Author’s response to reviews

Title: A Qualitative study of older adults’ perspectives on initiating exercise and mindfulness practice

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Version: 1 Date: 07 Nov 2019

Author’s response to reviews:

November 7th, 2019

Dear Editor,

Thank you for the valuable and useful comments from the reviewer. Below you will find a point-by-point response to the comments.

We have included a table with the response to each query as supplemental material.