Reviewer's report

Title: Exercise in pregnant women and birth weight: a randomized controlled trial

Version: 1 Date: 10 August 2011

Reviewer: Anca Gaston

Reviewer's report:

This is an excellent paper with important contributes to this important field. I recommend acceptance, with a few minor revisions as follows.

Minor Essential Revisions:

1) Page 3: The following sentence is contradictory and needs to be clarified:
   “According to the present guidelines, all pregnant women are encouraged to be physically active for at least 30 minutes on most days of the week and/or exercise moderately for a minimum of 15 minutes, 3-5 times a week [1-3]”

   What you are referring to here is the difference between the US and Canadian guidelines, so please refer to each individually. Also, the Canadian guidelines also recommend 30 minutes of activity (15 minutes are only recommended as a starting point for previously sedentary women, with the goal being to increase to 30 minutes over several weeks.)

2) Page 6: What was the purpose of the 60 minute evaluations which occurred 3 times over the course of the study? I assume this was for data not presented in this paper.

3) Page 10: The following sentence is unclear: “Adherence to the EG was mean 17.0 (SD 12.5) and 21 (40.4%) attended # 80% of the exercise sessions.” Please explain what 17.0 refers to? Do you mean "sessions"?

4) Page 10: You state: “After the intervention period, six of 53 women in the CG reported that they had exercised # 2 times per week for 60 minutes of moderate intensity.” Why was only activity lasting 60 minutes or longer chosen when physical activity guidelines recommend 30 minutes? It appears that under your criteria it was possible for women in the control group to exercise even several times a week as longer as they do not exceed 30 minutes per session. Is this correct? Or did you also apply the eligibility criteria (under 120 minutes brisk walking/week).

Level of interest: An article of outstanding merit and interest in its field

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 that I have no competing interests