Reviewer's report

Title: A conceptual model for worksite intelligent physical exercise training - IPET - intervention for decreasing lifestyle health risk indicators among employees: A randomized controlled trial.

Version: 2
Date: 19 May 2014
Reviewer: Barbara Ainsworth

Reviewer's report:

This paper describes the protocol and rationale for a worksite intervention designed to improve cardiorespiratory fitness, strength, and balance. The paper is written well and easy to follow.

MAJOR COMPULSORY REVISIONS: none

MINOR COMPULSORY REVISIONS: none

MINOR ESSENTIAL REVISIONS: Mostly grammatical points

PAGE 4:
line 1, paragraph 2 - change "waker" to "waking"

PAGE 5
line 7, para 1 - "Compelementing [the] work ..."
line 10, para 1 - check sentence, "... RCT's successfully [aimed at] improving. something is needed in the sentence.
line 1, para 2. "... were succcessul [at what?], their ...

PAGE 6
last sentence, para 1. This sentence seems out of place.
line 1, para 1. "...cost effectivenes estimates in [worksite] RCT's..."
line 2, para 3 "... by the use of [an] individual ..."

PAGE 7
line 1, para 3 " In total [,] 103 ...
line 8, para 3 - IDENTIFY LOCATION, E.G., ""in Jutland [in Northern Denmark?], ...
line 2, para 2. change "intra nets" to "intranets"

PAGE 8
line 2, para 1. "the overall aim [of the study] ..."
line 4, para 1. change 'hard' to 'paper'
line 8, para 2. change 'days' to 'day'
line 1, para 3. "...students [in] the education ..."
line 2, para 3. "Prior to [the] intervention ...

PAGE 9
line 2, para 1. Chang 'approx.' to 'approximately'
line 2, AD1). change 'conquered' to 'reduced'

PAGE 10
line 3, AD4). (Kelly & Proper) ref needs to be numbered
end of page 10. Add "Estimated" before Maximal oxygen uptake header

PAGE 11
line 3, para 1. [The starting load]
line 7, para 1. [The] test length...
line 6, Balance test. [The] cut-point
BMI & Body fat: For the Tanita scale, were participants instructed to not exercise the day before the test and to come to the measurement hydrated?

PAGE 12
Can you identify how many hours the participants fasted?
line 6, Questionnaire. Does the PA questionnaire have a name or was it developed for the study?
line 4, Statistics. "and McNemar [tests].

PAGE 13
6th line from bottom. Don't think it is necessary to show abbreviations in the text. They will be in the table.

TABLE 2.
1) add a footnote for the abbreviations for the combination of exercise categories.
2) in the title insert [minutes] after the word 'time'

Level of interest: An article of outstanding merit and interest 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:

no competing interests for any of situations addressed