

WJD Response to Reviewer/Editor comments

All the suggestions the editor made have been addressed and the responses incorporated into the manuscript as below:

1. Street name is added to the address of the author's institution
 2. Conflict-of-interest declaration added
 3. A 225-word abstract has been included
 4. Six keywords added
 5. A 93-word Core Tip is included
 6. Audio core Tip [included in an email to the Editor]
 7. All references and the square brackets are now superscripted
 8. References are now as prescribed: first author and the volume are bolded, all authors are listed.
9. One reviewer suggested adding details of the exercise conditions such as exercise timing, intensity, type of exercise etc. Two paragraphs, (5 and 6) are added for this purpose. Also Ref 3, 11, 14 and 15 are removed and 7 references (25-31) are added at the end.

Other changes are: Title is modified, abbreviations are added and 'min' is italicized (*min*).