- AMPK activation protects against diet induced obesity through Ucp1-independent
 thermogenesis in subcutaneous white adipose
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Alice E. Pollard^{1,2}, Luís Martins¹, Phillip J. Muckett¹, Sanjay Khadayate¹, Aurélie
Bornot², Maryam Clausen³, Therese Admyre³, Mikael Bjursell³, Rebeca Fiadeiro¹,
Laura Wilson¹, Chad Whilding¹, Vassilios N. Kotiadis⁴, Michael R. Duchen⁴, Daniel
Sutton⁵, Lucy Penfold¹, Alessandro Sardini¹, Mohammad Bohlooly-Y³, David M.
Smith², Jon A. Read², Michael A. Snowden², Angela Woods^{1,7} and David
Carling^{1,6,7}

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- ¹MRC London Institute of Medical Sciences, Imperial College London,
 Hammersmith Hospital, London W12 0NN, UK
- ¹⁴ ²Discovery Sciences, IMED Biotech Unit, AstraZeneca, Cambridge, UK
- ¹⁵ ³Discovery Sciences, IMED Biotech Unit, AstraZeneca, Gothenburg, Sweden
- ¹⁶ ⁴Department of Cell and Developmental Biology and UCL Consortium for
- 17 Mitochondrial Research, University College London, London, UK.
- ⁵Drug Safety and Metabolism, IMED Biotech Unit, AstraZeneca, Babraham, CB22
 3AT
- ⁶Institute of Clinical Sciences, Imperial College London, Hammersmith Hospital,
- 21 London W12 0NN, UK
- ²² ⁷To whom correspondence should be addressed (angela.woods@lms.mrc.ac.uk;
- 23 david.carling@lms.mrc.ac.uk)

24 Obesity results from a chronic imbalance between energy intake and energy output but 25 remains difficult to prevent or treat in humans. AMP-activated protein kinase (AMPK) is an important regulator of energy homeostasis¹⁻³, and is a molecular target of drugs used 26 for the treatment of metabolic diseases, including obesity^{4,5}. Here we show that mice 27 expressing a gain-of-function AMPK mutant⁶ display a change in morphology of 28 29 subcutaneous white adipocytes that is reminiscent of browning. However, despite a 30 dramatic increase in mitochondrial content, Ucp1 expression is undetectable in these 31 adipocytes. In response to a high fat diet, expression of skeletal muscle-associated 32 genes is induced in subcutaneous white adipocytes from the gain-of-function AMPK 33 mutant mice. Chronic genetic AMPK activation results in protection against diet-induced 34 obesity due to an increase in whole-body energy expenditure most likely due to a 35 substantial increase in the oxygen consumption rate of white adipose tissue. These 36 results suggest that AMPK activation enriches, or leads to the emergence of, a 37 population of subcutaneous white adipocytes that produce heat via Ucp1-independent 38 uncoupling of ATP production on a high fat diet. Our findings indicate that AMPK 39 activation specifically in adipose tissue could have therapeutic potential for the 40 treatment of obesity.

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42 Previously, we reported on a mouse model expressing a gain-of-function mutation in the γ 1 subunit of AMPK (mutation of aspartic acid residue 316 to alanine in mouse Prkag1; 43 D316A) and showed that liver-specific activation of AMPK prevented steatosis on a high 44 45 fructose diet⁶. However, AMPK activation in the liver had no detectable metabolic effect 46 in mice fed either a standard chow diet or a high fat diet⁶. In order to determine the 47 effect of more widespread AMPK activation, we crossed mice harbouring the gain-of-48 function AMPK γ 1 transgene with mice expressing Cre-recombinase under the control of 49 the β -actin promoter (β -actin-Cre), generating D316A-Tg mice. As a control, mice 50 harbouring wild-type $\gamma 1$ were crossed with β -actin-cre (hereafter referred to as WT-Tg). 51 Both the WT-Tg and D316A-Tg mice were viable and transgene expression in a range 52 of tissues was confirmed by blotting with an anti-Flag antibody (a Flag epitope was 53 engineered at the C-terminus of the transgene; Supplementary Fig. S1a). In humans, 54 gain-of-function mutations in AMPK γ 2 lead to a cluster of severe cardiac abnormalities, 55 including cardiac hypertrophy and ventricular pre-excitation (Wolff-Parkinson-White syndrome), as well as bradycardia¹. There was a modest increase in heart weight but 56

57 no change in PR interval, QRS complex duration or heart rate, in D316A-Tg mice 58 compared to WT-Tg mice (Supplementary Table 1). Previous studies have indicated a role for AMPK in the regulation of feeding^{7,8}, but there was no significant difference in 59 60 bodyweight or food intake between WT-Tg and D316A-Tg mice maintained on a 61 standard chow diet (Supplementary Fig. S1b,c). Similarly, no significant differences in 62 oxygen consumption or body temperature were detected on a chow diet 63 (Supplementary Fig. S1d,e). Strikingly, however, on a high fat diet (HFD), D316A-Tg 64 mice gained much less weight than WT-Tg mice (Fig. 1a; Supplementary Fig. S2a). The 65 reduction in bodyweight was accounted for by a decrease in fat mass, but not lean mass (Fig. 1b). Liver, subcutaneous white adipose tissue (WATsc) and brown adipose 66 67 tissue (BAT) weights were all significantly reduced in the D316A-Tg mice, whereas gonadal WAT (WATg) weight was not reduced (Fig. 1c). Similar effects were seen in 68 69 female mice (Supplementary Fig. S2b-d). Lipid accumulation in the liver was also 70 significantly lower in the D316A-Tg compared to WT-Tg mice (Fig. 1d). There was no 71 significant difference in glucose tolerance (Fig. 1e), but fasted plasma insulin levels 72 were significantly lower in D316A-Tg mice (Fig. 1f), leading to a significant improvement 73 in insulin sensitivity as determined by HOMA IR (Fig. 1g). Food intake was not significantly different on the HFD (Fig. 1h), but oxygen consumption in the D316A-Tg 74 75 mice was significantly increased compared to WT-Tg mice (Fig. 1i,j), without any 76 significant change in movement (Supplementary Fig. S2e). Increased oxygen 77 consumption was still evident when calculated on a per mouse basis (Supplementary 78 Fig. S2f). The respiratory exchange ratio (RER) was significantly increased in the 79 D316A-Tg mice (Fig. 1k,I). Interestingly, although core body temperature was not 80 altered, the surface temperature of the D316A-Tg mice was significantly raised (Fig. 1m), indicative of increased energy expenditure. 81

