Reviewer's report

Title: Compliance with national recommendations for exercise during pregnancy in a Danish cohort - a cross sectional study

Version: 2
Date: 17 May 2015

Reviewer: Silvia Salvi

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Review
The aim of this study is to elucidate the compliance of pregnant women to the National (Danish) guidelines about the physical exercise during pregnancy.

Major Compulsory Revisions
The study is based on the data obtained at the timing of the Nuchal Translucency scan. No informations are given from this study about the second and third trimester of pregnancy, the period in which more frequently the women reduce physical activity during pregnancy. This limitation is included in the discussion.

Moreover, the questionnaire is performed before the scan: this means that the many of these women do not know anything about the evolution of this pregnancy (pregnant complications, fetal malformations, risk for Down’s Syndrome and other cromosomal abnormalities). The authors excluded from the analysis the miscarriages. However, it is reasonable that maternal comorbidities and fetal conditions can also extremely affect the compliance of pregnant women to physical exercise throughout the pregnancy.

Moreover, during the first weeks of pregnancy, the attitude to physical exercise before pregnancy can affect the compliance with national recommendation for exercise more than other factors related to the pregnancy. These observations could explain the differences in the features of women performing exercise during early pregnancy and not (overweight women, physical inactivity). So the significance of the data obtained from this study is strongly limited.

It is also important to discuss that the majority of these women have not met yet any midwife or obstetrician who have to educate pregnant women to a correct quality of life during pregnancy and so to practice some physical exercise. Please discuss on it.

Minor Essential Revisions
Additional informations needed:
1) Mean GA at the questionnaire

Please, could you substitute:

Line 38: “unborn child” with “fetus”
Line 39: “evaluate” with “evacuate”
Line 80: “only a few studies” with “only few studies”
Please, review the phrases from line 161 to 163: it means now that nulliparous women and who read and understand Danish are more likely not to respond to the questionnaire (?).

Level of interest: An article of limited interest

Quality of written English: Needs some language corrections before being published

Statistical review: Yes, but I do not feel adequately qualified to assess the statistics.

Declaration of competing interests:

I declare that I have no competing interests