Author's response to reviews

Title: Web-based exercise versus supervised exercise for decreasing visceral adipose tissue in older adults with central obesity: a randomized controlled trial

Authors:

Marcel Ballin (marcel.ballin@umu.se)

Andreas Hult (andreas.hult@umu.se)

Sabine Björk (sabine.bjork@umu.se)

Emmy Lundberg (emmy95a@hotmail.com)

Peter Nordström (peter.nordstrom@umu.se)

Anna Nordström (anna.h.nordstrom@umu.se)

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Assistant Editor Comments:

1. Trial Registration Number
--Please include the Trial Registration Number (TRN) at the end of both the abstract in the main manuscript and in the submissions system, also. Please ensure that both abstracts match upon resubmission.

--Please also include the date of trial registration in the Abstract section. If it was not registered prospectively (before enrollment of the first participant), you should include the words 'retrospectively registered'.

• Authors’ response: We have now added date of registration of the trial to the abstract, and ensured that trial registration is included in both the abstract of the main manuscript as well as in the submission systems.

2. Authors' Contributions
--Please reformat your 'Authors' Contributions' section in the Declarations section as a paragraph, and not a list.

• Authors’ response: We have now reformatted this section as a paragraph.

3. Availability of Data and Materials
--We strongly advise all authors to share their raw data and materials. Please confirm whether a de-identified dataset may be made available upon reasonable request. Please also state who should be contacted in this case.
• Authors’ response: We have now revised this section accordingly: “Individual participant data will not be available in accordance with the General Data Protection Regulation. A de-identified dataset including the data analyzed during the current study may however be available from the corresponding author on reasonable request.”

4. Additional Files
--Please ensure that all figures, tables and supplementary/additional files (including mp4 video files) are cited within the text, e.g. "Additional/Supplementary File 1". Any items which are not cited may be deleted by our production department upon publication.

--Please also ensure that all additional files (including mp4 video files) are listed in the "Additional files" section.

• Authors’ response: We have now ensured that all additional files are cited in the text, and have listed all of them in the additional files section.

5. Clean Manuscript
--At this stage, please upload your manuscript as a single, final, clean version that does not contain any tracked changes, comments, highlights, strikethroughs or text in different colours. All relevant tables/figures/additional files should also be clean versions. Figures (and additional files) should remain uploaded as separate files. Please ensure that all figures, tables and additional/supplementary files are cited within the text.

• Authors’ response: We now upload a clean version of the manuscript. All figures and additional files are uploaded as separate files and all tables, figures and additional files are cited in the text.