82 The findings described above suggest that the primary mechanism for decreased 83 weight-gain and fat accumulation in the D316A-Tg mice is mediated by an increase in 84 diet-induced thermogenesis, resulting in increased energy expenditure on a HFD. In 85 mammals, BAT plays an important role in thermogenesis, contributing to increased 86 energy expenditure. Numerous studies have revealed that proton leak across the inner 87 mitochondrial membrane, mediated by the action of uncoupling protein 1 (Ucp1), generates heat rather than ATP production in BAT^{9,10}. On a chow diet, there was no 88 89 difference in BAT weight between WT-Tg and D316A-Tg mice and histological analysis 90 revealed no obvious difference in BAT morphology. On a HFD adipocytes from BAT of

91 D316A-Tg mice were smaller, and contained smaller lipid droplets, than cells isolated 92 from WT-Tg mice (Fig. 2a). The transcriptional coactivator Pgc1 α is a key regulator of 93 BAT function and is upregulated in response to cold exposure, coordinating a number of 94 changes including increased mitochondrial biogenesis. There was no difference in 95 expression of Pqc1 α or components of the mitochondrial electron transport chain 96 between the two mouse lines in BAT, although there was increased expression of 97 $Pgc1\alpha$ and mitochondrial proteins, including Ucp1, following a HFD (Fig. 2b,c), as has been reported previously^{11,12} In order to probe BAT function directly, we used the β 3-98 99 adrenoreceptor (β 3-AR) agonist CL316,243. Both WT-Tg and D316A-Tg mice showed a 100 similar increase in oxygen consumption in response to acute treatment with CL316,243 101 (Fig. 2d, e) as well as a similar increase in mRNA expression for *Ucp1* (Fig. 2f). These 102 results suggest that AMPK activation does not have a significant effect on BAT function 103 in vivo, and that BAT-mediated thermogenesis does not play a major role in the 104 protection against DIO observed in our model. In order to confirm this, we housed mice at 30°C, which is within the thermoneutral zone for mice, where there is no requirement 105 for thermogenesis to maintain body temperature¹³. Under thermoneutral conditions, 106 107 both male and female mice expressing the D316A-Tg were protected against HFD-108 induced obesity (Fig. 2g) with significant reductions in white adipose tissue mass (Fig. 109 2h). As anticipated, expression of Adrb3 (encoding β 3-AR) was significantly reduced in 110 BAT from mice housed at 30°C relative to 22°C (Supplementary Fig. S2g). In WAT 111 there was a modest increase in expression of Adrb3 in D316A-Tg relative to WT-Tg 112 mice housed at 22°C, but this was ablated at 30°C (Fig. 2i). In contrast, expression of 113 Adra2a (encoding α 2a-AR) was significantly increased in D316A-Tg mice compared to 114 WT-Tg at 30°C (Fig. 2i). Oxygen consumption in the D316A-Tg mice maintained at 115 30°C was significantly increased compared to WT-Tg mice (Fig. 2j,k). These results 116 support the hypothesis that AMPK activation protects against DIO through increased 117 energy expenditure mediated by BAT-independent mechanisms.

In contrast to BAT, most adipocytes in WAT do not express Ucp1. Adaptation to cold exposure significantly increases the number of cells expressing Ucp1, a process that has been termed "browning". These beige, or brite (brown-like in white), adipocytes have a similar overall morphology to brown adipocytes, including increased numbers of mitochondria and multilocular fat droplets^{14,15}, and express genes (including Ucp1) that are usually associated with brown adipocytes¹⁶. We observed dramatic changes in the 124 morphology of WATsc (Fig. 3a), but not the gonadal WAT (Supplementary Fig. S3a), 125 between WT-Tg and D316A-Tg mice maintained either on a chow diet or HFD. There 126 was a striking increase in the number of cells containing multilocular lipid droplets in the 127 D316A-Tg mice on both chow and HFD. Quantification revealed a marked shift towards 128 smaller lipid droplets in adipocytes from D316A-Tg mice (Fig. 3b-d). We measured 129 oxygen consumption rate (OCR) in WATsc explants and found that there was a 130 significant increase in basal OCR, as well as an increase in spare respiratory capacity, 131 in tissue explants from D316A-Tg mice (Fig. 3e). Importantly, these changes were 132 maintained in explants isolated from D316A-Tg mice housed at 30°C (Fig. 3f). Consistent with increased OCR, there was a marked increase in mitochondrial content 133 134 in WATsc isolated from D316A-Tg mice on both chow and HFD, as determined by immunofluorescence using an antibody against Tom-20, a mitochondrial outer 135 136 membrane protein (Fig. 3g). Similar to classical browning, this effect was spread 137 throughout the WATsc depot but with a heterogeneous distribution. On a HFD there was a marked increase in Pgc1 α protein expression, together with increased expression 138 139 of components of the mitochondrial electron transport chain (Fig. 3h,i). More modest 140 changes in protein expression of Pgc1 α and electron transport chain proteins were also 141 seen in mice maintained on a chow diet (Supplementary Fig. S3b,c). These changes 142 are consistent with the process of browning typically seen in WAT in response to cold adaptation¹⁷. Importantly, however, there was no difference in *Ucp1* mRNA expression 143 144 in WATsc from D316A-Tg mice versus WT-Tg fed a HFD (Fig. 3j), and Ucp1 protein 145 was not detectable (Fig. 3k). Although the role of Ucp1 is generally accepted as being 146 essential for dissipation of the mitochondrial proton gradient and thermogenesis in 147 brown fat, it has been reported that Ucp1-independent mechanisms exist that contribute to heat generation in beige adipocytes¹⁸⁻²⁰. The results of the current study are 148 consistent with a Ucp1-independent phenomenon. Crucially, in our current study, we 149 150 observe increased thermogenesis in response to high fat feeding, rather than cold 151 adaptation or β 3-adrenergic stimulation as has been reported previously.

