Reviewer's report

Title: Active lifestyles related to excellent self-rated health and quality of life: Cross sectional findings from 196,876 participants in The 45 and Up Study

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Reviewer: David Berrigan

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This paper by Rosenkranz et al. describes associations between self reported health and quality of life, sitting time and physical activity in a large sample of Australian adults. The results show modest associations between sitting time and the two health variables and stronger associations with physical activity. I agree with the authors that physical and sedentary activities are important health behaviors. However, this analysis does not seem to break much new ground. Nevertheless, the large sample size is a strength of the study. While I understand the need to publish, perhaps this material would be better presented when follow-up and health linkage data are available allowing the authors to examine associations between physical and sedentary behavior and health/quality of life prospectively and with objective measures of health.

1. There are many studies reporting associations between PA and self-rated health. The authors of this paper attempt to motivate their analysis as part of a program to use “…successful aging and salutogenic approaches to frame positive health messages…. I don’t see how a cross-sectional study advances this goal.

2. The cognitive challenges of estimating the amount and intensity of PA and sedentary time are very well documented. Perhaps self reported PA in part represents an estimate of how healthy a respondent feels – accounting for the stronger correlations between PA and health/quality of life.

3. It would be interesting to examine and discuss whether or not the associations reported varied by any of the demographic variables considered, for example, perhaps the association between PA and health is stronger in older people – in general the authors could try to take advantage of the large size of their study to delve a little deeper into the relationship between self reported activity and health.

4. I wonder if immigration status, time spent in Australia, or some other variables related to acculturation is available in the survey – It would be interesting to determine if such variable moderated the associations between activity and health.

5. There are quite a few people in the 70K + income category – I wondered if anything of interest happened at higher income levels.

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