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## The Impact of Selected Pilates Exercises on the Quality of Life of the Elderly

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## 1. Round 1

### 1.1 Reviewer 1

Reviewer:

The introduction can be enhanced by directly linking the discussed benefits of Pilates to the specific aims of your study early on, ensuring a smooth logical flow into the research question.

Provide a more detailed description of the randomization process to enhance the reproducibility of your study and strengthen the validity of your findings.

Clarify if the control group was engaged in any activities or remained sedentary, as this impacts the interpretation of the intervention's effectiveness.

Include more demographic details such as socioeconomic status or health conditions, which might influence participants' response to the Pilates intervention.

Detail the criteria more thoroughly to help assess the generalizability of the study findings to other elderly populations.

Expand the description of the Pilates exercises used in the intervention, possibly by including an appendix with detailed session plans to enhance clarity.

Justify the choice of SF-36 Health Survey for this particular study, discussing its relevance and reliability in assessing the quality of life among the elderly.

Author revised the manuscript and uploaded the updated document.

## 1.2 Reviewer 2

Reviewer:

Clarify the primary and secondary objectives of your study more distinctly to help readers understand the expected outcomes and their relevance.

Discuss the comparability of the intervention and control groups at baseline in more depth, considering any statistically significant differences that could affect outcomes.

Elaborate on the choice of statistical methods, particularly the use of ANOVA, and justify why it is appropriate for the data structure of repeated measurements.

Enhance the presentation of your results with additional graphical representations such as box plots or scatter plots to visualize the data distribution and outliers.

Along with p-values, report effect sizes to provide a sense of the magnitude of the differences observed, enhancing the practical understanding of your findings.

Consider conducting subgroup analyses to explore differences in response to the Pilates intervention based on age, gender, or baseline fitness levels.

Address participant compliance with the exercise regimen and the attrition rates during the study, discussing how these factors might have influenced the results.

Discuss potential confounding variables that were not controlled for and how they might affect the study's outcomes.

Compare your findings with those of key studies mentioned in the literature review to position your results within the existing body of knowledge.

Discuss the theoretical implications of your findings for models of aging and physical activity.

Author revised the manuscript and uploaded the updated document.

## 2. Revised

Editor's decision after revisions: Accepted.

Editor in Chief's decision: Accepted.