Reviewer’s report

Title: Does attending an exercise class with a spouse improve long-term exercise adherence among people aged 65 years and older: A 6-month prospective follow-up study

Version: 1 Date: 12 Jan 2017

Reviewer: Anne Tiedemann

Reviewer's report:

This is a well written paper that describes the results from an interesting and well executed study. Low rates of adherence to exercise programs by older people is a major impediment to effectiveness and research that seeks to improve adherence is well justified.

Edits requested are listed below:

Title: To improve clarity I would suggest replacing "older adults" with "people aged 65 years and older"

Methods: One of the inclusion criteria was "without exercise habits"- I consider this to be a very vague criterion, how was this assessed? please provide more detail and consider describing differently in the paper.

Page 8, line 145, please provide a reference for the rating of perceived exertion.

Page 8, line 146, please provide more detail about what is meant by a "well-trained instructor"

Sample size section would work better if placed after the description of the outcome measures.

Page 9, line 172, please provide the name of the questionnaire used to assess exercise-related social support.

Page 10, line 187, change "medical condition" to "medical conditions"

Statistical analysis

Page 10, lines 200 and 207, change "different" to "differed"

Page 10, line 208, should read "change in patterns of exercise social support.."
Results
Page 12, line 217-219, number of dropouts adds to 5 not 4

Discussion
Did you consider whether the couple effect would be similar for pairs of friends as opposed to married couples?
Table 1, spelling error, should be "shoulder" not "sholder"

Are the methods appropriate and well described?
If not, please specify what is required in your comments to the authors.

Yes

Does the work include the necessary controls?
If not, please specify which controls are required in your comments to the authors.

Yes

Are the conclusions drawn adequately supported by the data shown?
If not, please explain in your comments to the authors.

Yes

Are you able to assess any statistics in the manuscript or would you recommend an additional statistical review?
If an additional statistical review is recommended, please specify what aspects require further assessment in your comments to the editors.

I am able to assess the statistics

Quality of written English
Please indicate the quality of language in the manuscript:

Acceptable

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