Reviewer’s report

Title: Exercise training during pregnancy reduces circulating insulin levels in overweight/obese women postpartum. Secondary analysis of a randomised controlled trial (the ETIP trial).

Version: 0 Date: 29 Jul 2017

Reviewer: Ruben Barakat

Reviewer's report:

The authors present a study examining the effects of supervised exercise program during pregnancy on Post Partum Weight Retention three months after delivery in 91 overweight and obese pregnant women (70 participants were finally analyzed). This was a secondary analysis of a randomized controlled trial. They informed that offering supervised exercise during pregnancy among overweight and obese women did not affect PPWR three months after delivery compared to standard antenatal care. Both groups had regained their early pregnancy weight three months postpartum. However they found lower circulating insulin among the women in the exercise group, as well as lower blood pressure in those who adhered to the exercise protocol.

I found a study very carefully created and developed, the question posed by the authors is well defined: "Pre-pregnancy overweight and obese women are at increased risk for high postpartum weight retention", the methods are appropriate and well described and the discussion and conclusions are well balanced and adequately supported by the data.

Just, I have a few comments to the authors (I provided notes insert in text of the manuscript).

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? 
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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