Author’s response to reviews

Title: Disrupting prolonged sitting reduces IL-8 and lower leg swell in active young adults

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Katsuhiko Suzuki (Reviewer 1):

1. Although authors noted "In a study of young sedentary (n=10) and trained men (n=10), 30 minutes of high intensity treadmill running was found to increase IL-6 and IL-8 significantly in both groups. While there is some research on the response of such cytokines to acute and chronic exercise among in adults," there are no references.

RESPONSE: A reference has been added here.

2. On the other hand, there is a paper describing the effects of exercise on "salivary" concentrations of IL-6 and IL-8 depending on the menstrual phases as follows.


This finding may help discussing the issues for using female subjects with a special focus on the menstrual cycle as well as the previous studies using saliva cytokine measurements.
RESPONSE: Thank you for pointing us to this reference. We have added it to the limitations where we discuss sex-differences.