Reviewer’s report

Title: The age-performance relationship in the general population and strategies to delay age related decline in performance

Version: 0 Date: 22 Jul 2019

Reviewer: Daniel White

Reviewer’s report:

Given my expertise in physical activity, I focused my attention on that section of this review. I believe the authors have done a nice job summarizing the literature. I would suggest that the authors include a statement to define what is physical activity, and that exercise is a type of pre-planned and reoccurring physical activity. I also suggest the authors consider that being active has strong benefits for maintaining functional independence and health related quality of life, in addition to extending life. So, older adults should continue to be active because their ability to maintain independence and live in the community will be extended, even if their lifespan is not necessarily extended. Thank you for including me on this review.

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An article of importance in its field

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