Reviewer's report

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

Version: 2 Date: 9 January 2013

Reviewer: Michael J Sullivan

Reviewer's report:

It was unclear to me what the specific exercise prescription will be?

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

Level of interest: An article of importance in its field

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 i have no competing interests