

Editor's comment:**Abstract:**

In Results write the following:

After 6 weeks of treatment, Group 2 and 3 showed significant improvements in the physical functioning (exact p value) and mental health scores (exact p value). There was significant reduction in anxiety (exact p value) and bodily pain (exact p value) in both groups.

Results:

Results need to be **rewritten**.

Add one table about comparing the demographic characteristics (age, gender, education, weight etc.) of the three groups.

Authors can combine the tables given in manuscript or make two tables after combining 7 tables and write exact p value (except in few cases, for e.g, p value is 0.00001, you can write <0.01) . Secondly, the difference in the variables need not be shown in tables.

Tables should be self explanatory, like following table:

Variables	Group 1	Group 2	Group 3	p value
Mean BMI*				
- Baseline				
- At 6 wks				
Mean 6 MWD#				
- Baseline				
- At 6 wks				
Mean HAS**				
- Baseline				
- At 6 wks				

*BMI, Body mass index

6 MWD, 6 Mean walk distance

Conclusion:

Authors have written improvement in BMI, however the change in BMI was non significant.

Author's feedback:

Thank you for reviewing the manuscript. We have made changes as per your suggestions.