Author’s response to reviews

Title: Exercise as 'precision medicine' for insulin resistance and its progression to type 2 diabetes: A research review

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Author’s response to reviews:

Editor Comments:

1. It is not necessary to divide the abstract of a narrative review into these subsections. If you prefer, you may format this section as one block of text.

The abstract is now configured without subsections.

2. As a member of the editorial board (Senior Editor) of this journal, in order to ensure transparency, please declare this in the Competing Interests section of the Declarations.

Mention that I serve as the editor of the Exercise Physiology section of BMC Sports Science, Medicine and Rehabilitation has now been added to the Competing Interests section.

3. Please provide more details regarding the contributions of each author in the Author’s Contributions section of your manuscript, with reference to the ICMJE guidelines for authorship.

An 'author' is generally considered to be someone who has made substantive intellectual contributions to a published study. According to the ICMJE guidelines, to qualify as an author one should have:
a) made substantial contributions to conception and design, or acquisition of data, or analysis and interpretation of data; AND

b) been involved in drafting the manuscript or revising it critically for important intellectual content; AND

c) given final approval of the version to be published. Each author should have participated sufficiently in the work to take public responsibility for appropriate portions of the content; AND

d) agreed to be accountable for all aspects of the work in ensuring that questions related to the accuracy or integrity of any part of the work are appropriately investigated and resolved.

More detail using the list above has been provided. Please let me know if this is not yet sufficient.

4. Please specify in the abstract that this manuscript is a narrative review.

The abstract now has mention that this is a narrative review.

5. 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.

This has been done.
Reviewer #2: The authors have clarified all the corrections that I have suggested and the manuscript is now clearer in its aims and the conclusion of the review.

Once again, we thank the reviewer for his input in helping to improve this manuscript.