Reviewer's report

Title: Efficacy of Aerobic Exercise and a Prudent Diet for Improving Selected Lipids and Lipoproteins in Adults: A Meta-Analysis of Randomized Controlled Trials

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Reviewer: Bettina Mittendorfer

Reviewer's report:

This is a solid paper. A very strong study design and thorough data analysis and a clear message. It is amazing that there really are only 6 studies of the high quality required to be included in this report (the inclusion criteria are strict but no stricter than necessary). This alone is worth reporting. I only have some minor comments.

The authors could have increased the scope of the work by looking not only at exercise plus diet but also exercise alone as they say this needs to be done but I can see why they didn't do it.

Along the same lines it seems that it may be important to consider exercise duration and intensity .... but with an n=6, obviously this is impossible.

The authors may want to consider being a bit more specific right away regarding the "prudent" diet. I found it somewhat distracting to not find out until half-way into the manuscript what is meant by prudent diet. It is not a term usually used to describe the kind of dietary recommendations followed by the subjects under investigation.

Page 3. No data for non-HDL-C? I am a bit confused here because the authors to provide data on LDL-C and total C in addition to HDL-C.

In the abstract and elsewhere, the authors should refer to lipid CONCENTRATIONS since this is what they looked at.

Page 4, last paragraph. If refs 4-19 were randomized controlled trials on this topic, why weren't all of them included in the analysis?

Figure 1. Reasons for elimination after full-text review. Why would one reject a paper due to information in the abstract, when the full paper is available?

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