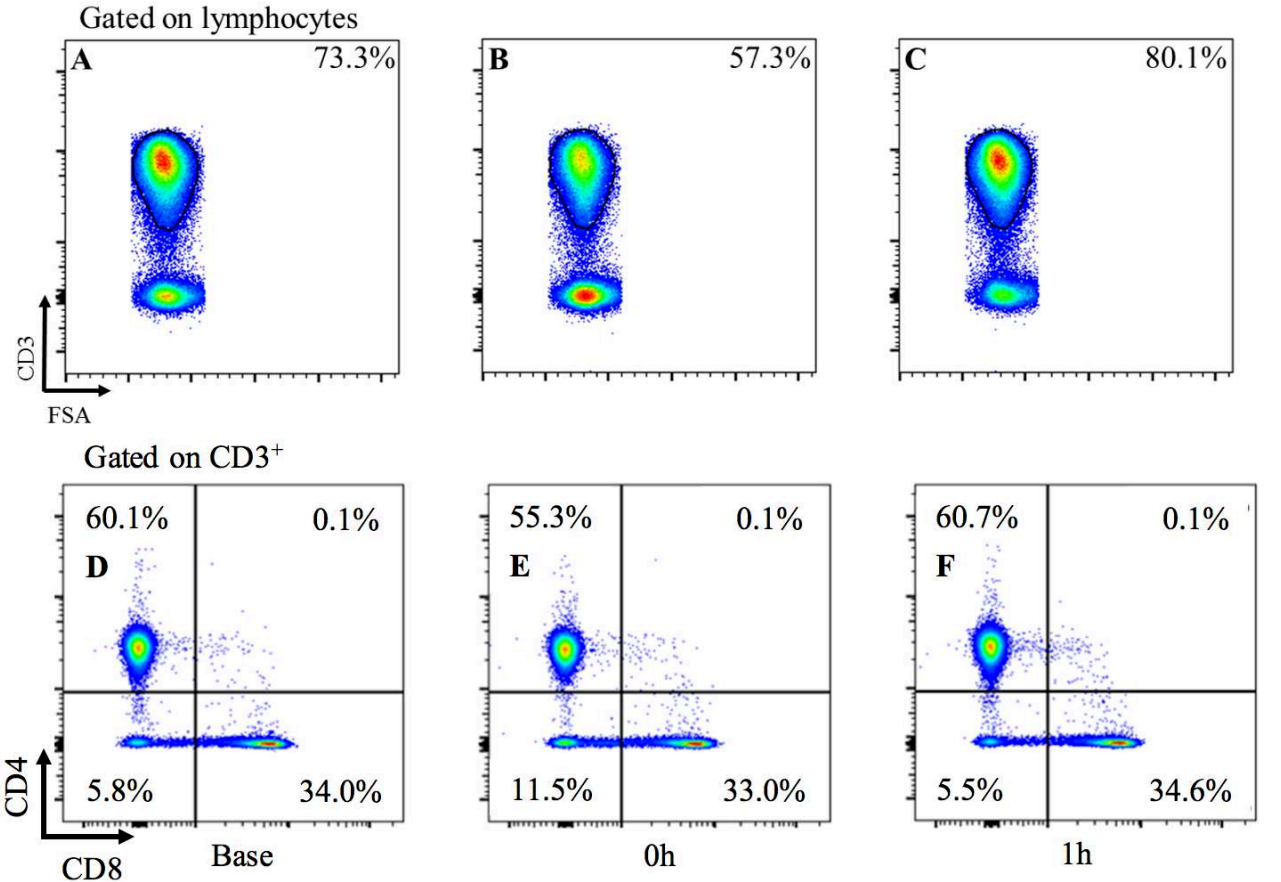

SUPPLEMENTAL DIGITAL CONTENT Figure 1. Representative FACS plots for classical $CD3^+$ T-cells gated on lymphocytes at **A)** baseline, **B)** 0h and **C)** 1h after sub-maximal aerobic exercise. $CD4^+$ and $CD8^+$ T-cells gated on $CD3^+$ T-cells at **D)** baseline, **E) 0**h and **F)** 1h after sub-maximal aerobic exercise. The representative FACS plots were selected from the participant with percent of T-cells closest to mean baseline value for the respective population while the 0h and 1h plots are from the same participant.