Reviewer’s report

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

Version: 1 Date: 23 Nov 2019

Reviewer: Maki Taniyama

Reviewer's report:

The authors made substantive changes to their article improving the clarity. I support publication without further revision.

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?
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Not relevant to this manuscript

Quality of written English
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Acceptable
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