In order to investigate further the mechanism underlying the Ucp1-independent thermogenesis in the D316A-Tg model we performed a global transcriptomic analysis from WATsc isolated from mice fed a HFD. An obvious feature to emerge was the marked increase in expression of skeletal muscle-selective genes in tissue from the D316A-Tg mice (Fig. 4a-c). Of the 100 most differentially expressed genes, 71 were 157 identified as being associated with skeletal muscle function and/or development. 158 Notably, genes encoding proteins involved in Ucp1-independent thermogenic pathways 159 are included in these most highly up-regulated transcripts. Ckmt2, which encodes the 160 sarcomeric form of mitochondrial creatine kinase, was recently identified as an important component of a creatine-dependent ADP/ATP substrate cycling mechanism 161 that is activated in inguinal beige adipocytes in response to cold-exposure²⁰. On a HFD, 162 Ckmt2 mRNA was increased over 30-fold in WATsc from D316A-Tg mice compared to 163 164 WT-Tg, and consistent with this, Ckmt2 protein was also significantly increased (Fig. 4d,e). In a previous study²⁰, β -guanidinopropionic acid (β -GPA), a creatine analogue 165 that inhibits creatine transport²¹, was shown to antagonize creatine-driven 166 167 thermogenesis. However, we were unable to detect any significant effect of β -GPA on 168 bodyweight or WATsc mass (Supplementary Fig. S4) in either WT-Tg or D316A-Tg mice fed a HFD. These results suggest that creatine-futile cycling is not essential for the 169 170 effects on energy expenditure seen in our model. Studies in fish have revealed that a specialized type of muscle, called heater organs, have evolved that use Ca²⁺ transport 171 to produce heat without muscle contraction²². In this mechanism, a naturally leaky 172 ryanodine receptor increases cytosolic Ca^{2+} activating Ca^{2+} transport via Ca^{2+} -ATPases. 173 Some of the energy released from ATP hydrolysis by the Ca²⁺-ATPase is released in 174 the form of heat²³. Two of the key components required for Ca²⁺-cycling mediated 175 thermogenesis are sarcoplasmic/endoplasmic reticulum Ca²⁺-ATPase 1 (Serca1; gene 176 name Atp2a1) and ryanodine receptor 1 (Ryr1) were also significantly up-regulated in 177 178 D316A-Tg mice (Fig. 4b), and Western blotting revealed a significant increase in Serca1 179 protein expression (Fig. 4d,e). A recent study reported that Serca2b and Ryr2 were involved in Ca²⁺-cycling dependent thermogenesis in beige adipose tissue in response 180 181 to β 3-AR stimulation²⁴. Interestingly, neither *Atp2a2* (encoding Serca2) or *Ryr2* mRNA expression was increased in our model (Fig. 4a), and Serca2 protein expression was 182 not detected in WATsc (Fig. 4d). These findings suggest that different signaling 183 pathways could lead to isoform-selective Ca²⁺-cycling in WAT. Further studies are 184 required to elucidate whether the thermogenic response stimulated by the combined 185 effect of HFD feeding and AMPK activation utilises a Ca²⁺-cycling mechanism involving 186 Serca1 and Ryr1, analogous to the mechanism reported in beige adipose tissue²⁴. It is 187 possible that multiple mechanisms e.g. creatine cycling and Ca²⁺-cycling, contribute to 188 189 the thermogenic phenotype and/or that other novel mechanisms are involved.

190 In contrast to the changes in gene expression observed on a HFD, transcriptomic 191 analysis of WATsc from mice fed a chow diet revealed a strikingly different pattern of 192 expression. Over 3000 genes were significantly changed (fold change>1.5, P<0.05) 193 between WT-Tg and D316A-Tg mice (Fig. 4f). Genes in pathways involved in fatty acid 194 metabolism, TCA cycle, mitochondrial ATP production and glycolysis were all highly 195 enriched in WATsc from D316A-Tg mice (Fig. 4g,h), whereas skeletal muscle-196 associated genes, including Atp2a1 and Ryr1, were down-regulated (Fig. 4f). Taken together, these results show that on a HFD, but not on a chow diet, AMPK activation 197 198 induces a switch in WATsc towards a skeletal muscle-like phenotype. Conversely, on a 199 chow diet, AMPK activation leads to changes in expression of genes involved in 200 catabolic pathways, including glycolysis and the TCA cycle.

201 Our findings suggest that activating AMPK increases the proportion of brown-like 202 adipocytes within the WATsc depot, but these cells differ from conventional beige 203 adipocytes since they do not express Ucp1. Switching mice from a chow to high fat diet 204 results in a marked change in transcriptional response in these brown-like cells leading 205 to increased expression of skeletal muscle associated genes. We propose that these 206 adipocytes, referred to as skeletal muscle-like AMPK reprogrammed thermogenic 207 (SMART) adjpocytes, might represent a previously unrecognized cell type or a 208 phenotype that ordinary subcutaneous white adipocytes can attain during sustained 209 AMPK activation. Elegant studies using lineage tracing techniques have revealed that different types of adipocytes can develop from the same pool of progenitor cells that 210 give rise to skeletal muscle cells^{16,25,26}. Current evidence suggests that myocytes and 211 212 brown adipocytes arise from a Myf5⁺-precursor, whereas white adipocytes descend 213 from a different precursor. Most studies indicate that beige adipocytes derive from a 214 white adipocyte precursor (Myf5) stemming mainly from the WATsc depot, and their development is increased in response to cold-adaptation^{16,25,26}. 215

In order to study further the origin of these SMART adipocytes, we crossed the $\gamma 1$ transgenic mice with mice expressing Cre-recombinase under the control of the adiponectin-promoter (Adipoq-Cre) which drives expression in mature white and brown adipocytes²⁷, but not adipocyte precursor cells²⁸, to generate WT-Tg^{Adipoq-Cre} and D316A-Tg^{Adipoq-Cre} mice. In contrast to the results obtained in the D316A-Tg mice crossed with β -actin-Cre, there was no change in bodyweight, fat mass, or liver, WATsc or BAT histology between the two genotypes on a HFD (supplementary Fig. S5). These 223 results demonstrate that AMPK activation in mature white or brown adipocytes is not 224 sufficient to recapitulate the metabolic phenotype observed in the β -actin-Cre line. This 225 suggests that AMPK activation in a different population of white adipocytes is 226 responsible for the metabolic phenotype, distinguishing this model form many previous 227 models showing changes in thermogenesis mediated by expression in mature 228 adipocytes. Next, we crossed the γ 1 transgenic lines with mice expressing Cre-229 recombinase under the control of the platelet-derived growth factor receptor (Pdgfr) α promoter to generate WT-Tg^{Pdgfra-Cre} and D316A-Tg^{Pdgfra-Cre} mice. Previous studies 230 have shown that this Cre-line drives expression in most adipocyte precursors present in 231 WAT^{28,29}. Similar to the results with Adipog-Cre, there were no significant phenotypic 232 233 changes between the genotypes (Supplementary Fig. S5). This finding indicates that 234 the precursor cell leading to the newly defined SMART adipocytes is distinct from 235 Pdgfr α -expressing preadipocytes. Although unlikely, it remained possible that activation 236 of AMPK in skeletal muscle could drive the phenotype seen in the global mouse model. 237 We therefore crossed the γ 1 transgenic lines with mice expressing Cre-recombinase 238 under the control of the Mef2c promoter to drive expression in skeletal muscle. Again, 239 there were no significant phenotypic changes between the genotypes on a HFD 240 (Supplementary Fig. S5), ruling out skeletal muscle as the primary tissue driving 241 protection against DIO.

