

Comments for authors

The following minor revisions are all directed towards improving readability of the manuscript.

Abstract

Line 11 to 13: Consider restructuring this sentence as it doesn't read well. I recommend the following but change how you see fit "Following six months of supervised walking, SBP was significantly reduced in all subgroups ($p < 0.001$), with the greatest reduction (-21.3 mmHg) occurring in subjects with baseline SBP > 160 mmHg and the smallest reduction (-2.6 mmHg) occurring in subjects with baseline SBP of 120-129 mmHg."

Introduction

Line 38: Consider changing this sentence to "The 2017 AHA guidelines (4) state that hypertension begins at systolic blood pressure (SBP) > 130 mmHg and a SBP of 120-129 mmHg is now considered elevated blood pressure."

Materials and Methods

Line 53: Please change "Helsinky" to "Helsinki"

Line 55: Please change to "None of the patients enrolled presented with comorbidities that interfered with the exercise program of this study"

Line 64: Consider rephrasing this sentence to "Hypertensive therapies prescribed by family physicians were maintained and not modified during the intervention period."

Line 104: No need to start a new line here. The stats section can all be in 1 paragraph.

Line 104: Good job on adding the ANOVA to compare the subgroups. Could you please include 1 sentence after the ANOVA sentence telling us which post-hoc test (Bonferroni, Sidak, Tukey) was used to assess significant differences between subgroups.

Results

Line 134: Please change " R^2 0.97" and " R^2 0.99" to " $R^2 = 0.97$ " and " $R^2 = 0.99$ " respectively.

Discussion

Line 155-160: The following sentence needs to be moved to the end of the discussion. The final paragraph of the discussion should be limitations and this sentence belongs in this section. The opening paragraph of the discussion should highlight the major findings of the paper. Move "previous randomized control studies have shown clearly..." to the limitation section.

Line 157: consider revising this sentence to as follows, "For this reason, we chose to not include a control group and instead opted to include all subjects in the walking intervention."

Tables

Table 2: Please replace all commas with periods for values in the table. For example, "-9,926" should be "9.926". **This is a very important change.**