

Reviewer-1 Comments

1. Counting the age of the participants, makes sense to add 'elderly' to the paper title.
2. Too general, doesn't contain accurate terms and findings.
Give the full term first, followed by (PLHIV) and then use the abbreviation only.
Significant differences between resting HR and all other conditions were **identified**, while there was no significant difference between recovery HR and HR at 76% capacity. Additionally, all cardiovascular measurements were significantly higher than the recovery heart rate.
Methods: Change '3 minute' to '3-minute'
6. **Conclusion:** physically active PLHIV--- who? Patients, subjects?
with ineffective management of the modifiable risk factors associated with CVD-----This doesn't sound logic. Please double check the statement.
8. Common modifiable CVD risk factors DO NOT INCLUDE visceral fat accumulation. Those INCLUDE obesity
Another study
10. heart rate and blood pressure ARE NOT **cardiovascular components**. Use the correct wording, please.
Apart from prerequisites, please list the inclusion criteria and exclusion criteria.
12. What is the meaning and an objective of exercise assessment?
Number of participants mentioned here does not correspond to the number, mentioned in the abstract at p. 1
14. Neither one is described in the previous section. Please do so.
Please provide proper reference. Mention the height of the step too
16. Therefore, the resting HR and BP were recorded. not was
When participants were too fatigued to finish the test, they stopped-----not stop heart rate at rest-----not 'resting'
19. How did authors arrive to these % values? Any references or justifications?
Please specify, is it a % of maximal HR, or the % of HRR, or the heart rate at the end of 3 min step test?
21. According to p. 3, post-test HR was measured within 15 sec post exercise. Why it is termed as recovery, if there was no recovery period provided? If it was provided, then it has to be properly described in the methodology with duration of the recovery clearly mentioned.
22. Please specify which medications? HIV related on NSAIDs?

There was only one task. Do they mean groups? If so, then it is either WITHIN the groups or BETWEEN the groups. Not among.

24. This is obvious, and it does not require experimental confirmation

You got to be joking. Were authors expecting plateauing HR, or decrease in the HR during the test?

26. Doesn't match the third row numbers (Table-1)

Characteristics Study Participants n=11

27. Male= 13; Female = 8 **Doesn't match the first row numbers**

28. Table 1 illustrates the study sample containing 21 participants. (8 females and 13 males) with a mean age of 61.3 ± 8.1 .

29 : **Table-2.** Comparisons of resting heart rate among tasks. Results of repeated measures ANOVA performed comparing rest-HR among the other conditions. Significance level set at $p \leq 0.01$.

30. Table-3. Comparisons of heart rate during recovery. Results of repeated measure ANOVA performed comparing recovery-HR among the other conditions. Significance level set at $p \leq 0.01$.