Reviewer's report

**Title:** Long-term effectiveness of physical activity interventions in adults aged 55 to 70 years: a systematic review and meta-analysis

**Version: 1 Date: 21 January 2013**

**Reviewer:** Gregory Heath

**Reviewer's report:**

Major compulsory revisions: none

Minor essential revisions:

1. The use of 'long-term' in the title to describe the effectiveness of PA interventions is somewhat misleading, since relatively few of the follow-up studies went much beyond 18 to 24 months following randomization. Perhaps the use of a more descriptive term might be in order such as 'effectiveness of PA interventions among older adults at 12-24 months: a systematic review and meta-analysis'

2. pg 4, para 1 - Introduction - ....epidemiological evidence shows a relationship between PA and reduced risk - I'm assuming risk here is in reference to death and disease - but risk of what with some added specificity frame this introduction a bit better -- all-cause mortality and selected non-communicable disease (e.g., CHD, stroke, DM, etc).

3. pg 7, para 1, line 6 -- ...intervention arm was the arm was defined as the arm.....
   delete 'was the arm'

Discretionary revisions - none

**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