242 The studies described above utilize a gain-of-function AMPK model that is present from 243 birth, which would not be a desirable therapeutic strategy. To better reflect a therapeutic approach, we used an inducible β -actin-Cre line (CAGGCre-ERTM) to determine the 244 245 effect of AMPK activation following the onset of diet-induced obesity. Male mice aged 8 weeks were switched to a HFD, and 4 weeks later transgene expression was induced 246 by tamoxifen injection. Mice expressing either the floxed $\gamma 1$ allele or the CAGGCre-247 ER[™] alone were injected with tamoxifen and used as controls (Control). Tamoxifen 248 caused a drop in bodyweight in both Control and D316A-Tg mice, but the D316A-Tg 249 250 mice gained significantly less weight over the next 7 weeks on HFD (Supplementary 251 Fig. S6). At this point, 7 weeks after administering tamoxifen, the Control mice had 252 gained more than three-fold the weight of the D316A-Tg mice (5.6 \pm 1.3 g vs 1.8 \pm 1.4 g 253 (n=9 per group), compared to their bodyweight immediately prior to tamoxifen injection). 254 This was reflected by a significantly lower total fat mass in the D316A-Tg mice 255 (Supplementary Fig. S6). Immunohistochemical analysis revealed that adipocytes 256 isolated from both BAT and WATsc of D316A-Tg mice had smaller lipid droplets 257 compared to Control mice and liver triglyceride content was markedly reduced in the 258 D316A-Tg mice (Supplementary Fig. S6). Consistent with the findings in the constitutive 259 β -actin-cre model, western blotting showed that components of the mitochondrial 260 electron transport chain were increased in WATsc of D316A-Tg mice, with significant 261 increases in Atp5a1 and Sdhb (Supplementary Fig. S6). Taken together, these results 262 demonstrate that the effects of AMPK activation are not developmental in origin, adding 263 considerable strength to the translational potential of AMPK activation in protecting 264 against diet-induced obesity.

265 One of the major pharmacological approaches to target obesity is activation of 266 pathways that increase energy expenditure in order to reduce positive energy balance. 267 Here we show that genetic activation of AMPK increases energy expenditure in mice 268 fed a HFD through Ucp1-independent thermogenesis in WATsc. Previous studies using 269 AMPK deletion models reported effects of AMPK on UCP1-dependent thermogenesis in both BAT and WAT³⁰⁻³². Pharmacological activation of AMPK was reported to increase 270 BAT mass in the offspring of obese mice³⁰, and to increase UCP1 expression in WAT³¹. 271 272 In our study, UCP1 expression was not affected by AMPK activation using either global 273 or adipose tissue-specific models. Taken together, these studies indicate that AMPK 274 plays an important role in development of both BAT and WAT. However, further studies 275 are required to elucidate the precise role of AMPK activation in regulating the 276 thermogenic program in adipose tissue. Importantly, our findings strengthen the idea 277 that AMPK activators have considerable potential in treating metabolic diseases. 278 including obesity. In this study we show that AMPK activation increases the population 279 of a novel type of adipocyte within the subcutaneous white adipose depot that resemble 280 brown adipocytes, but lack Ucp1 expression. To our knowledge, this is the first 281 identification of these cells, although at present their origin remains unknown and further 282 characterization of these cells is a major challenge for future studies. Additionally, the 283 mechanism leading to thermogenesis in these cells remains to be established. 284 Nonetheless, induction of these precursor cells provides an exciting novel 285 pharmacological target for exploiting as a therapeutic strategy in treating obesity.

286 Methods

287 Animals

288 All in vivo studies were performed in accordance with the United Kingdom Animals 289 (Scientific Procedures) Act (1986) and approved by the Animal Welfare and Ethical 290 Review Board at Imperial College London. The Rosa26 gene targeting vector was 291 prepared from a mouse C57BL/6 bacterial artificial chromosome with homology arms 292 5.6 kb and 1.7 kb flanking the Xbal site in the Rosa26 gene and a sequence encoding 293 the Flag epitope (DYKDDDDK) at the C-terminus was engineered into the constructs to 294 allow recognition by an anti-Flag antibody. Targeted ES cells were injected into 295 BalbC/cANnCrl (Charles River, Germany) blastocysts and embryos were implanted into 296 pseudo pregnant C57BI6NCrl female mice. The resulting chimeric animals were mated 297 with C57BL/6N mice to produce agouti heterozygous animals (F1). To generate animals 298 without the Neo cassette, F1 mice were bred with CAG-FIpO. These mice were crossed 299 with mice expressing Cre-recombinase under the control of the β -actin promoter (Tmeme163^{Tg(ACTB-cre)2Mrt} (stock number 003376; Jackson Laboratories, Maine, USA) to 300 301 generate mice with ubiquitous expression of the γ 1 transgene (referred to as WT-Tg and 302 D316A-Tg mice). Adipose-specific expression was achieved by crossing the γ 1 floxed 303 mice with mice expressing Cre-recombinase under the control of the adiponectin 304 promoter (Adipoq-Cre; B6.FVB-Tg(Adipoq-cre)1Evdr/J; stock number 028020; Jackson 305 Laboratories, Maine, USA) or the Pdgfr α promoter (C57BL/6-Tg(Pdgfra-cre)1Clc/J; 306 stock number 013148; Jackson Laboratories, Maine, USA). Muscle-specific expression 307 was achieved by crossing the $\gamma 1$ floxed mice with mice expressing Cre-recombinase 308 under the control of the Mef2c promoter (C57BL/6-Tg(Mef2c-cre)2Blk; a generous gift 309 from Brian L. Black (University of California San Francisco)). For inducible expression, 310 mice were crossed with mice expressing Cre-recombinase under the control of a 311 tamoxifen-inducible chicken β -actin promoter (CAGGCre-ERTM; B6.Cg-Tg(CAG-312 cre/Esr1*)5Amc/J; stock number 004682; Jackson Laboratories, Maine, USA). Induction 313 was achieved by i.p injection of mice with 3 mg tamoxifen in 0.15 ml corn oil (4 daily 314 injections). Unless stated otherwise, male mice were used for all studies and were maintained on a 12 hour light/dark cycle at 22°C with free access to food and water, 315 316 group-housed in specific-pathogen free barrier facilities. Chow-standard breeding diet 317 number 3 was from Special Diets Services and high fat diet (45% energy from fat) was 318 obtained from TestDiet St. Louis, USA. Unless otherwise stated, for high fat diet feeding, diet was switched at 8 weeks of age. At the end of the procedure, animals were killed by cervical dislocation and organs harvested rapidly, weighed and either frozen in liquid nitrogen for further analysis or placed into 4% paraformaldehyde for subsequent histological analysis.

