

June 17, 2015



Dear Editor,

Please find enclosed the edited manuscript in Word format (file name: 27312-Original.doc).

Title: Rationale and Design of the Cardiorespiratory Fitness and Hospitalization Events in Armed Forces (CHIEF) Study in Eastern Taiwan

Author: Gen-Min Lin, Yi-Hwei Li, Chung-Jen Lee, Jeng-Chuan Shiang, Ko-Huan Lin, Kai-Wen Chen, Yu-Jung Chen, Ching-Fen Wu, Been-Sheng Lin, Yun-Shun Yu, Felicia Lin, Fun-Yin Su, Chih-Hung Wang

Name of Journal: *World Journal of Cardiology*

ESPS Manuscript NO: 27312

The manuscript has been improved according to the suggestions of reviewers:

1 Format has been updated

2 Revision has been made according to the suggestions of the reviewer

(1) Reviewer 1

The authors present here the protocol of a study about cardiorespiratory fitness in a military population. It is well written and seems to me it will make a fine study when finished.

Response

We appreciate very much you for your kindness to accept our manuscript.

(2) Reviewer 2

The study is aimed to investigate the association between cardiorespiratory fitness and the hospitalization events in a large voluntary arm forces in Taiwan. The title is “**Rationale and Design of the Cardiorespiratory Fitness and Hospitalization Events in Armed Forces (CHIEF) Study in Eastern Taiwan**”.

1. The study is a retrospective study.
2. Several factors influence the outcome of the study. Some limitations might be occurred. Please add more details of these factors.

Response

Thank you very much for your great suggestion. We have added some factors that might influence the outcome of the study in the limitation section (last 5 sentences, page 12).

“Third, since CHIEF is a retrospective study, some potential confounders such as systemic inflammatory markers, cardiac biomarkers, nutritional support, diet, and the type of daily regular exercise trainings performed, which may affect the physical performance and hospitalization events for severe illness, will not be available without prospective collection.”

3. Please add more details of the correlation of the cardiorespiratory fitness and the hospitalization events in the western countries.

Response

We have added some findings for the correlation of the cardiorespiratory fitness and the hospitalization events in the western countries in the discussion (lines 16-19, page 11).

“Several previous studies in the Western countries demonstrated that superior cardiorespiratory fitness may be associated with lower risk of hospitalization events for incident hypertension, diabetes mellitus, coronary heart disease, stroke, cataract, and diverticular complications.”

4. The clinical application of the study is very important. Please recommend the readers “How to apply this knowledge for routine clinical practice?”

Response

We have recommended the readers regarding the application of this knowledge in the conclusion (lines 7-10, page 13).

“The result of CHIEF could be applied to the military members in armed forces to improve the physical trainings effectively and prevent the adverse effect related to heavy exercises in the future.”