

REVIEWER'S REPORT

Manuscript No.: IJAR-56750

Title: The Exercise Pillar of Lifestyle Medicine: Emerging Evidence, Novel Modalities, Molecular Mechanisms, and Pharmacological Synergies A Narrative Review

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's ID: JPR-Dr. Priti Gupta

Detailed Reviewer's Report

- Some sentences are overly long and complex. Simplify complex paragraphs for readability.
- Terms like VILPA, HIIT, GLP-1 RA, etc., should be consistently defined.
- Minor spacing and alignment inconsistencies.
- Ensure strict adherence to IJAR formatting.
- Add a **flowchart or table summarizing key studies**.
- Add **visual aids (tables/figures)** for better understanding.