Author’s response to reviews

Title: Points-Based Physical Activity: A novel approach to facilitate changes in body composition in inactive women with overweight and obesity. A randomised control trial.

Authors:
Adrian Holliday (a.j.holliday@leedsbeckett.ac.uk)
Alice Burgin (a.burgin@worc.ac.uk)
Elyzabeth Vargas Fernandez (elyvargasf@gmail.com)
Sally Fenton (s.a.m.fenton@bham.ac.uk)
Frank Thielecke (frank.b.thielecke@gmail.com)
Andrew Blannin (a.k.blannin@bham.ac.uk)

Version: 2 Date: 24 Jan 2018

Author’s response to reviews:

On behalf of my co-authors and I, I would like to express our huge appreciation for the time and effort invested in reviewing our manuscript for a second time.

Thank you very much for your kind words regarding our revised version. We are very pleased that our revisions were met with your approval. We would like to reiterate once again how grateful we are for the recommendations made; they certainly improved the manuscript greatly.

As a final addition, in response to the suggestion made by Reviewer 1, we have included some information regarding the waiting-list control group in the CONSORT flow diagram. The point raised was very interesting, and we agree that this information should be considered in research within our topic more often. On this occasion, the data that we can provide is limited; we provided information about the interventions to four of the control group (as now stated in the CONSORT flow diagram), but we did not track their progress. We will look to follow this up in future studies.

Once again, thank you very much for reviewing our manuscript.