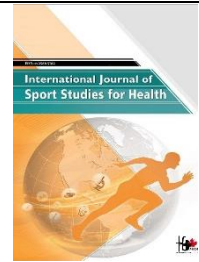


# International Journal of Sport Studies for Health

Journal Homepage



## Combining Aerobic Exercise with Fasting Protocols for Effective Obesity Control in Women

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## 1. Round 1

### 1.1 Reviewer 1

Reviewer:

"Obesity is a significant global health issue disproportionately affecting women." Please provide recent global statistics to substantiate this claim and highlight its relevance.

"Combining aerobic exercise with fasting protocols offers a promising approach to obesity management in women." This statement needs a citation from recent literature to support the claim that combining these methods is particularly effective.

"For instance, combining aerobic exercise with intermittent fasting resulted in weight loss of up to 10% over 12 weeks and a significant reduction in body fat percentage." Include the specific studies and their sample sizes that reported these results for greater clarity and validation.

"The synergistic effects are attributed to complementary mechanisms including enhanced energy expenditure, improved metabolic flexibility, hormonal regulation, and reduced inflammation." Please provide a detailed mechanistic diagram or model to visually explain these interactions.

"The narrative synthesis focused on identifying common themes, patterns, and trends in the data." Describe the specific themes, patterns, and trends identified with examples from the studies.

"Common types of aerobic exercise include walking, running, cycling, swimming, and dancing each with unique benefits and considerations for obese individuals." Discuss any potential limitations or risks associated with these exercises for obese women.

"Beyond physical health, aerobic exercise also positively impacts mental health." Provide more detailed information on the types of mental health improvements observed and the mechanisms behind these effects.

Author revised the manuscript and uploaded the updated document.

## 1.2 Reviewer 2

Reviewer:

"The search was performed using a combination of keywords and medical subject headings (MeSH) terms related to aerobic exercise, fasting protocols, obesity control, and women." Please specify the exact search terms used and any Boolean operators applied to enhance reproducibility.

"Studies were excluded if they lacked sufficient methodological rigor or detailed outcome reporting." Elaborate on the specific criteria used to assess methodological rigor and detail the tools or scales employed for this purpose.

"The review found that both aerobic exercise and fasting protocols individually promote significant weight loss and improve metabolic health markers in obese women." Provide a table summarizing the key findings from the included studies to give a clear comparative view.

"There are some limitations. Many studies have relatively short follow-up periods making it difficult to assess the long-term sustainability of these interventions." Suggest how future studies could design long-term follow-up to address these limitations.

"Health practitioners can design comprehensive weight loss plans that include both strategies." Recommend specific practical guidelines or frameworks that practitioners can use to integrate these strategies into clinical practice.

"Furthermore, regular aerobic exercise can improve insulin sensitivity and reduce inflammation which are key factors in managing obesity-related health risks." Provide more specific data or studies that quantify these improvements.

"Data were extracted from each included study using a standardized data extraction form." Append a sample of this data extraction form in the supplementary materials for transparency.

Author revised the manuscript and uploaded the updated document.

## 2. Revised

Editor's decision after revisions: Accepted.

Editor in Chief's decision: Accepted.