Reviewer’s report

Title: Effects of a lifestyle intervention during pregnancy to prevent excessive gestational weight gain in routine care - the cluster-randomised GeliS trial

Version: 0 Date: 27 Jul 2018

Reviewer: Raul Artal

Reviewer's report:

Unsupervised lifestyle interventions studies are notoriously recognized to yield poor results.

The study design could have benefited by including a controlled group that had engaged in a supervised exercise program combined with close monitoring and record keeping of dietary intake.

This study validates a sad fact, a large majority of the society is sedentary and pregnancy is not different. The WHO recognizes physical inactivity as a major cause for premature mortality.

Pregnancy provides a unique opportunity for behaviour modification; structured supervised programs have been more successful, advise is not sufficient...For this study objective quantification of the subject's physical activity would have been helpful, such as exercise monitors, VO2 max testing, etc.

One additional issue which is rarely addressed, but criticized by some authorities, are the excessive IOM weight gain recommendations for overweight and obese women.

Are the methods appropriate and well described?
If not, please specify what is required in your comments to the authors.

No

Does the work include the necessary controls?
If not, please specify which controls are required in your comments to the authors.

No

Are the conclusions drawn adequately supported by the data shown?
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No

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Not relevant to this manuscript

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

Acceptable

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