Reviewer's report

Title: Predictors of long-term change of a physical activity promotion programme in Primary Care

Version: 2 Date: 7 December 2013

Reviewer: Paulo Guerra

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MAJOR REVISIONS

1. In the RESULTS, it is important to report on how the insertion of missing data would change the primary outcome of the longitudinal analysis, since 15% of the sample had missing data.

2. DISCUSSION: As opposite to what the authors indicate in pages 12 and 15, recent literature indicates that sedentary behavior activities are independent of physical activity, no longer representing their absence.

3. ALL TEXT: I suggest that the text be revised according to the classifications of physical inactivity (absence of physical activity) of and insufficient physical activity (people who do not achieve the recommended amount of weekly physical activity). Under these classifications, at certain times the text is confusing. In this case, I have a suggestion: present data from people who increased their weekly volume of physical activity, reaching the recommended levels and data of inactive persons who started active behavior, reaching the internationally recommended levels.

MINOR REVISION

1. BACKGROUND: Even with the similarity, it is preferable to cite the Global Recommendations on Physical Activity for Health (World Health Organization), rather than the American College of Sports Medicine and the American Heart Association guidelines (Haskell et al., 2007), in the recommendation of sufficient levels of physical activity.

Level of interest: An article whose findings are important to those with closely related research interests

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.
I thank you for the opportunity to review articles for the BMC, and I put myself at your disposal to other scientific activities.