Submitted article is end-product

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When submitting a paper, it is perfectly natural to have a format suitable for that journal. Of all the formats, the format of reference is the most important. References in the text of the *Journal of Exercise Rehabilitation* should be cited as “and” for two authors and “et al.” for three or more authors. The order of references should follow the alphabetical order and then the year.

Sometimes, references are cited with superscript Arabic numerals. A reference to a number is suspected of contributing to other journals. It is the case that submitting is done without changing the format after rejected to other journals. This case is the worst case when submitting an article.

In the reference list, how to write a reference for the *Journal of Exercise Rehabilitation* is as follows. The journal name should be written in the official abbreviation and the title should be in capitalized only the first letter of the whole phrase. All authors' names should be included and all pages should be written. If the author's surname is the same in the same year, the year is distinguished by a, b, c. Domestic journals and text should be suppressed as the references.

Lee JM, Ji ES, Kim TW, Kim CJ, Shin MS, Lim BV, Chung YR, Cho YS. Treadmill exercise improves memory function by

inhibiting hippocampal apoptosis in pilocarpine-induced epileptic rats. *J Exerc Rehabil* 2018a;14:713-723.

References correspond to the ingredients of food. Only good ingredients can make a good food. The good references lead to a quality improvement of the paper. And the submitted article is already an end product. Revision is a comment on formal minor change, and the evaluation is limited to paper submitted. Keeping the format, including references, is the first factor that positively affects the evaluation of the paper.

CONFLICT OF INTEREST

No potential conflict of interest relevant to this article was reported.

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