Author’s response to reviews

Title: MOVING: A motivation oriented intervention study for the elderly in Greifswald: study protocol for a controlled, randomized trial

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Thank you again for your constructive comments and suggestions helped us to improve the quality of our manuscript.

We have marked all changes with green text in the manuscript.

L51 - "PA and ST at baseline" would be better written than "After baseline"
We changed this in the manuscript.

L58 It would clarity to expand the statement "we aim an effect of 20%" - 20% increase in PA? in MVPA? 20% reduction in ST
We added the following section to the Abstract: "We aim an effect of 20% increase in moderate-to-vigorous physical activity (MVPA)."

p4L72 remove "especially" to give more clarity
We changed this in the manuscript.

p4L78-80 could be deleted as the point is covered in "overall health status"
In our opinion, this is an essential note for understanding positive effects of PA and ST.

p4L82-83 this sentence would be better rewritten in the positive rather than using a double negative ie "recommend" rather than "do not recommend ...less..."
Thank you for this note. We have consciously chosen this formulation because of the statement. A positive formulation says something different: International PA guidelines do recommend that elderly do at least PA as young people.

p4L90-91 repetition - try "amount of PA declines to 16.5%..." and then delete everything after "reach the recommended..."
We changed this in the manuscript.

P5L103 "corresponds to" would be better English than "correspondents"
We changed this in the manuscript.

P8L187 "upon consent all they" would be better as "upon consent all"
We changed this in the manuscript.

P9L235-236 and L239-240 are repeated
We deleted one sentence because of repetition "We compare the individually measured PA data of the study participants with the recommendations for PA of the WHO and report back the difference between them."

P9L247 The section about the 10,000 steps would benefit from referencing
We added two references in the manuscript. Both campaigns aim to increase participants PA by using a 10,000 step/day goal.

P9 it may add clarity to add further figures with all 3 color bar charts...
We added two more figures to the manuscript.

p10L268 "in the used study" could be better expressed - maybe refer to the author's names??
We added the authors name. The reference of the used study is also included in the manuscript.

p10L272 "there" has not been changed to "their" as identified in the last Review
We changed this in the manuscript.

P10L285 delete "read out"
We changed this in the manuscript.