Reviewer’s report

Title: Physical activity recommendations for health: what should Europe do?

Version: 1 Date: 24 September 2009

Reviewer: Jens Bucksch

Reviewer’s report:

The authors discussed the need to review the existing physical activity recommendations at the European level with a special emphasis on the policy context. The debate deals with up-to-date information and provides recent developments of physical activity recommendations. This debate is very stimulating for the European context because physical activity is one of the most important health behavior for public health but unfortunately the dissemination of subsequent recommendations and guidelines is rare in Europe.

There are no major compulsory revisions of the manuscript.

Minor essential revisions:
Please introduce abbreviation like CDC, ACSM, USDHHS.

Discretionary revisions:
1) page 8: Authors stated that USDHHS recommendations also target children and adolescents. I would recommend to compare this recommendations with previous one’s as you do for the adults. In addition, it should be pointed out that the evidence base of PA recommendations for children and adolescents is not as strong as for adults.

2) Page8/9:The authors highlighted and described in detail the publication process of USDHHS recommendations. Do you think this might be serving as a best practise model for Europe?

3) Page 9: I agree with the authors that the USDHHS provided a comprehensive review of the evidence concerning PA and health. But in my opinion I would recommend to elaborate on the validity of the scientific findings for European people.

4) Within the manuscript the authors referred to a variety of documents and scientific reports with respect to recommendations and guidelines in Europe. I would like to recommend that you should give a few more concrete examples (e.g. page 10: first paragraph; what does „compatible with the newest recommendations varies“ concretely mean; page 6 second paragraph: What does „although there is much diversity how this message is formulated“ really mean?).

Level of interest: An article of importance 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 below.