Dear Editor of Acta Médica Portuguesa,

Please find here enclosed the manuscript already reviewed “**Exercise as an essential therapeutic tool in mental health: Closing the gap from research to practice: A Portuguese perspective**.”

We are perfectly aware of the high quality patterns that you have established as a standard and we would be honoured to see our work published in such a reference Journal.

Hoping to hear from you soon, please accept my best regards.

On behalf of all co-authors,

Yours sincerely,

Lara S. F. Carneiro

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