Author's response to reviews

Title: Effectiveness of exercise intervention and health promotion on cardiovascular risk factors in middle-aged men. A protocol of a randomized controlled trial.

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Dear Sir,

We kindly submit our manuscript “Effectiveness of exercise intervention and health promotion on cardiovascular risk factors in middle-aged men. A protocol of a randomized controlled trial” to be considered for publication in “BMC Public Health”.

Our study presents a protocol of a randomized controlled trial, which will provide information on the effects of an exercise intervention on cardiovascular risk and physical activity in middle-aged men. This pragmatic trial will shed light on the success of a physical activity intervention in real life, which is a recognized challenge in studies aiming at metabolic disease control.

The manuscript is original and it has not been submitted elsewhere.

There are no conflicts of interest to disclose.

On behalf of all authors,

Yours sincerely,

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