KMANPUB Health Nexus Vol. 1 No. 4 (2023): 67-77

Article history:
Received 30 July 2023
Revised 07 August 2023
Accepted 15 August 2023
Published online 01 October 2023

Enhancing Cognitive Abilities and Delaying Cognitive Decline in the Elderly through Tailored Exercise Programs

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1. Round 1

1.1 Reviewer 1

Date: 01 August 2023

Reviewer:

The discussion on theoretical frameworks is broad. A more focused examination of specific theories most relevant to your study's outcomes would strengthen this section. Consider detailing the mechanisms by which exercise influences cognitive functions in the elderly more concretely.

The methodology section could benefit from more detail regarding the criteria for study selection and the process for assessing study quality. Explaining the rationale behind the inclusion and exclusion criteria more clearly would enhance transparency and reproducibility.

While the narrative synthesis approach is appropriate given the study heterogeneity, the manuscript could improve by offering a more structured synthesis of results. Grouping studies by exercise type, cognitive outcomes measured, and study quality might provide clearer insights into the effects of different exercise regimens.

The recommendations for implementing tailored exercise programs are valuable but could be more specific. Offering concrete guidelines for healthcare professionals on assessing individual needs, tailoring exercise programs, and monitoring progress would make these recommendations more actionable.

The manuscript could be improved by ensuring consistency in terminology and definitions across the document. Additionally, the organization of sections could be optimized to guide the reader more smoothly from the introduction through to the conclusions.

Author revised the manuscript and uploaded the updated document.

1.2 Reviewer 2

Date: 01 August 2023

Reviewer:

More detailed descriptions of how each exercise type (aerobic, strength training, yoga) specifically influences different cognitive functions could provide readers with clearer guidance on program design.

A deeper exploration into the psychological mechanisms, such as mood improvement and stress reduction, and how these contribute to cognitive health could enrich the manuscript.

Ensure that all references are the most current, especially those that discuss emerging theories or recent systematic reviews.

Minor technical edits, such as standardizing the formatting of references and checking for typographical errors, would improve the manuscript's professionalism.

Author revised the manuscript and uploaded the updated document.

2. Revised

Editor’s decision after revisions: Accepted.

Editor in Chief’s decision: Accepted.

Health Nexus
E-ISSN: 0000-0000