Author's response to reviews

Title: High-intensity compared to moderate-intensity training for exercise initiation, enjoyment, adherence, and intentions: an intervention study

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Reviewer 1:
Minor Essential Revisions: This manuscript is greatly improved by the reanalysis using the factorial model. However, the authors still report the within group changes over time, which is unnecessary now since the group X time interaction addresses this finding. Thus, they should remove the within subjects t-test results from the manuscript.

Editor's Comments:
"I suggest that the within subject t-test results are removed from the manuscript."

Response:
We appreciate the opportunity to respond to the comments from Reviewer 1 and the Editor. We agree and had actually already noticed that we no longer needed to include the within subjects t-test results in the manuscript and had already submitted a revised version without that duplicate information (see confidential comments to the editors). We have re-submitted that version now as well.