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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Version: 3 Date: 14 January 2013

Author's response to reviews: see over
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”.

Thank you for your review of our manuscript. We have read your comments and happy to give you point-by-point responses to the reviewer comments on the manuscript.

Comment: “It was unclear to me what the specific exercise prescription will be?”

**Response:** Teaching group size of 10 to 20 people. The exercise intervention is guided by a physical education counselor and include of basic physical training. The course aims to join a man comfortable and support fitness group. Fitness group support and contribute to an atmosphere that encourages safe and regular physical training, which helps men to find new “sportmate” and personal exercise habits.

Comment: “I assume aerobic exercise for 60 minutes each session, but how many sessions each week and for how many weeks?”

**Response:** The exercise sessions each lasts 60 minutes. During the 12 weekly meetings, once a week, several safe and moderately strenuous exercise activities are carried out, such as Nordic walking, fitness circle, volleyball, swimming, circuit training, gym, boxing, zumba, etc.

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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