



UNIVERSIDAD AUTÓNOMA DE BAJA CALIFORNIA

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Dear Editor-in-Chief

Thank you and your editorial review board for considering this manuscript entitled "*effects of three months of water-based exercise training on metabolic syndrome components in older women*", for publication in Retos.

Metabolic syndrome is associated with an increased risk of cardiovascular diseases mainly in elderly. Water-exercise is a form of aerobic exercise that has the additional benefits of stimulating the emotions, promoting social interaction, and exposing subjects to acoustic stimulation and music. To the best of our knowledge there is a few information than show the incidence of Water-Based Exercise Training on Metabolic Syndrome Components. In the present study, we report the results of the effect of three months period. Water-exercise for a 3-month period improved the triglycerides component of metabolic syndrome in older women. Our data suggest that the implementation of water-exercise programs for more than 3-month period could be more effective in improve the five metabolic syndrome components in older women.

The practical implication of our findings relies on the geriatrics, gerontology and physical exercise areas, due metabolic syndrome components should be monitored to distinguish the effects of more than 24 weeks of water-based exercise training in older women as a non-pharmacological intervention. Furthermore, we have identified some similar studies in Retos and we believe that the readership will appreciate because the main results of this study showed.

We submit this manuscript as **ORIGINAL** for peer review. This manuscript is original and not previously published, nor is it being considered elsewhere until a decision is made as to its acceptability by your review



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board. We also acknowledge that no part of this manuscript has been published elsewhere. No author has a conflict of interest. This manuscript has been read and approved by the coauthors.

Kindest regards,

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