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

Version: 2 Date: 5 April 2011

Reviewer: Robert G Staudte

Reviewer's report:

Thank you for the opportunity to review this manuscript. The authors have convinced me that they are, at least for one, fully informed about the traditional meta-analysis methodology and the fact that this methodology is now undergoing serious scrutiny. Those of us who are in the business of trying to improve its shortcomings will obviously need to work harder to sell our ideas.

In the meantime, many meta-analyses with false findings will continue to be published. I can only hope that this is not one of them.

Statistical review: Yes, and I have assessed the statistics in my report.