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324 Metabolic Phenotyping

325 Whole-animal oxygen consumption rate (VO_2) was measured using a Columbus 326 Instruments Comprehensive Laboratory Animal Monitoring System. Prior to these 327 studies, mice were singly housed for 1 week to acclimatise to housing conditions. 328 Animals were fed ad libitum in all studies using this system. Animals were weighed prior 329 to being placed into designated cages, with even distribution of genotypes between 330 each rack. VO₂ consumption was calculated by built in software (Oxymax) and 331 normalised to bodyweight. Movement was measured by counting horizontal beam 332 breaks. Recordings were taken at regular intervals throughout the duration of the 333 experiment. In some cases, mice were housed at 30°C (within their thermoneutral 334 zone). For the β 3-agonist study, mice were removed from the cages, injected i.p with 335 CL316, 243 (1 mg/kg) or vehicle control, before returning to the cage for monitoring of 336 oxygen consumption. In some cases, VO_2 time series data were smoothed by using a 337 running average method, with GraphPad Prism software, and average VO₂ values 338 calculated. Food intake on chow was measured manually by recording the daily mass of 339 diet used over a 3-week period. Food intake on the HFD was measured using BioDAQ 340 food intake monitoring cages (Research Diets Inc.), measuring the ad libitum feeding 341 activity over a 5-day period. Mice were fed from gated hoppers mounted outside of the 342 cage to reduce variability. Data was recorded using the BioDAQ DataViewer. Total body 343 composition was measured using an EchoMRI body composition analyser. Core body 344 temperature was measured using a rectal thermal probe and subcutaneous temperature 345 measured using IPTT300 BMDS transponders, inserted subcutaneously into the left or 346 right flank of the mouse. Liver triglyceride content was measured using Triglyceride 347 liquid (Sentinel Diagnostics). Glucose tolerance tests were performed on mice after a 6-348 h overnight fast. Animals were given an oral bolus of glucose (2 g/kg lean body mass) 349 and blood glucose levels determined by a glucometer at the indicated time points. 350 Serum insulin was measured in mice either fasted for 6h or fasted/re-fed for 2 h using

an Ultra-Sensitive Mouse Insulin ELISA kit (CrystalChem). ECGs from conscious,
 unrestrained mice were recorded using the ECGenie System (Mouse Specifics Inc.).

Treatment with β-guanidinopropionic acid

In some cases, mice were transferred to a HFD and after 1 week were given access to water containing 0.5% β -guanidinopropionic acid and 0.13 % saccharin or water containing only 0.13% saccharin. Water, food intake and bodyweight were monitored over the next 3 weeks.

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359 Measurement of respiration in white adipose tissue explants

Subcutaneous white adipose tissue (1.5-2 mg) was obtained using a Biopsy Puncher (2 mm) and placed into XF24 Islet Capture Microplates and incubated in assay medium (substrate-free DMEM (Sigma D5030), 30 mM NaCl, pH7.4, 25 mM glucose, 0.5 mM sodium pyruvate). Oxygen consumption rate was measured on a Sehaorse XF24 Flux analyser following sequential addition of oligomycin (5 μ M), carbonyl cyanide 3chlorophenyl hydrazone (CCCP, 5 μ M) and antimycin (5 μ M).

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367 Histological analysis

368 Tissues were fixed in 4% paraformaldehyde overnight and dehydrated by incubation in 369 50%, then 70%, ethanol. Samples were wax embedded in paraffin and sectioned to a 370 thickness of 4 microns. Tissues were deparaffinised and rehydrated using Acquaclear, 371 100% then 70% ethanol and boiled in sodium citrate antigen retrieval solution for 5 372 minutes in a pressure cooker. Sections were stained with haematoxylin and eosin, or 373 with an anti-glycogen phosphorylase antibody on a Discovery Ultra (Ventana Medical 374 Systems). The secondary antibody used was Discovery OmniMap anti-rabbit HRP 375 (RUO) and detected with ChromoMap DAB Kit (RUO). Stained sections were visualised 376 under bright-field microscopy. For immunofluorescent staining, slides were washed in 377 TBS and blocked by incubation with 0.2% (w/v) fish skin gelatin (FSG) for 1 hour at 378 room temperature. Sections were then incubated with primary antibody in 0.2% FSG 379 overnight at 4°C. Slides were washed in 10 mM Tris-HCl pH 7.4, 150 mM NaCl (TBS) 380 containing 0.1% Tween-20 and incubated with an Alexa Fluor conjugated secondary 381 antibody (488 green or 633 red) for 1 hour at room temperature. After subsequent 382 washes with TBS, sections were incubated with DAPI to stain nuclei for 5 minutes, 383 rinsed under running water and mounted using VectaShield immunofluorescent 384 mounting medium. Immunofluorescence-stained sections were imaged using a Leica 385 TCS SP5 confocal microscope at 200Hz, with with either a Leica 20x/0.7NA Plan-386 Apochromat (PL-APO), 40x/1.25NA PL-APO and 63x/1.4NA PL-APO objective lens and 387 analysed using LASAF software (Leica). A custom ImageJ macro script was developed to automate lipid droplet identification and area quantification from 1 mm² regions-of-388 389 interest. Briefly, images of tissue sections were acquired on a Zeiss AxioScan.Z1 digital 390 slide scanner with a 20X/0.8NA PL APO objective lens. Images were converted to 391 grayscale and filtered to enhance the stained boundaries. Following this, images 392 were thresholded and binarised for detection of the lipid droplet boundaries, the 393 resultant binary mask inverted, and a watershed operation applied to segment individual 394 adipocytes. Further refinement of individual adipocyte and lipid droplet identification was 395 achieved by filtering based on morphological measurements, specifically circularity and 396 aspect ratio, in addition to manual editing.

