

May 17th, 2017

RE: Response to Reviewer

Dear Reviewer(s),

On behalf of my co-authors, we would like to thank you for taking the time to carefully review our manuscript and noting the potential impact that it may have on physician's and clinical practitioners. We made this a focus of the study, so it was reassuring to read your comments. We have also taken your comments about reducing redundancy in the methods and discussion seriously. We have revised the requested section (changes highlighted in green) to remove redundant or unnecessary detail.

Dear Editor(s),

We have completed the following changes that you asked for:

1. Added author contributions
2. Added zip codes
3. Added key words
4. Added core tip
5. Fixed references into requested format
6. Fixed bibliography into requested format
7. Supplied Word document of main manuscript
8. Supplied PowerPoint document for figures

Hopefully these changes satisfy what you were requesting, if not, please let us know and we are happy to revise further. Thanks, in advance for your assistance,

Sincerely,

A handwritten signature in black ink, appearing to read 'B. McFarlin', with a long horizontal flourish extending to the right.

Brian K. McFarlin, PhD, FACSM