

Additional File 5. Immunophenotype values in active and sedentary individuals.

Phenotype	Active (n=10) Mean and SD	Sedentary (n=5) Mean and SD
Granulocytes (cells/ μ l) (FSCbySSC)	2897.6 \pm 1183.1	3318.4 \pm 680.2
Neutrophils (CD15+CD16+) (cells/ μ l)	2753.9 \pm 1190.9	3141.1 \pm 584.2
Eosinophils (CD15+CD16-) (cells/ μ l)	141.7 \pm 87.9	173.8 \pm 97.8
Monocytes (CD14+) (cells/ μ l)	447.6 \pm 151.7	516.3 \pm 114.9
Classical Monocytes (CD14+CD16-) (cells/ μ l)	376.3 \pm 129.7	419.8 \pm 94.2
Intermediate Monocytes (CD14+CD16+) (cells/ μ l)	22.3 \pm 9.9	36.4 \pm 9.1
Non-classical Monocytes (CD14loCD16+) (cells/ μ l)	38.5 \pm 14.8	50.7 \pm 23.9
B cells (CD19+) (cells/ μ l)	241.3 \pm 99.9	344.1 \pm 111.6
Natural Killer cells (CD56+CD16+) (cells/ μ l)	277.8 \pm 195.6	209.8 \pm 72.6
Natural Killer cells (CD56++CD16-) (cells/ μ l)	24.8 \pm 14.8	20.3 \pm 8.2
T cells (CD3+) (cells/ μ l)	1791.4 \pm 976.6	1911.9 \pm 924.2
T helper cells (CD3+CD4+) (cells/ μ l)	923.5 \pm 280.1	848.8 \pm 281.4
T cytotoxic cells (CD3+CD8+) (cells/ μ l)	672.8 \pm 520.4	996.1 \pm 859.6
T cells (CD3+CD4+CD8+) (cells/ μ l)	21.2 \pm 28.7	14.3 \pm 5.6
T cells (CD3+CD4-CD8-) (cells/ μ l)	173.8 \pm 295.0	52.7 \pm 14.4
$\delta\Delta$ T cells (CD3+ $\delta\Delta$ TCR+)	187.5 \pm 336.8	35.9 \pm 14.2
CD4/CD8 ratio	1.8 \pm 0.8	1.2 \pm 0.7
T cell Phenotypes		
CD4+CD25+CD127lo Regulatory T cells (% of CD4)	10.6 \pm 1.9	12.4 \pm 2.7
CD4+CD45RA+ Naïve T cells (% of CD4)	50.0 \pm 10.4	37.3 \pm 13.9
CD4+CD45RO+CD62L+CCR7+	53.3	49.6

Central Memory (% of CD4+CD45RO+)	± 7.4	± 11.2
CD4+CD45RO+CD62L-CCR7- Effector Memory (% of CD4+CD45RO+)	20.9 ± 8.7	25.2 ± 9.0
CD4+CD62L+CD27+ (% of CD4)	90.4 ± 13.5	89.5 ± 7.1
CD4+CD25+ (% of CD4)	7.5 ± 3.8	9.5 ± 3.3
CTLA-4+CD28- (% of CD4)	0.1 ± 0.1	0.1 ± 0.1
CTLA-4+CD28+ (% of CD4)	1.1 ± 0.7	2.1 ± 1.7
CTLA-4-CD28+ (% of CD4)	94.4 ± 8.5	93.0 ± 5.5
CD154(CD40L)+ (% of CD4)	2.6 ± 2.4	1.0 ± 0.3
CD8+CD45RA+ Naïve T cells (% of CD8)	67.6 ± 16.7	60.9 ± 11.4
CD8+CD45RO+ Memory T cells (% of CD8)	32.0 ± 16.6	38.3 ± 11.8
CD8+CD45RO+CD62L+CCR7+ Central Memory (% of CD8+CD45RO+)	11.6 ± 5.7	5.8 ± 3.5
CD8+CD45RO+CD62L-CCR7- Effector Memory (% of CD8+CD45RO+)	69.1 ± 12.7	81.3 ± 10.7
CD8+CD62L+CD27+ (% of CD8)	48.6 ± 13.0	33.1 ± 21.2
CD8+CD25+ (% of CD8)	1.7 ± 0.9	1.0 ± 0.4
CD8+CD45RA+CD27+CD62L+CCR7+ Stem Cell Memory (% of CD8+CD45RA+CD27+)	29.2 ± 11.1	16.5 ± 12.8
CTLA-4+CD28- (% of CD8)	0.2 ± 0.2	0.2 ± 0.2
CTLA-4+CD28+ (% of CD8)	0.8 ± 0.4	0.9 ± 0.5
CTLA-4-CD28+ (% of CD8)	65.8 ± 11.7	63.4 ± 17.8
CD154(CD40L)+ (% of CD8)	2.3 ± 1.7	1.0 ± 0.3
Monocyte Phenotypes		
CD33+ (% of Mononuclear cells)	17.9 ± 6.6	18.0 ± 9.2
CD14+ (% of CD33+ cells)	81.7	78.8

	± 4.5	± 8.5
CD33+CD14-HLA-DR- Immature myeloid derived suppressor cells (% of CD33+ cells)	9.6 ± 2.7	14.4 ± 5.5
CD14+HLA-DRlo/neg monocytes (% of CD14+)	11.8 ± 9.1	14.1 ± 15.2
HLA-DR Geometric Mean* (on CD14+HLA-DRlo/neg monocytes)	3.2 ± 1.1	2.9 ± 1.1
CD86+ monocytes (% of CD14+)	98.7 ± 1.0	98.8 ± 0.8
CD40+ monocytes (% of CD14+)	5.7 ± 4.2	5.3 ± 2.2
B7-H1 (PD-1 ligand)+ monocytes (% of CD14+)	3.2 ± 2.6	3.1 ± 2.0
CD142 (Tissue Factor)+ (% of CD14+)	4.9 ± 5.3	4.3 ± 3.5
Classical Monocytes (CD14+CD16-) (% of CD14+)	78.4 ± 7.2	79.4 ± 8.4
HLA-DR Geometric Mean (on Classical Monocytes (CD14+CD16-)	2.8 ± 0.9	2.5 ± 0.9
Intermediate Monocytes (CD14+CD16+) (% of CD14+)	5.1 ± 2.0	5.8 ± 1.4
HLA-DR Geometric Mean (on Intermediate Monocytes (CD14+CD16+)	13.9 ± 6.8	14.2 ± 7.3
Non-classical Monocytes (CD14loCD16+) (% of CD14+)	6.8 ± 3.5	6.7 ± 3.8
HLA-DR Geometric Mean (on Non-classical Monocytes (CD14loCD16+)	6.5 ± 3.2	6.7 ± 3.8

* Geometric means are presented in mean fluorescence intensity units.