Reviewer’s report

Title: The fitness consultation. A way to increase muscle strength and VO2max of patients with type 2 diabetes in general practice: an 18-month intervention study

Version: 2 Date: 22 June 2010

Reviewer: Susan Smith

Reviewer’s report:

I am happy with the extensive revisions made by the author. I have one small point to make in relation to a statement in the discussion that it was impossible to do an RCT as the whole city was aware of the intervention - this is not strictly true as many community based RCTs have been carried out in different countries using the idea of waiting list controls. This could also be applied to a cluster design with practices being randomly allocated to receive the intervention immediately or in a second phase once the RCT is complete.

Level of interest: An article whose findings are important to those with closely related research interests

Quality of written English: Acceptable

Statistical review: No, the manuscript does not need to be seen by a statistician.

Declaration of competing interests:

I declare I have no competing interests