Author's response to reviews

Title: "ASUKI Step" pedometer intervention in university staff: rationale and design

Authors:

Barbara E Ainsworth (barbara.ainsworth@asu.edu)
Cheryl Der Ananian (Cheryl.derananian@asu.edu)
Ali Soroush (Ali.Soroush@ki.se)
Jenelle Walker (Jenelle.walker@asu.edu)
Pamela Swan (pswan@asu.edu)
Eric Poortvliet (eric.poortvliet@ki.se)
Agneta Yngve (agneta.yngve@hiao.no)

Version: 2 Date: 25 February 2012

Author's response to reviews: see over
February 25, 2012

Natalie Pafitis
Executive Editor for BMC Public Health

Dear Dr. Pafitis:

Per your instructions, we are resubmitting our manuscript for publication in BMC Public Health titled, “ASUKI Step” Pedometer Intervention in University Staff: Rationale and Design. We have added the Current Controlled Trials Registration number to the abstract and previously sent you copies of our funding status and Institutional Review Board approval numbers.

The manuscript describes our study design, rationale, methods, and instruments used for an international worksite physical activity promotion project. Two universities engaged in the project – Karolinska Institutet in Stockholm, Sweden and Arizona State University in the Greater Phoenix Area of Arizona, USA. Our study is unique because of the used of pedometers, incentive, and a contest between universities to motivate walking at health enhancing levels, but it also measured changes in physical fitness measures over a 6-month period.

BMC Public Health is a highly respected journal that is read by academic professionals globally. Few studies with our goals and design have been published in peer-reviewed journals. We hope our study can be a stimulus for additional worksite physical activity promotion studies in university settings and can contribute to the understanding of the effectiveness, strengths, and challenges of intervention processes involving innovative uses of pedometers, physical fitness measures, and technology to promote and track physical activity in employed adults.

None of the authors have any competing interests, all have contributed substantially to the study, and all have approved of this manuscript.

Sincerely,

Barbara E. Ainsworth, Ph.D., MPH, FACSM, FNAK
Professor of Exercise and Wellness
President, American College of Sports Medicine