

# Review of: "Changes in adiposity, physical activity, cardiometabolic risk factors, diet, physical capacity and well-being in inactive women and men aged 57-74 years with obesity and cardiovascular risk – A 6-month complex lifestyle intervention with 6-month follow-up"

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This is a quite interesting paper showing that it's not easy to get spectacular results when you deal with people/patients. Respect to the journal and reviewers that they accept the paper and agree to publish it, which is not easy when most of the results are not significant (read: negative).

I've got some doubts concerning the percent of smokers and patients with hypertension – we read in the text „19% were smokers, 20% had hypertension” which does not fit the table 1 where we have the same number of patients, so the percentage should be the same for both groups (19). This is only a small mistake which does not affect the scientific quality of this study.