

## Response to Reviewer 1 Comments

**Point 1:** However, I would suggest to modify the introduction in the way to change the order of the sentences and to start, for example, with ..."In recent years, there has been a proliferation of research on mental health, with an increasing number of scholars emphasizing the important value of mental health. People are increasingly recognizing the significant role of mental health in maintaining global well-being. Mental health is defined as a favorable or normal state of an individual in various psychological aspects and activities. Being in a healthy mental state can help individuals recognize their capabilities, cope with normal life stress, work productively, and contribute to their communities....

**Response 1:** Thank you for your kind comments. Based on your helpful suggestion, we have adjusted the order of the introductory part as follows:

*In recent years, there has been a proliferation of research on mental health, with an increasing number of scholars emphasizing the important value of mental health. People are increasingly recognizing the significant role of mental health in maintaining global well-being. For example, recent research by Luo et al. focused on the mental health of stroke patients, and they suggested that physical exercise may play a role in the efficacy of treatment and rehabilitation strategies for patients<sup>[1]</sup>. Mental health is defined as a favorable or normal state of an individual in various psychological aspects and activities. Being in a healthy mental state can help individuals recognize their capabilities, cope with normal life stress, work productively, and contribute to their communities<sup>[2]</sup>.*

**Point 2:** An added value to the manuscript would be iconography, which would make it even more appealing to the readers.

**Response 2:** Thank you for your kind comments. We added the figure "Benefits of physical activity in mental health interventions" to increase the attractiveness and readability of the manuscript. The figure is shown below:

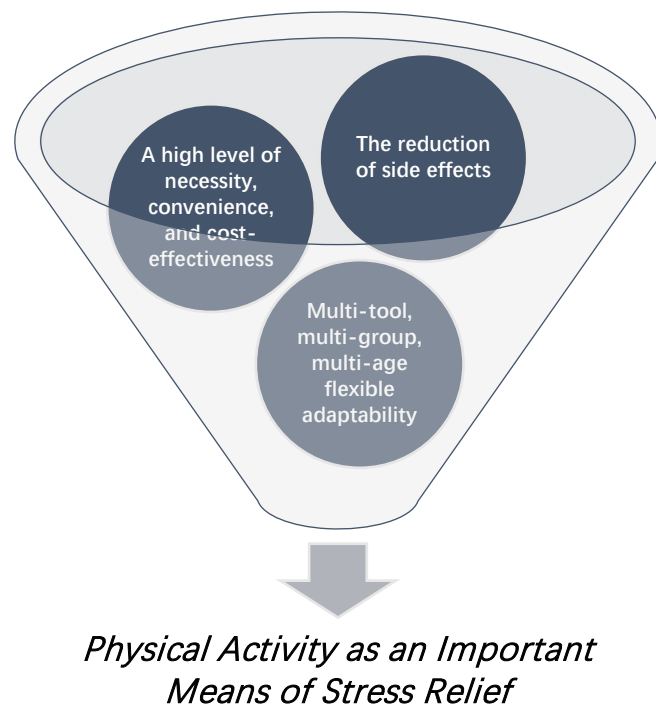


Figure 1. Benefits of physical activity in mental health interventions