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: 2
Date: 22 September 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. The reviewers partially responded to the reviewer’s previous comments. Some concerns remain:

Major compulsory revisions:

1. The authors failed to explain and or justify why they chose to focus on the retention and recruitment data as the primary outcome as opposed to a secondary outcome. This is unclear, especially considering they collected health and physical activity data. Reporting that the research team was able to utilize all outcome measurement instruments does not seem to be a primary outcome that advances the literature. Given this is a physical activity intervention, it would seem prudent to list the physical activity and health data as primary outcomes and the feasibility data as secondary outcomes.

Minor Essential Revisions

2. Line 296 – Please clarify the details of the satisfaction scale (0 = ???; 10 = ???).

3. Line 413 – Clarify that this may be the first intervention to target reduced sitting in middle-aged women, not just middle-aged adults.

4. Line 415 – It is arguable that interest and enthusiasm were clearly demonstrated in the program given both groups had the exact same score on the satisfaction scale. This would suggest these participants were equally interested in the treatment program as they were not receiving the treatment. The language needs to be tempered on this topic and discuss reasons why both groups provided such high an equal ratings.

5. Line 452 – The authors state “our objectives were to assess the effect of the intervention on physical activity and health outcomes.” Please revise to indicate these were additional or secondary objectives.

6. It is still unclear what ‘Activity 4-1-1-1’ means. Given the authors came up with this program, it is necessary to clearly define each component.

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