Reviewer’s report

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

Version: 0 Date: 26 Oct 2019

Reviewer: Sayo Harada

Reviewer's report:

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

No

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Yes

Are the conclusions drawn adequately supported by the data shown?
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No

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Not relevant to this manuscript

Quality of written English
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