Author’s response to reviews

Title: Using Pedometers to Increase Physical Activity in Overweight and Obese Women: A Pilot Study

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Author’s response to reviews: see over
Dear Sir/Madam,

11 August 2009

Re: BMC Public Health- 2600572026571093 Decision Letter

Thank you for accepting the manuscript for publication (in principle). Further to your email of August 10th, 2009, the manuscript has been revised as per the reviewers’ comments. The comments have been addressed individually, as shown below, with each point providing a brief description of the changes made in the text, as well as the page and line number where these changes can be located in the manuscript.

If there are any further comments, please do not hesitate to contact me.

Regards,

A.Professor Sebely Pal

Reviewer: Stacy Clemes

Comment by reviewer: In the abstract, I’d recommend specifying that the significant change in blood pressure was for systolic blood pressure, simply insert the word ‘systolic’ in line 18 of the abstract..

My response: The word ‘systolic’ has been inserted in line 18.

Comment by reviewer: Experimental protocol, page 6, line 12. What was the acceptance criteria for the 20 step test? (e.g. plus/minus 1 step, 2 steps etc.).

My response: The acceptance criteria has been included on page 6, line 13. The following has been added at the end of the sentence “the acceptance criteria being +/- 2 steps.”

Reviewer: Nanette Mutrie

No further amendments were required.

Other amendments

The words ‘dropped out’ have been replaced by ‘withdrew’ under Results, page 9 lines 7-9.