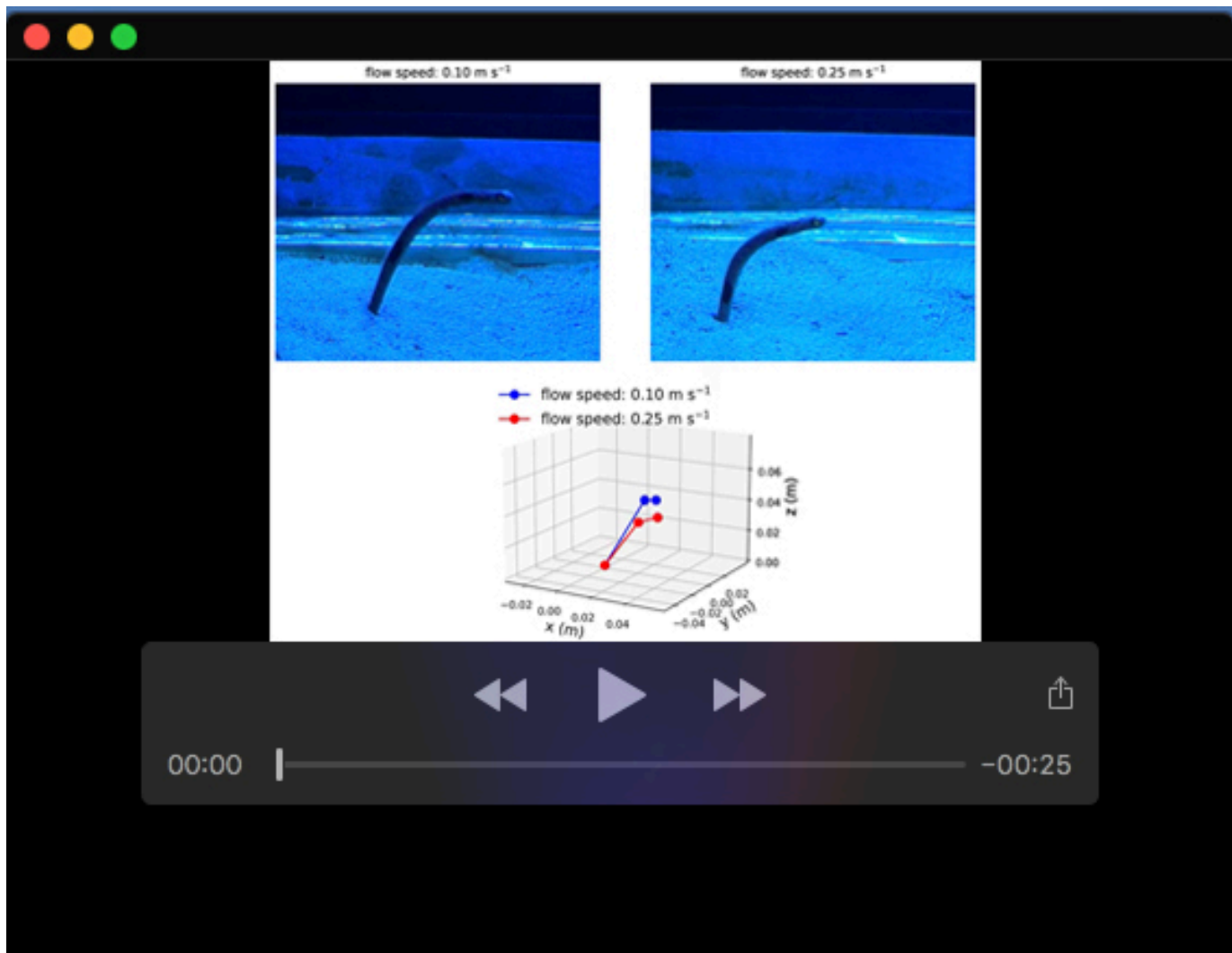**Fig. S1. Drag coefficient and drag force.** Data for each individual were averaged from ten frames at each flow speed. Values are means ± s.d. among individuals (*n*=3 individuals). Circles are from experimental measurements. Squares simulate values at 0.25 m s^{-1} assuming the length and the posture are the same as those at 0.10 m s^{-1}. Triangles simulate values at 0.25 m s^{-1} assuming the posture remains the same as that at 0.10 m s^{-1} while maintaining the same exposed length at 0.25 m s^{-1}.

Movie 1. 3D reconstructed garden eel movement. Upper left and right panels show the videos taken during experiments at flow speeds of 0.10 and 0.25 m s^{-1}, respectively. Blue and red lines in bottom panel show the corresponding 3D reconstructed eel movements at flow speeds of 0.10 and 0.25 m s^{-1}, respectively.