

Supplementary Figure 1. Examples of morphological changes observed in muscles from *very old* rats (34-36 months), compared to *young* rats (12 months) . Old muscles show an increase in fibre size variation including the presence of angulating atrophied fibres (arrow) indicative of neurogenic atrophy, and clusters of smaller caliber muscle fibres. Increases in central nucleation are not observed in old muscles. Occasional split fibres (double arrows) can also be observed.

