Author's response to reviews

Title: Diet, physical exercise and cognitive behavioural training as a combined workplace based intervention to reduce body weight and increase physical capacity in health care workers - a randomized controlled trial

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Author's response to reviews:

Dear Editor,

We hereby submit a paper describing a 3-months workplace initiated cluster randomised controlled intervention among health care workers which are documented of having high prevalence of overweight and musculoskeletal pain, high physical demands and low physical capacities.

The underlying background and setting of the paper is previously published in BMC Public Health (Holtermann et al. 2010, 10: 120).

The aim of this paper was to investigate the effects of an intervention combining diet, physical exercise and cognitive behavioural training for reducing body weight and improving general health variables and physical capacity among overweight health care workers.

A high proportion of the health care workers were overweight and hypertensive. The intervention generated a very high adherence, significant weight loss, decreased blood pressure and increased cardiorespiratory fitness after three months.

The very positive results are encouraging regarding the use of workplace initiated weight loss interventions among populations at high-risk for cardiovascular diseases.

We hope you will consider this manuscript for publication in BMC public health and look forward to your response.

Kind regards

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