Reviewer’s report

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

Version: 0 Date: 13 Oct 2019

Reviewer: Suguru Okubo

Reviewer's report:

The manuscript was important for improvement of exercise and mindfulness practice to older adults, but it require more information and explanation to utilize the results.

Please check the following things.

• Methods

Focus Groups

I read Annex 1. Authors wrote "a non-structured interview guide" in the manuscript, but "semi-structured" would be suitable.

Who was the facilitators of focus groups? If facilitators were researchers who engaged in interventions and participants of focus groups knew them, participants may respond to questions as researchers wanted.

Analysis

Two reviewers coded the data. It is good to write discrepancy rate of two reviewers if there is a record of the rate.

Results

Please indicate who told each excerpt. (e.g. #1, #2…) The information is necessary for readers to interpret the results.
Social Benefits

page 10 line 47

Participants in the Exercise only group → Participants in the exercise only group

Barriers

Mindfulness group

page 12 line 47

In the Mindfulness Group, → In the Mindfulness group,

I think results of word cloud should be eliminated or be included into appendix. If authors include them in Results section, it is better to discuss the interpretation and limitations of word cloud result in more detail.

Discussion

As I read the manuscript, there are some previous studies on this research theme (Moss et al., 2015; Franco et al., 2015). I think authors should introduce them in Background section and indicate the originality of the research.

page 18 line 20

Authors wrote time commitment had been the most prominent barrier, as many participants stated that they were very busy despite being retired.” This means that almost all participants were socially active people. The influence should be discussed in limitations.

page 18 line 47

Authors wrote instructors had been well-trained and highly experienced individuals and specifically taught to carry out structured instructional protocols focused on older adults. The explanations should be included in Methods section.
I think the fact that focus group members were participants of RCT was the major limitation. Please discuss the influence of the limitation and applicability of results.

In addition, it is better to mention not only limitations but also suggestion of further research.

Annex. 1

Annex should be changed to Appendix as authors wrote "Appendix 1" in page 7.

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

No

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

Unable to assess

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.

Not relevant to this manuscript

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

Acceptable
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