Reviewer's report

Title: A randomised controlled trial of a physical activity and nutrition program targeting middle-aged adults at risk of metabolic syndrome in a disadvantaged rural community

Version: 3 Date: 31 January 2015

Reviewer: Kendra Kattelmann

Reviewer's report:

This is well written designed study that will adequately test the hypothesis. Authors clearly outlined the procedures and work can be replicated or compared with related studies. I have one discretionary revision suggestion and that is if the accelerometers are being used for outcome measures only or also to provide feedback to the participants on physical activity as part of the intervention. If planning on using accelerometers as part of the intervention, indicate how feedback will be returned to the participants as generally accelerometer data needs to be processed for meaningful variables.

Level of interest: An article of outstanding merit and interest in its field

Quality of written English: Acceptable

Statistical review: Yes, and I have assessed the statistics in my report.

Declaration of competing interests:

I have no competing interests.