

REVIEWER'S REPORT

Manuscript No.: JNHM-112

Title: Impact of Physical Activity on Mental Health Among Young Adults.

Recommendation:

- Accept as it is
- Accept after minor revision.....**
- Accept after major revision
- Do not accept (*Reasons below*)

Rating	Excel.	Good	Fair	Poor
Originality		✓		
Techn. Quality		✓		
Clarity	✓			
Significance	✓			

Reviewer Id: JPR-193

Reviewer's Comment for Publication.

The manuscript addresses a relevant and important public health issue. The paper is well organized, clearly written, and supported by appropriate references. The discussion effectively highlights the benefits of physical activity on mental health among young adults. Minor revisions are recommended to include a more critical evaluation of the reviewed studies and strengthen the discussion of limitations and future research directions.