Reviewer’s report

Title: Factors influencing adherence to regular exercise in middle-aged women: a qualitative study to inform clinical practice

Version: 2 Date: 14 February 2014

Reviewer: Kristina Karvinen

Reviewer’s report:

Major Compulsory Revisions

The authors have done a good job addressing the reviewers’ concerns. There are still a few comments that may have to be further addressed.

1. I still feel it is a major limitation that we do not have much information about the exercise status of the sample. Although it is helpful to have the additional information provided about the type of exercise involved in, it still doesn’t inform the reader about volume of exercise, which seemingly is a very important factor. If this data was not collected, it should at least be noted as a limitation in the Limitations section.

2. The categorization of “perceived health benefits” under “Instrinsic Motivation” still does not make sense and is not consistent with Self-Determination Theory (as referenced). I believe “perceived health benefits” would fall under Identified Regulation (extrinsic motivation) under SDT and not Intrinsic Motivation. Suggest moving it to under another theme.

Level of interest: An article of limited interest

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.