University of Brasilia Faculty of Physical Education

Brasilia, January 17th, 2014.

To The Editor in Chief

***Revista Brasileira de Atividade Física e Saúde***

Dear Editor,

We are presubmitting our Article below specified, as to the possibility of publication in the Revista Brasileira de Atividade Física e Saúde as an original article.

**Title**

Short-term daily steps increment enhances submaximal exercise tolerance in healthy sedentary men.

One such paper may be relevant and timely, considering the actual very impressive expanding interest on the impact of non-structured and low-intensity physical activity programs in the public health area and in understand the physiological adaptations consequent to regular physical activity. In this context, it is necessary to test some new approaches and more feasible physical activity programs. In a scenario where sitting time has been associated with increasing long-term mortality and even little amounts of PA are indicated as effective for improving health status, we evaluate a strategy that could promote breaks in sedentary behavior time and improve physical activity.

We have investigated the effectiveness of a maintained increase of 3500 steps per day, as measured by a pedometer, to promote functional capacity performance enhancement at the ventilator anaerobic threshold. The evaluation of a short-term period was specifically designed to investigate the shifting period from a sedentary lifestyle to a more active one.

We declare that the manuscript or part of it has not been submitted for publication elsewhere and will not been submitted elsewhere while under consideration for this journal, and has not been previousls published in similar form. We also declare that the study have been reviewed and approved by the respective institutional Ethics Committee of Research in Human Beings, and all authors have read the final manuscript and approved its submission to the ***Revista Brasileira de Atividade Física e Saúde***.

The authors also declare no conflict of interest and authorize the signature of the corresponding author.

Thank you very much in advance for your consideration.

Sincerely,

Luiz Guilherme Grossi Porto

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