

**Review Form 3**

Journal Name:	<a href="#">Asian Journal of Cardiology Research</a>
Manuscript Number:	Ms_AJCR_129229
Title of the Manuscript:	IMPACT OF AEROBIC EXERCISE ON OBESITY AMONG FEMALE STAFF OF LADOKE AKINTOLA UNIVERSITY OF TECHNOLOGY, OGBOMOSO, NIGERIA
Type of the Article	

**PART 1: Comments**

	Reviewer's comment	Author's Feedback <i>(Please correct the manuscript and highlight that part in the manuscript. It is mandatory that authors should write his/her feedback here)</i>
<b>Please write a few sentences regarding the importance of this manuscript for the scientific community. A minimum of 3-4 sentences may be required for this part.</b>	This manuscript provides valuable insights into the role of aerobic exercise in managing obesity among female university staff. By exploring both physiological and biochemical impacts, the study underscores the health benefits of regular physical activity. The findings can inform public health strategies and contribute to addressing the global obesity epidemic.	
<b>Is the title of the article suitable? (If not please suggest an alternative title)</b>	Yes, the title is suitable and reflects the content of the manuscript.	
<b>Is the abstract of the article comprehensive? Do you suggest the addition (or deletion) of some points in this section? Please write your suggestions here.</b>	The abstract is comprehensive and effectively summarizes the study. No additions or deletions are necessary.	
<b>Is the manuscript scientifically, correct? Please write here.</b>	Yes, the manuscript is scientifically robust. However, more detail on how adherence to the exercise regimen was monitored would enhance the methodology section.	
<b>Are the references sufficient and recent? If you have suggestions of additional references, please mention them in the review form.</b>	The references are sufficient and include recent studies relevant to the topic.	
<b>Is the language/English quality of the article suitable for scholarly communications?</b>	Yes, the language is clear and suitable for scholarly communication.	
<b>Optional/General</b> comments	<p>The manuscript has a strong design and statistical rigor, making the findings reliable. However, its generalizability is limited due to the narrow demographic scope. Future studies could consider including more diverse populations and qualitative insights.</p> <p>No ethical issues were identified. The study received ethical approval, and participants provided informed consent.</p> <p>No competing interests are evident.</p> <p>No evidence of plagiarism was identified.</p>	

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**PART 2:**

	<b>Reviewer's comment</b>	<b>Author's comment</b> <i>(if agreed with reviewer, correct the manuscript and highlight that part in the manuscript. It is mandatory that authors should write his/her feedback here)</i>
<b>Are there ethical issues in this manuscript?</b>	<i>(If yes, Kindly please write down the ethical issues here in details)</i>	

**Reviewer Details:**

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