



SDI FINAL EVALUATION FORM 1.1

PART 1:

Journal Name:	BritishJournalofMedicineandMedicalResearch
Manuscript Number:	2013_BJMMR_4845
Title of the Manuscript:	Effect of progressive resistance exercise training on hepatic fat in Asian Indians with Non-alcoholic Fatty Liver Disease

PART 2:

FINAL EVALUATOR’S comments on revised paper (if any)	Authors’ response to final evaluator’s comments
Caveats have been introduced in the text but the problem of the novelty of the message still applies. I realize this study is the first performed in Asian Indians but I still doubt and wonder if this novel enough.	The authors agree with the reviewer that the effect of exercise on nonalcoholic fatty liver disease has been demonstrated by several investigators in ethnic groups other than Asian Indians, and that this is not a novel concept. However, this study assumes relevance because it demonstrates effectiveness of resistance exercise in Asian Indians who have been shown to have lower muscle mass, higher body fat and greater risk of developing insulin resistance and related complications. Though the sample size of the present study is relatively small, it may stimulate other investigators to design studies involving larger sample size and using more stringent protocols, and incorporate resistance exercise in their treatment protocols.