Reviewer’s report

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

Version: 0 Date: 28 Jul 2019

Reviewer: Katsuhiko Suzuki

Reviewer's report:

Title: swell => swelling? There are also mixed usage like in the lines 191 and 192. However, it is all right if each usage is appropriate.

L33: bodyweight => body weight


L102: Participants: The subject number and sex should be included.

L178: Although the authors noted "TNF-α and IL-6 were not detected in any of the saliva samples" but are they usually detected? Measurements of these cytokines are usually done by high-sensitivity (HS) ELISA kits but it is all right if their detection limits are mentioned in the Results or Methods section.

L218: swelling,(29); space is needed instead of a comma (,)

L226: Although the authors noted "a systemic increase in IL-8 is typically observed in response to intense exercise 226 (31)", the IL-8 kinetics had been better described in an earlier review: Suzuki K, et al. Systemic inflammatory response to exhaustive exercise. Cytokine kinetics. Exerc Immunol Rev 8, 6-48, 2003.

L233: Although the authors noted "Concentrations of IL-1β, IL-6, and TNFα remained unchanged," IL-1β and IL-6 were not detected, and authors cannot say "remained unchanged" and need to reword.

L312: There are no volume information of the Journal.

L315: The American journal of clinical nutrition => The American Journal of Clinical Nutrition
L317, 326: There are no journal and other information. As such, please check carefully throughout the references.

**Are the methods appropriate and well described?**
If not, please specify what is required in your comments to the authors.

No

**Does the work include the necessary controls?**
If not, please specify which controls are required in your comments to the authors.

Yes

**Are the conclusions drawn adequately supported by the data shown?**
If not, please explain in your comments to the authors.

Yes

**Are you able to assess any statistics in the manuscript or would you recommend an additional statistical review?**
If an additional statistical review is recommended, please specify what aspects require further assessment in your comments to the editors.

I recommend additional statistical review

**Quality of written English**
Please indicate the quality of language in the manuscript:

Acceptable

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