Reviewer’s report

Title: The effect of two different health messages on physical activity levels and health in sedentary, overweight middle aged women

Version: 2 Date: 7 January 2011

Reviewer: Stacy Clemes

Reviewer’s report:

I am satisfied with the changes made to the manuscript. This is an interesting study which adds to our knowledge on the effectiveness of two different messages to promote PA.

Minor Essential Revisions

I’d recommend re-wording a sentence slightly and correcting a typo on page 10, line 8. “Differences between groups was analysed using one-way analysis of variance.” Change to: Differences between groups were analysed using one-way analysis of variance.”

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 that I have no competing interests