Revision notes:

"Up till now, there has not an approved specific medical treatment for this health problem. Lifestyle intervention is the ideal treatment for NAFLD"

This statement was changed to:" Despite the presence of approved medical treatment for NAFLD, Lifestyle intervention remains the ideal treatment for NAFLD"

Short running title: lifestyle interventions and nonalcoholic fatty liver disease (added)

Authors and institution: modified

These first level subtitles are capitalized, bolded and underlined

The format of in-text citation of references are superscripted

Journal references with PMID and DOI are added

The text of the manuscript is typed in Book Antiqua font, 12 pt, with 1.5 line spacing.

Rephrasing is done for core tip and conclusion sections.

Abbreviations was removed from title.

Conflict-of-interest statement: All the authors report no relevant conflicts of interest for this article

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