Reviewer’s report

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

Version: 1 Date: 06 Aug 2019

Reviewer: Katsuhiko Suzuki

Reviewer's report:

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 70 acute and chronic exercise among in adults," there are no references.

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.

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

Yes

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

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Acceptable

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