Reviewer's report

Title: "Not just another walking program": Everyday Activity Supports You (EASY) Model - A pilot study for a parallel randomized controlled trial

Version: 1 Date: 14 July 2014

Reviewer: Lucas LC Carr

Reviewer's report:

This is a good pilot study that tests the feasibility of a physical activity promotion program targeted to older females. Overall, the paper is well written and the methods and statistics are sound. However, it is unclear how/if this study adds to the literature. The authors did not clearly indicate the novelty of this study nor did they connect the findings to past studies. Other issues are listed below.

Major Compulsory Revisions

1. It is unclear whether recruitment and retention should be the primary or secondary outcomes of this pilot study. This is certainly not an original question. It is unclear what the primary conclusion of this study might be if the primary aim is related to the retention and recruitment success.

2. Line 305 – It is not made clear that this was the purpose of the study. If this is the defining characteristic of this study, it must be made more clear in the purpose statement.

3. The authors do not relate the findings of this study to any previous studies which makes it difficult for the readers to determine how this study adds to the literature.

4. There is a concern that not all references cited support the statements made.

Minor Essential Revisions

5. Line 56 - The authors do not mention outcomes of physical activity, weight or blood pressure as outcomes of interest in the Methods section of the Abstract. These should be listed as they are presented in the Results/Discussion sections.

6. Line 73 – This reads as more opinion than fact. Please revise. Also, need to spell out WHO first time mentioned then abbreviate.

7. Line 80 – This statement reads as more opinion than fact. Also, not sure reference 12 is the correct reference here.

8. Line 86 - this does not appear to be the correct reference

9. Line 90- indicate which behavior change theory

10. Line 111 - It is unclear why Figure 1 is included. The authors do not discuss the figure at all in the Results or Discussion sections.

11. Line 151 – It is unclear what is meant by ‘Activity 4-1-1’. If there is a
reference, please provide. Otherwise, the authors should more clearly describe what this abbreviation means.

12. Line 162 – it is unclear what is meant by an ‘interactive education component’. Please clarify.

13. Line 302- The authors do not report on any of the behavioral survey data in the Results section. This should be included even if just to say there were no between group differences for these outcomes. This should also be addressed in the Discussion if this data is to be included in the manuscript.

14. Line 310- it is not clear whether the study actually instilled confidence and knowledge about physical activity.

15. Line 325 – The authors need to clarify how ‘engagement’ was measured.

Discretionary Revisions

16. None

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.