

Review Form 3

Journal Name:	Journal of Advances in Medicine and Medical Research
Manuscript Number:	Ms_JAMMR_129456
Title of the Manuscript:	INTENSE PHYSICAL EXERCISE REDUCES COMPLICATIONS, HOSPITALIZATIONS, AND POTENTIAL MORTALITY FROM COVID-19
Type of the Article	

General guidelines for the Peer Review process:

This journal's peer review policy states that **NO** manuscript should be rejected only on the basis of '**lack of Novelty**', provided the manuscript is scientifically robust and technically sound. To know the complete guidelines for the Peer Review process, reviewers are requested to visit this link:

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Important Policies Regarding Peer Review

Peer review Comments Approval Policy: <https://r1.reviewerhub.org/peer-review-comments-approval-policy/>
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PART 1: Comments

	Reviewer's comment	Author's Feedback <i>(Please correct the manuscript and highlight that part in the manuscript. It is mandatory that authors should write his/her feedback here)</i>
Please write a few sentences regarding the importance of this manuscript for the scientific community. A minimum of 3-4 sentences may be required for this part.	This study shows that survey can be conducted at global level and the results can be applied for large population. Physical activity of some form can reduce the severity of Covid-19 infection In person interviews on physical exercise and disease severity would have reduced the recall bias.	
Is the title of the article suitable? (If not please suggest an alternative title)	Yes	
Is the abstract of the article comprehensive? Do you suggest the addition (or deletion) of some points in this section? Please write your suggestions here.	To investigate the relationship between Pre-COVID-19 exercise levels it's intensity and disease outcome among participants, using an online survey comprising of 20 questions to determine their exercise history, including type, intensity, and exacerbation of COVID-19 symptoms. (Add figures in the results.) (Corrections made in Aim)	In regards the Questions we think that do not is good due to this manuscript show an experimental design. So, we sent as a Supplementary Material. After, about the figures, we think that is not good, because, the volume of the figures cold became the text heavy. The choice of the table is because the author think that this is the best way of to display this conjunct of the data due to his nature.
Is the manuscript scientifically, correct? Please write here.	Yes with limitations	Yes, we know that we have limitations, however, we insert the limitations in the text.
Are the references sufficient and recent? If you have suggestions of additional references, please mention them in the review form.	yes	

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Is the language/English quality of the article suitable for scholarly communications?	yes	
<u>Optional/General</u> comments	<div>1. Do you have any reference for categorization of physical activity?</div> <div>2. Can you show table of 20 questions in the methodology?</div> <div>(The participants were then categorized based on their levels of physical activity, with those who got at least 75 minutes of activity per week and reported feeling "quite tired" were considered very active.)</div>	<div>1. The categorization of the exercise is very well postulated, and in general way the type divided in two, aerobic and resistant, and the intensity could be light (low-intensity), moderate (moderate-intensity), or heavy (high-intensity). But, in our investigation, we don't used technical questions, we used questions like, "Do you fell very tired after the exercise?"</div> <div>This explanation was inserted in the final of second paragraph of the introduction, as follow:</div> <div>«Exercise is well-known for its health benefits, including improvements in cardiovascular and respiratory function (7,9), immune system enhancement, and mental health benefits (12-14). Regular physical activity can reduce the risk of chronic diseases such as hypertension, diabetes, and obesity, which are risk factors for severe COVID-19 outcomes (15,16). Exercise has been proposed as a non-pharmacological intervention to mitigate the effects of COVID-19 by enhancing the body's immune response and reducing inflammation (18-20). It is important to emphasize that exercise can be classified into low, moderate, and high-intensity levels. Additionally, the type of exercise—whether resistive, aerobic, or a combination of both—can lead to distinct adaptations across various tissues and at all levels, ranging from molecular to systemic (7-9) »</div>

PART 2:

	<u>Reviewer's comment</u>	<u>Author's comment (if agreed with reviewer, correct the manuscript and highlight that part in the manuscript. It is mandatory that authors should write his/her feedback here)</u>
<u>Are there ethical issues in this manuscript?</u>	<u>(If yes, Kindly please write down the ethical issues here in details)</u>	