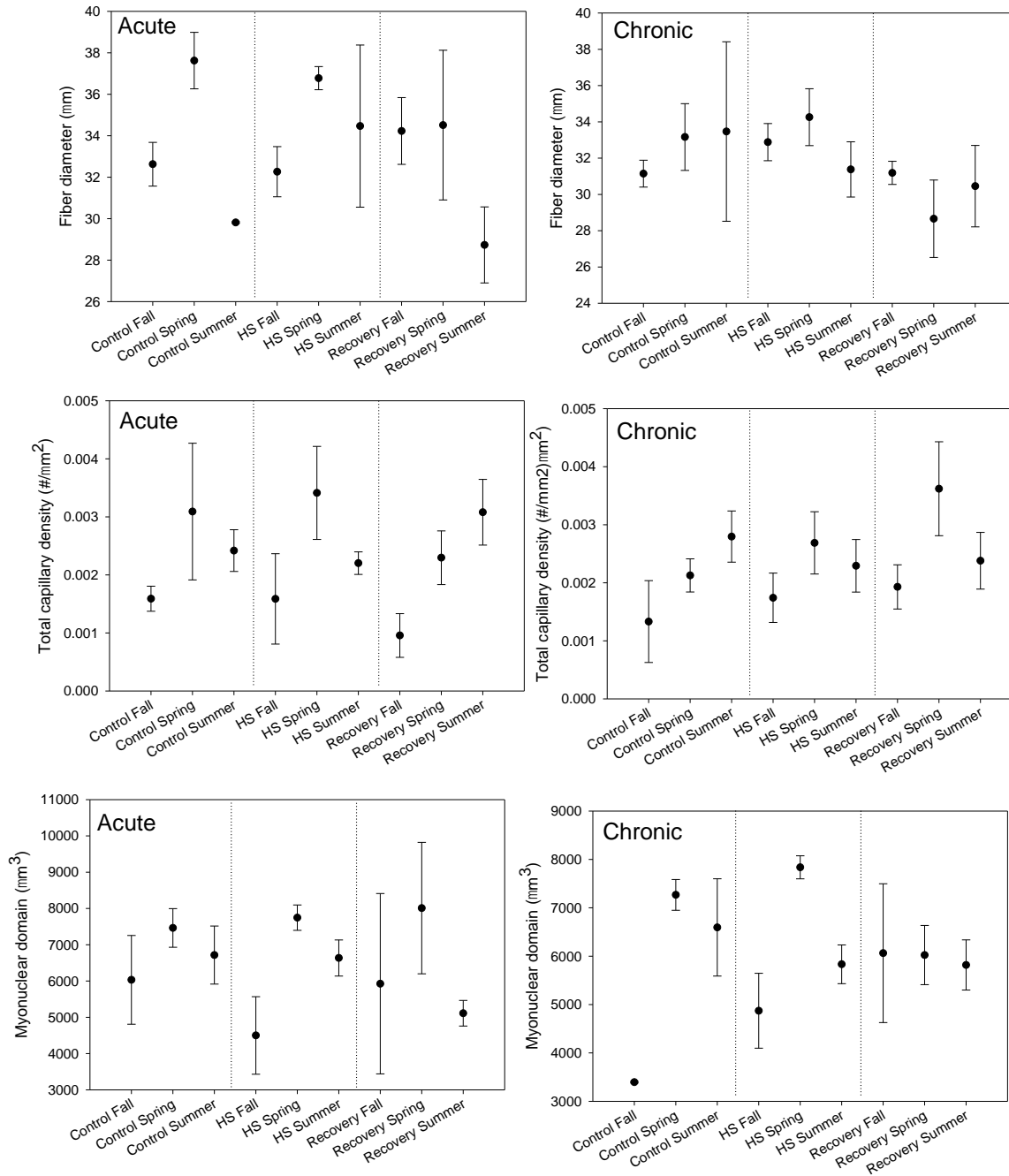
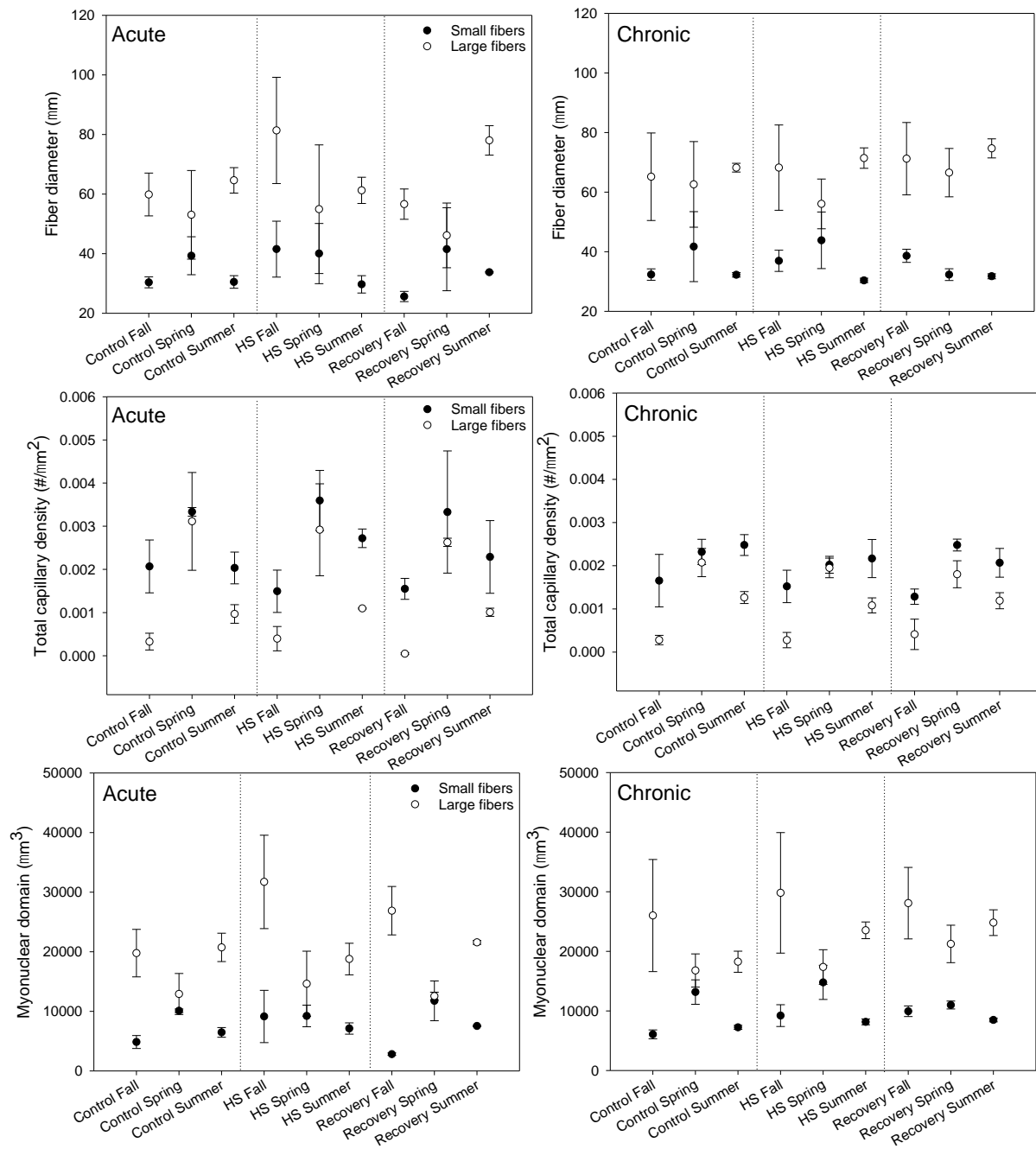


**Figure S1-** Black-capped chickadee fiber diameter, total capillary density and myonuclear domain across seasons and between heat treatments. Data is represented as mean  $\pm$  SEM.



**Figure S2-** Rock pigeon fiber diameter, total capillary density and myonuclear domain across seasons and between heat treatments. Data is represented as mean  $\pm$  SEM.



**Figure S3-** Scatterplot matrix of black-capped chickadee (above the diagonal) and rock pigeon (below the diagonal) muscle histology across fall, spring and summer. See text for measurement details. Individual birds were collected in Madison County, NY between October 2017 and August 2018. Individuals were sacrificed after 5 days of *ad libitum* food.

