Author's response to reviews

Title: Effect of including fitness testing in preventive health checks on cardiorespiratory fitness and motivation: Study protocol of a randomized controlled trial.

Authors:

Kirsten Høj (KirstenH@ph.au.dk)
Mette V Skriver (mette.skriver@ph.au.dk)
Anne-Louise S Hansen (alsm@ph.au.dk)
Helle T Maindal (htm@ph.au.dk)
Bo Christensen (bc@ph.au.dk)
Anneli Sandbaek (anneli.sandbaek@ph.au.dk)

Version: 2 Date: 2 October 2014

Author's response to reviews: see over
Dear Prof. Latkin,

Please find enclosed our manuscript entitled ‘Effect of including fitness testing in preventive health checks on cardiorespiratory fitness and motivation: Study protocol of a randomized controlled trial’, which we kindly ask you to consider for publication as a study protocol in *BMC Public Health*.

Cardiorespiratory fitness is associated with multiple health benefits such as improved cardio-metabolic profile and reduced risk of cancer, diabetes, and depression. Developing approaches to increase cardiorespiratory fitness at a population level is therefore of great public health interest.

Preventive health checks have been implemented in some countries. However, our knowledge about the impact of the individual components included in preventive health checks on subsequent health behaviour is sparse. This population-based randomized controlled trial aims to investigate whether including cardiorespiratory fitness testing in preventive health checks 1) increases cardiorespiratory fitness level and motivation to change physical activity behaviour and 2) reduces physical inactivity prevalence and improves self-rated health compared with preventive health checks without fitness testing over a one-year study period. The trial will be conducted in real-life community and general practice settings and will contribute to a critical appraisal of the value of fitness testing as part of preventive health checks. The trial is registered at ClinicalTrial.gov (ClinicalTrials.gov Identifier: NCT02224248, received the 8th of August 2014) and will be initiated in October 2014.

KH, AS, MVS, and BC conceived and designed the trial. ALSM and HTM contributed to the design. KH drafted the manuscript with all authors providing critical review and final approval for submission to *BMC Public Health*. The manuscript represents original work and no publications have been published or submitted to any journal.
Disclosures
All authors declare to have no competing interest.

We can confirm that our trial protocol has not undergone peer-review by any of the funding bodies and that we have forwarded the requested documentation regarding ethical and funding approval to BMCSeriesEditorial@biomedcentral.com.

We thank you in advance for your time with this manuscript.

On behalf of the authors.

Yours sincerely,

Kirsten Hoj

Kirsten Hoj, MD, Research Fellow
Institute of Public Health, Section of General Practice, Aarhus University
Bartholins Allé 2, DK-8000 Aarhus C, Denmark
Direct Tel.: +45 87167925; Fax: +45 86124788
E-mail: KirstenH@ph.au.dk