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398 Western blot analysis

399 Tissues were homogenised using an Ultra-Turrax homogeniser in 10x w/v ice cold 400 homogenisation buffer containing 50 mM Tris, 50 mM NaF, 5 mM Napyrophosphate, 1 401 mM EDTA, 0.25 M mannitol, 1 mM dithiothreitol, 157 µg/ml benzamidine, 4 µg/ml 402 trypsin inhibitor and 0.1 mM phenylmethylsulphonyl fluoride. Homogenates were 403 centrifuged at 13,000 x g for 15 minutes to remove insoluble material. Protein content of 404 the soluble fraction was quantified using a BCA assay kit (ThermoScientific). Proteins 405 (50 µg total) were resolved by SDS-PAGE and transferred to a polyvinylidene difluoride 406 membrane (Millipore Immobilon-FL) at 100 V for 90 minutes. Membranes were stained 407 with PonceauS to check protein transfer and blocked in 4% (w/v) bovine serum albumin 408 (BSA) for 1 hour at room temperature. Unless stated otherwise, primary antibodies were 409 diluted 1:1000 in TBS containing 4 % BSA and 0.1% Tween-20, and incubated with the 410 membrane for 4 hours at room temperature or overnight at 4°C. Membranes were 411 washed extensively with TBS containing 0.1% Tween-20 before incubation with an 412 appropriate IRDye secondary antibody (LI-COR Biosciences) in TBS for 1 hour at room 413 temperature. Blots were visualised using the Odyssey Imaging System (LI-COR 414 Biosciences) and quantified using ImageStudio 4.0.

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416 Antibodies

The following antibodies were used in this study: total OXPHOS antibody cocktail (Abcam, ab110413); Ckmt2 (Abcam, ab55963); Flag (Cell Signaling, 14793); Pgc1- α (Abcam, ab54481); Tom-20 (SantaCruz, sc-11415); Serca1 (Abcam, ab109899); Serca2 (Invitrogen, MA3-919); Ucp1 (Abcam, ab 10983); vinculin (Sigma, V9131).

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423 **RNA isolation**

424 Total RNA was isolated from snap-frozen tissue by homogenisation in 1 ml TRIzol (Life 425 Technologies) per 100 mg tissue on ice. Samples were stored overnight at -20°C, 426 centrifuged at 10,000 x g for 15 minutes and the homogenate removed to a fresh tube. 427 Chloroform (400 ml per ml) was added and the mixture centrifuged at 10,000 x g for 15 428 minutes at room temperature. The aqueous phase was transferred to an RNAse-free 429 Eppendorf and absolute ethanol (0.53 x volume) added. RNA was purified using 430 RNeasy Mini spin columns (Qiagen). RNA was eluted in 50 µl RNase free H₂O and 431 quantified using a NanoDrop spectrophotometer. Samples were frozen at -80°C until 432 required.

433

434 **RT-qPCR**

435 3 μ g RNA was incubated with 1 μ l random hexamers (50 ng/ μ l), 1 μ l 10 mM dNTP mix 436 and DEPC H₂O to 10 μ l. Samples were incubated at 65°C for 5 minutes on a thermal cycler. 10 µl cDNA synthesis mix (containing 2 µl 10 x RT buffer, 4 µl 25 mM MgCl₂, 2 µl 437 438 0.1 M DTT, 1 µl RNaseOut and 1 µl Superscript II (Qiagen)) was added to each sample 439 and cycled as follows: 25°C (10 min), 85°C (50 min) and the tubes transferred onto ice until cool. 1 µl RnaseH was added to each sample and incubated at 37°C for 10 min. To 440 441 determine primer linearity, 5 µl cDNA from each sample were pooled and serially diluted 442 to give a standard curve. For each PCR reaction, 5 µl cDNA was added to 10 µl 2x 443 SYBR-HiROX (Bioline), 1.6 µl forward (AGCCATCTGCATGGGATCAAA) and reverse 444 (GGGTCGTCCCTTTCCAAAGTG) primer mix and ddH₂O to a total reaction volume of 445 20 µl. The qPCR plate was analysed using an Opticon thermal cycler with Opticon 446 monitor software to generate c(t) values for each reaction.

To quantify gene expression, c(t) value replicates were checked for primer efficacy (%) and consistency. Average c(t) values were then calculated for each sample, and quantified using a linear equation (y=mx+c) previously determined from the standard 450 curve, corresponding to the gene of interest. The equation was solved for x, with y as 451 c(t) value. This value was then transformed using 10^x, as the standard curve was 452 generated on a logarithmic scale. This process was repeated for all genes, including a 453 designated housekeeping gene. Unless otherwise stated, all experiments were 454 normalised to Polr2a, an RNA polymerase which has been shown to remain stable 455 across dietary interventions.

456 Gene expression was then presented as both a ratio to the expression of the 457 housekeeping gene for the experiment, and as fold change over the designated control.

458

459 RNA-seq analysis

460 RNA was extracted from subcutaneous white adipose (6 mice per genotype fed either 461 chow or a HFD for 16 weeks, processed individually). For each sample, 2 µg RNA in 60 462 µI RNase-free H₂O was quality assessment using a BioAnalyzer RNA kit (Agilent CA, 463 US). An RNA Integrity Number (RIN) score of >7 was required for further analysis. The 464 RNA libraries were prepared using a TruSeg Stranded mRNA Library Prep Kit (Illumina) 465 and standard Illumina protocol. Libraries were quantified with Qubit HS (ThermoFisher) 466 and Agilent BioAnalyzer adjusted to the appropriate concentration for sequencing. 467 Indexed libraries were pooled and sequenced at a final concentration of 1.6 pM on an 468 Illumina NextSeq 500 high-output run using paired-end chemistry with 75 bp read 469 length. The sequencing data was demultiplexed using Illumina bcl2fastq2-v2.16. The 470 of quality the reads was assessed using FastQC 471 (https://www.bioinformatics.babraham.ac.uk/projects/fastqc/). The reads were 472 processed and mapped to the mouse genome mm10 using the Bcbio-nextgen 473 framework version 0.9.0 (https://github.com/chapmanb/bcbio-nextgen). The aligner 474 used was STAR 2.4.1d and alignment quality was assessed with QualiMap v.2.1.1.

Identification of differentially expressed genes was performed using DESeq2 in R. A principle component analysis was generated as a quality control step, to assess the clustering of samples in terms of gene expression. A list of differentially expressed genes (DEGs) was generated, expressed as Log2 fold change over the control sample (WT-Tg), with an adjusted *P* value for each gene.

