



# Presenting a Model of the Impact of Elderly Exercise and Health-Oriented Lifestyle on Life Expectancy of the Elderly with the Mediating Role of Social Marketing

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## 1. Round 1

### 1.1 Reviewer 1

Date: 18 June 2024

Reviewer:

The sentence "Today exercise is one of the most important attractive and effective behaviors in the world" would benefit from citation to relevant literature that supports the claim about exercise's global importance and effectiveness.

More detail is needed on the criteria used for selecting experts and specialists. Were there any specific qualifications or experience levels required?

Explain why both library and field methods were used and how they complemented each other in this study. This will provide a clearer understanding of the mixed-methods approach.

The sentence "To calculate reliability using the intra-subject agreement method of two coders" needs more detail. Describe the specific method used for calculating intra-subject agreement and why it was chosen.

Ensure that all variables, components, and statements are clearly defined. For example, the "Cultural Position" component should be explained with context on why these specific statements were included.

The statement "The cultural position is one of the components of the position of elderly sports which can play an important role in the status of elderly sports" would benefit from more detail on how cultural position impacts elderly sports, with examples or case studies.

The component "sports support" should include examples of successful support programs or initiatives from other regions or countries to provide a comparative perspective.

Authors revised the manuscript and uploaded the updated document.

## 1.2 Reviewer 2

Date: 22 July 2024

Reviewer:

The statement "In Iran according to statistics from some studies on physical activity in the elderly aging is significantly associated with a decline in physical activity levels" lacks specific references. Please provide the specific studies or data sources that support this claim.

Clarify the point about "women in this age group having higher levels of physical activity than men." It would be useful to include possible explanations or hypotheses for this gender difference based on previous research.

The sentence "A healthy lifestyle, information development, case management, growth centers, adult daycare, housing, and transportation are complementary to institutional services and long-term care services to continuously support individuals" is quite dense. Consider breaking it into shorter sentences for better readability and comprehension.

When discussing "sports infrastructure," it would be helpful to include examples of specific infrastructural improvements that have successfully increased elderly sports participation.

The "sports security" component should provide examples of safety measures that have been implemented and their impacts on elderly sports participation.

The concept of "dynamic aging" should be explained with more detail and context, including its theoretical foundations and practical applications.

More detail is needed on how intergenerational interaction specifically benefits both elderly and younger participants in sports activities, supported by research or case studies.

Authors revised the manuscript and uploaded the updated document.

## 2. Revised

Editor's decision after revisions: Accepted.

Editor in Chief's decision: Accepted.