**Answers to the reviewer**

**TITLE:** Exercise as an essential therapeutic tool in mental health: Closing the gap from research to practice: A Portuguese perspective.

**Título:** O Exercício como uma ferramenta terapêutica essencial na saúde mental: Encurtando a diferença entre a pesquisa e a prática: Uma perspetiva Portuguesa.

**Comments from the Editor:**

Reference listed as #1 does not identify the publisher nor the place of publication.

***Reply, Lara et al.*** Thank your for your suggestion. We have corrected accordingly.

**Reviewer A:**

This is a very good perspective on an important issue in Psychiatry. Implementation of physical exercise in a generalized way in Psychiatry as an add-on strategy could prevent thousands of patients’ lives with severe mental disorders that unfortunately die every year prematurely.

Minor remarks

1. Please include always references that support your sentences. Please read all the manuscript and try to complete references. Just few examples:

Paragraph 3: Please include references that support this sentence: “Considerable evidence from randomized controlled trials (RCTs) supports the efficacy of exercise has been accumulating for years…”

***Reply, Lara et al.*** Thank you.As suggested by the reviewer we included the reference.

Paragraph 4: Please include reference that support this sentence: “For example, there is evidence that supervised aerobic exercise is beneficial when carried out for at least an eight-week period at a minimum of three times weekly, 30-45 minutes/session, at moderate intensity (60-80% of maximum heart rate)”.

***Reply, Lara et al.***  Thank you. Not only, have we inserted the reference but also updated a more recent reference.

2. Please read all the manuscript and correct some English language errors:

Ex1. Paragraph 3: “Considerable evidence from randomized control trials (RCTs)…” should be replaced by “Considerable evidence from randomized controlled trials (RCTs)…”

***Reply, Lara et al.*** Following the reviewer´s suggestion we corrected this particular mistake and went throughout the manuscript.

Ex2. Paragraph 8: Authors should rephrase the following paragraph (maybe divide into two sentences to make clear the main idea): “Being aware and demystifying the idea that exercise is “not a one size fits all” intervention with only pros without cons, leading to immediate results, is a major step to achieving progress, and consequently better patient outcomes, by integrating exercise as a therapy in mental health services”.

***Reply, Lara et al.*** Thank you. This was corrected in the revised manuscript.

**Reviewer B:** No suggestions to improve the manuscript

Thank you for your revision work.