480

481 Analysis of differentially expressed genes (DEGs)

Using original DESeq2 output Excel files, genes were listed in order of Log2 fold change, with an adjusted P value threshold of 0.05 and a biological threshold of \pm 1.5 484 fold change relative to WT-Tg. Ingenuity Pathway Analysis (IPA) (Qiagen 485 Bioinformatics, US) was used to analyse the lists of differentially expressed genes 486 defined according to P<0.05. Gene ontology (GO) enrichment analysis was performed 487 using the Database for Annotation, Visualization, and Integrated Discovery (DAVID) to 488 Gene Ontology (GO) terms and Kyoto Encyclopedia of Genes and find 489 Genomes (KEGG) pathways enriched within differentially expressed genes. For the 490 HFD analysis, an input list consisting of top 100 most upregulated genes (by fold 491 change) was used. The GEO accession number for the RNA sequencing data is 492 GSE120429.

493

494 Statistical Analysis

495 Unless stated otherwise, data presented are shown of mean ±sem. Graphpad Prism 496 software (v7) was used for graphing and statistical analysis. For comparison between 497 two groups, datasets were analysed by a Student's t tests, with statistical significance 498 defined as a *P* value of <0.05. To compare three or more data sets, a one-way analysis 499 of variance (one-way-ANOVA) was used, followed by Bonferroni's range test to 500 measure significance between means. Multiple comparisons were analysed by two-way 501 ANOVA), followed by a Bonferroni's Multiple Comparisons Test to determine statistical 502 significance between groups based on one variable. For RNA sequencing analyses, an 503 adjusted P value threshold was determined at 0.05.

504

505 Data Availability

The datasets that support the findings of this study are available from the corresponding author upon request. RNA-sequence datasets used in this study are available from Gene Expression Omnibus (GEO) with the accession number GSE120429.

509

510 **Reporting Summary**

511 Further information on research design is available in the Nature Research Reporting 512 Summary linked to this paper.

513

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519

520 Author Contributions

AEP, LM, PJM, TA, MB, LW and RF carried out the in vivo and in vitro studies. SK, AB and MC carried out the RNAseq and analysis. CW and DS helped with immunohistochemistry analysis. AS and MBY helped with the metabolic phenotyping. LP and AW helped in the phenotypic analysis of the mice. AEP, LM, WK and MRD carried out the cellular respiration studies. AEP, LM, AW, DMS, JAR, MAS and DC designed and planned the study. All authors contributed to the preparation of the manuscript.

528

529 Competing interests

530 The authors declare no competing interests.

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- 606 607

608 Figure Legends

Figure 1. AMPK activation protects against diet-induced obesity by increasing energy expenditure.

611 Male mice expressing either wild-type $\gamma 1$ (WT-Tg) or the D316A $\gamma 1$ transgene (D316A-612 Tg) were fed a high fat diet (HFD) from 8 weeks of age. **a**, Bodyweight (n=20 for WT-Tg, and 17 for D316A-Tg). ^aP=0.002, ^bP=0.0006 and [#]P<0.0001 **b**, Total body fat and lean 613 mass after 8 weeks on HFD ($^{\#}P$ <0.0001) and (c) tissue weights after 16 weeks on HFD 614 (n=8 per genotype; ^aP=0.0004, ^bP=0.0378, ^cP=0.0012, ns=not significant). **d**, Liver 615 triglyceride levels in mice fed a HFD for 16 weeks (n=9 per genotype; #P<0.0001)). A 616 617 representative image (from 9 independent mice per genotype) of H&E stained liver 618 sections from HFD fed mice is shown as an inset. e, Oral glucose tolerance test and (f), fasted (6 h) serum insulin levels of mice fed a HFD for 12 weeks (n=12 for WT-Tg and 619 620 11 for D316A-Tq; #P<0.0001). **q**, HOMA IR calculated from 6 h fasted glucose and insulin levels (n=12 for WT-Tg and 9 for D316A-Tg, ^aP=0.0012). h, Food intake over a 621 622 5-day period (n=12 for WT-Tg and 10 for D316A-Tg, ns=not significant). i, Whole body 623 oxygen consumption (VO_2) monitored continuously over an 84-hour period, and (j) average VO₂ during 12 h light and 12 h dark periods (dark periods represented by the 624 625 solid black bars). Data points from individual mice were omitted in the graph to more clearly show mean values and error bar sizes. $^{\#}P < 0.0001$. (k) Respiratory exchange 626 627 ratio (RER) over 84 h and (I) average RER during light and dark periods. Data points 628 from individual mice were omitted in the graph to more clearly show mean values and error bar sizes. ^aP=0.0086 [#]P<0.0001. For (i-I) mice were fed a HFD for 6 weeks (n=8) 629 630 for WT-Tg and 6 for D316A-Tg mice). m, core (n=8 for WT-Tg and 7 for D316A-Tg 631 mice) and subcutaneous (n=12 for WT-Tg and 9 for D316A-Tg mice) body temperature in mice fed a HFD for 12 weeks. ^aP=0.0022, ns=not significant). In all cases the results 632 633 shown are the mean ±sem. Statistical analyses in panels a, b, e, j and I were performed 634 by two-way ANOVA followed by Bonferroni's multiple comparisons test. Statistical 635 analyses in panels c, f, g, h and m were performed by Student's t-test, unpaired, 2-636 tailed, with Welch's correlation applied to f and g. Data in panel d were analysed by 637 Mann-Whitney test.

638

Figure 2. AMPK activation protects against diet-induced obesity through a brown
 adipose tissue-independent mechanism.

