

Review of: "How to enjoy your healthy life after 70— suggestions from the science of longevity"

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Potential competing interests: No potential competing interests to declare.

This is a very valuable topic; however, several areas need attention:

1. The topic of this manuscript is very important, but the correlation between content and topic is not strong. The authors failed to give clear suggestions and conclusions about this topic. Furthermore, this weak correlation between subtitle and content also occurs in chapters, especially in chapters two and five.
2. Sorry to say, this manuscript lacks organization and logic. Some content lacks support by scientific data and evidence.
3. Better to add a paragraph of DISCUSSION. Please discuss what is already known on this topic, discuss the limitations of existing studies. Please compare the results of your study with these studies, and discuss what new your study adds to the current body of research. Please discuss the limitations and innovations of your study. Please give recommendations for future research.
4. More recent references are required as the majority of the current references are outdated and primarily come from books and other non-scientific sources.