

Dear reviewer and editor,

We thank the reviewer for the interest he has shown in our manuscript, and for his comments. The article was revised in the aim to improve the overall quality of the writing and presentation in accordance with the recommendations of the reviewer and the editor. We used the track changes mode in MS Word to highlight the changes we have made in the manuscript. In this sense, we want to answer the questions and the reviewer comments, point-by-point, along with those of the editor who coordinated the review of our paper.

Answer to the reviewer #1:

- **Abstract:**

The state of the art/background is poor, also there are some minor concerns that need to be addressed before recommending publication. Please reformulate and shortened the abstract in a more fluent form and please add the aim of this study.

I understand your concerns and I have made changes to the text. I have reformulated and shortened the abstract.

- **Introduction:**

Please improve and reformulate better the introduction section, it misses in important and fundamental details. It must be improved and updated. The authors should go deeper into different and relevant aspect of physical activity as non-pharmacologic treatment for different disorders.

I understand your comment, I have revised the whole introduction and I have organized our ideas within and between the paragraphs better. Also, I have developed the different and relevant aspects of physical activity as non-pharmacologic treatment for different disorders. We hope that this new version will be clearer.

Answer to the editor:

We have reviewed your comments and we thank you for giving us the opportunity to resubmit the manuscript in the newspaper « *World Journal of Cardiology* ». I added the information about the informed consent statement and the institutional review board statement (information has been added). We have specified the following information in the informed consent statement: « the analysis used clinical data without storage of patient identifiers that were obtained after each patient agreed to treatment by written consent ».