641 a, Representative images (from 6-7 mice per genotype from a single experimental 642 cohort) of haematoxylin stained BAT from 16 week old mice fed chow or 12 week old 643 mice fed for 4 weeks on a HFD (scale bar = 100 μ m). **b**, Western blot analysis and (**c**) 644 quantification, of mitochondrial electron transport chain proteins, Pqc1 α and Ucp1 in 645 BAT. In each case, samples from two mice are shown and vinculin is used as a loading control. **d**, **e**, Whole body oxygen consumption (VO_2) under basal conditions and 646 following injection with the β 3-adrenoreceptor agonist, CL316,243 (n=9 for WT-Tg, and 647 11 for D316A-Tq; ^aP=0.0081, ^bP=0.0084). f. Ucp1 mRNA expression in BAT harvested 648 6 h post injection with CL316,243 (n-5 for WT-Tg and 6 for D316A-Tg mice) or vehicle 649 control (n=5 for WT-Tg and D316A-Tg mice). ^aP=0.0159, ^bP=0.0087. g, Bodyweight of 650 mice transferred to 30°C (represented by the dashed line) and fed a HFD for 10 weeks 651 (n=8 for male and 6 for female WT, and 6 for male and female D316A-Tg mice). 652 ^aP=0.0433, ^bP=0.0304, ^cP=0.0056, ^dP=0.0031, ^eP=0.0017, ^fP=0.001, ^gP=0.0006, 653 ^hP=0.02, ⁱP=0.0068, ^jP=0.0477, ^kP=0.0044, ^lP=0.0005, ^mP=0.0001, [#]P<0.0001. h, 654 Tissue weights from mice housed at 30°C and fed a HFD for 11 weeks (n=6 mice per 655 group). ^aP=0.0216, ^bP=0.0368, ^cP=0.0044, [#]P<0.0001. i, mRNA expression of Adrb3 656 and Adra2a in WATsc from mice housed at 22°C or 30°C and fed a HFD for 11 weeks 657 (n=5 mice per group). ^aP=0.0297, ^bP=0.0063, ns=not significant. j, Whole body oxygen 658 659 consumption (VO₂) over an 84-hour period, and (\mathbf{k}) average VO₂ during 12 h light and 660 12 h dark periods (dark periods represented by the solid black bars) in mice housed at 30°C fed a HFD for 11 weeks (n=6 per genotype, #P<0.0001). Data points from 661 662 individual mice were omitted in the graph to more clearly show mean values and error 663 bar sizes. In all cases, results shown are the mean ±sem. Statistical analyses in panels e, g, h, I and k were performed by two-way ANOVA followed by Bonferroni's multiple 664 665 comparisons test. Statistical analyses in panel f was performed by Mann-Whitney test.

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- 667

Figure 3. AMPK activation increases subcutaneous white adipose mitochondrial content and Ucp1-independent respiration.

a, Representative image (from 6-7 mice per group from a single experimental cohort) of haematoxylin stained sections of WATsc from mice maintained on a chow or fed a HFD for 4 weeks (scale bar = 100 μ m). **b**, Examples of 1 mm² region-of-interest (ROI) selected for quantification. 3 ROIs per mouse were quantified and this was repeated for 674 3 mice per group. Lipid droplet size is represented using a heat-scale shown alongside. c, Quantification of lipid droplet size on chow diet. ^aP=0.001, ^bP=0.0038, ^cP=0.0212, 675 [#]P<0.0001. **d**, Quantification of lipid droplet size on HFD. ^aP=0.004, ^bP=0.0003, 676 ^c*P*=0.0015, [#]*P*<0.0001. **e**, Basal oxygen consumption rate (OCR) and spare respiratory 677 capacity measured in adipose tissue explants from WT and D316A-Tg mice (n=6 per 678 genotype) housed at 22°C and fed a HFD for 8 weeks. ^aP=0.0001, ^bP=0.0269. f, OCR 679 and spare respiratory capacity in adipose tissue explants from mice housed at 30°C and 680 fed a HFD for 11 weeks. ^aP=0.0076, ns=not significant. g, Representative images (3) 681 682 images per section from 6-7 mice per group from a single experimental cohort) of 683 immunofluorescent staining of mitochondrial outer membrane protein Tom20 (shown 684 red in the merged images) counterstained with DAPI to stain nuclei (shown in blue in 685 the merged images) in WATsc (scale bar = 50 μ m). Similar results were obtained from 686 two independent cohorts. h, Representative western blot analysis of mitochondrial 687 electron transport chain proteins and Pgc1 α in WATsc from mice fed a HFD and (i) guantification of protein expression (n=3-4 mice per genotype). ${}^{a}P=0.0137$, ${}^{b}P=0.0055$, 688 ^cP=0.0001, ^dP=0.0003, ^eP=0.0397, [#]P<0.0001. j, mRNA expression and (k) Western 689 690 blot of Ucp1 in WATsc from mice fed a HFD for 4 weeks. A sample of BAT is included 691 as a positive control and vinculin is used as a loading control. In all cases, results 692 shown are the mean ±sem. Statistical analyses in panels c, d, e, f, and i, were 693 performed by two-way ANOVA followed by Bonferroni's multiple comparisons test. 694 Statistical analyses in panel j was performed by Student's t-test, unpaired, 2-tailed.

695

Figure 4. AMPK activation induces a skeletal muscle-like gene signatures in WATsc in mice fed a HFD.

698 RNAseg analysis was used to determine changes in gene expression in WATsc isolated 699 from WT-Tg and D316A-Tg mice fed a HFD for 16 weeks (n=6 mice per genotype). a, 700 Volcano plot with down-regulated genes shown in blue, up-regulated in red, and 701 unchanged in grey. 1353 genes were upregulated and 1102 genes downregulated (fold 702 change >1.5). Differentially expressed genes (DEGs) were identified (P<0.05) using 703 DESeq2 (Wald test) in R. DEGs were expressed as Log2 fold change over WT-Tg with 704 an adjusted P value for each gene. Skeletal muscle-associated genes are shown in black. Cardiac isoforms of Serca (Atp2a2) and ryanodine receptor (Ryr2) are also 705 706 highlighted. **b**, The 40 most highly up-regulated skeletal muscle-associated genes and

707 (c) the most significantly enriched gene ontology (GO) annotations for the 100 most 708 highly up-regulated genes are shown. Association P values determined by DAVID 709 analysis (Fisher Exact *P*-value). **d**, Western blot and (**e**) quantification of Ckmt2, Serca1 710 and Serca2 in WATsc isolated from mice fed a HFD for 16 weeks (n=4 per genotype 711 from two independent experimental cohorts). Protein expression was normalized to 712 vinculin and expression is shown as fold change relative to WT. Significant differences from WT are shown as ${}^{a}P$ =0.0026 and ${}^{b}P$ =0.0494; ns=not significant. **f**, Volcano plot as 713 714 in (a) from WATsc from mice fed a chow diet (n=6 mice per genotype). 1361 genes 715 were upregulated and 1808 genes downregulated. *Atp2a1* and *Ryr1* are highlighted on 716 the plot. g, The most significantly enriched gene ontology (GO) annotations for 717 significantly up-regulated genes are shown. h, A schematic diagram showing up-718 regulated genes (highlighted in red) in glycolysis and the TCA cycle in D316A WATsc in 719 mice fed a chow diet. Results shown in panel e are the mean ±sem and statistical 720 analysis performed by multiple t-test adjusted for multiple comparisons.

721

Figure 1



Figure 2



Figure 3



Figure 4

