Reviewer's report

Title: A 12-month, moderate-intensity exercise training program improves fitness and quality of life in adults with asthma: a controlled trial

Version: 2 Date: 28 January 2015

Reviewer: Joerg Mattes

Reviewer's report:

Minor essential revision:
1) table 1 on descriptive statistics need more details, specifically if there were any significant differences. Also the medications, height, weight & BMI should be provided in more detail, eg % on ICS and/or LABA, Montelukast etc.
2) Where patients assessed for exercise-induced BHR?
3) Was there any effect of intervention on weight/BMI OR lung function? If so how could that affect VO2max?
4) In terms of predicted VO2max, how do the asthmatics compare before and AFTER the intervention? Please add data.
5) Have the authors data on exacerbations/oral steroids throughout the year and was there a difference bewtween groups?
6) Do the authors have data on ACT/ACQ before/after intervention?
7) Table 2: last row: VE (l/min); 42.1 ± 10.0 versus 42.1 ± 10.3, p=0.108
   Is there a spelling error? I can not see how based on the mean&SD there should be a p-value of 0.1. It looks more like a p-value of >0.5.

Level of interest: An article whose findings are important to those with closely related research interests

Quality of written English: Acceptable

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

Declaration of competing interests: no to all above