Reviewer #3:

The manuscript submitted for review is on the topic: Health Literacy and Exercise to Treat Frailty in Community-Dwelling Older Adults. The topic of the paper appears to be very important from a public health perspective. The topic of health literacy and especially health behaviors of older adults is still a new field in the behavioral research space.

Despite its cognitive value, the paper presents significant shortcomings.

(1) First, the introduction of the paper is very poor in content. I suggest extending it with e.g. the literature on the phenomenon of ageing society and related challenges; moreover, I suggest getting acquainted with the work of Prof. Marcin Duplaga of the Jagiellonian University (e.g. or another scientist who has been working on the issue of health competences for years). At the end of the introduction, please clearly state the purpose of the research and provide research hypotheses/questions that will correspond with the conclusions of the paper.

Author response:

Thanks for your suggestion. We amend the paragraph by "Frailty is a multidimensional syndrome in older adults and is caused by overt age-associated dysregulation of multiple homeostatic systems, with this dysregulation causing progressive loss of physiological reserves, which may be so severe that it results in multifunctional impairment and eventually in pathology and death. Frailty involves interactions between biological, psychological, and social factors and is difficult to diagnose because of its coexistence with other age-related conditions as well as the lack of a universally accepted clinical definition. The development of effective assessments and intervention strategies for frailty is therefore crucial in aging societies".

Our study purposes and hypotheses were added at the end of the introduction section.

(2) Methodology section should be re-modeled, in its current form it is unreadable. First of all, I miss clearly presented qualification criteria. I suggest using the layout from other articles appearing under the MDPI publication.

Author response:

Thanks for your kind suggestions. We modified the method section from other articles appearing under the Journal "International Journal of Environmental Research and Public Health".

(3) On the editing side, I noticed that Table 3 is repeated at the end of the text (after the references). I do not know why the above procedure serves this purpose.

Author response:

Thanks for your kind reminder. We have separated the text content and the table into two files for ease of review by reviewers.

(4) In addition, the paper uses statistical tests, and in the results themselves, the levels of relationships and their strengths are poorly communicated. Please improve the presentation of the data in the text and provide the test results and p-value.

Author response:

Thanks for your kind suggestions. We provide the test results and p-value in the table1 and table2. For the convenience of reading, we replace the statistical significance in Table 3 with symbols.