

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.

1. This manuscript is lacking figures. Please add a few figure, "a picture tells more than 1000 words".
2. Most of the references are very old and many of them are from books and other sources but not from scientific articles. Please provide more recent references. on the other hand reference is made to articles that seem not to be published yet. Please provide these resources.
3. The manuscript reads more like a book article than a scientific article. Please adapt the style. For example, some of the writing is not very scientific (e.g. "*Since obese people carry heavy big bellies, it will give them a lot of burden*"), please improve.
4. In many important aspects the manuscript is very brief and superficial. Please improve.