Reviewer’s report

Title: Active Women over 50: Study protocol for RCT of a low-dose information and support program to promote physical activity behaviour change

Version: 0 Date: 31 Jul 2019

Reviewer: Francesca Gallè

Reviewer's report:

The manuscript describes a study protocol to increase physical activity participation in a sample of women aged 50 years and older.

Although it is sufficiently clear, structured and detailed, I suggest some minor revisions.

In the introduction section, the sentence reported at line 106 seems to be disconnected by the context and it anticipates what is discussed subsequently. It could be removed.

Furthermore, regarding the issues related to the delivery of education in primary settings, costs should be considered together with time.

Line 139: it could be better to say "based on the BCW"?

In general, how the Authors will manage the possible contamination between intervention and control group, considering that the workplaces will be the same? Do they think it's possible that controls will modify their habits during the three months of wait-list, beginning to increase their levels of physical activity?

Finally, it should be considered that if lack of free time is the main casual factor for inactivity in the majority of the sample, it will be difficult to achieve the expected results without offering concrete opportunities at the workplace.
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.

I am able to assess the statistics

Quality of written English
Please indicate the quality of language in the manuscript:

Acceptable

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