

Fang-Fang Ji

Science Editor, Editorial Office,

The World Journal of Clinical Pediatrics

(Manuscript No.: 27372)

Dear Editor Ji,

We are very grateful for all the comments and suggestions. We have revised the manuscript accordingly:-

Comments from reviewer (01213276) and our response:

1. It is a little bit unclear why the sample is narrowed only to children and adolescent with BMI from 40. to 60. percentiles, since the physiological nutritional status ranges from 15. to 85.percentiles.

Response: We chose this BMI percentile range because we wanted youngsters who were 'lean' in weight status, and to make sure we didn't include those somewhat underweight (<40 percentile) or those moving toward overweight (>60 percentile) we narrowed the sample.

2. Assessment of endothelial function was evaluated on a sample of only 32 children or adolescents, which is insufficient number for inference. The study should be called "pilot study", according to the tested sample.

Response: Most trials looking at the impact of exercise on endothelial function in children have small samples (around 20 or less per group) – see Metanalysis on obese children in Pediatrics (136(3), September 2015). Detectable changes in FMD are reported and therefore with a sample of 32 we believe we are sufficiently powered to detect differences within and between groups. Of course there are limitations and possible sampling error with a smaller sample; however, with the already published studies in this area, this would no longer be considered pilot work and we would prefer to retain the study as a pragmatic trial.

Suggestions by the editor and our response:

1. Supportive foundations (page 2): please offer the grant approval. (

Response: The approval from the University of Hong Kong Small Project Fund is provided. However, we do not have the grant numbers of the University of Hong Kong Research Council Strategic Research Theme Public Health because that was internal.

2. Institutional review board statement (page 2): please offer signed pdf files.

Response: PDF file has been included.

3. A Conflict-of-interest statement is required (page 3)

Response: This statement has been added.

4. Please offer the audio core tip (page 5)

Response: The audio core tip has been prepared and included.

5. Please write the comments (page 18)

Response: Comments have been added into the manuscript.

Thank you for your attention.

Yours sincerely,



Clare Chung-Wah YU, Ph.D

Department of Health and Physical Education,

The Education University of Hong Kong



BAISHIDENG PUBLISHING GROUP INC

8226 Regency Drive, Pleasanton, CA 94588, USA

Telephone: +1-925-223-8242

Fax: +1-925-223-8243

E-mail: bpgoffice@wjgnet.com

<http://www.wjgnet.com>
