Reviewer's report

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

Version: 3 Date: 21 July 2009

Reviewer: Stacy Clemes

Reviewer's report:

The authors have answered my previous points sufficiently well.

I only have a couple of minor Discretionary Revisions:

1. 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.

2. 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.)

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