

PEER REVIEW

ARTICLE

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Reviewer's comments

The authors introduce the idea of ChiRunning as a safer alternative to other forms of regular running in patients who are at increased cardiovascular risk.

They explain how exercise can reduce cardiovascular risk; running is a form of exercise, but one of the drawbacks of running is the risk of injury. They propose Chirunning to address this concern.

There are a few ways this article can be improved to benefit the readers:

1) The authors should give more details of the technique of ChiRunning in the paragraph titled "Principles of the ChiRunning Programme"

For example they quote Reference 9, and say that the technique of focuses on altering running form to introduce midfoot stride, reduce overstriking, and increase cadence.

Each of these terms should be more clearly explained, as the generalist reader would not understand them without referring to other sources.

2) Some of the references are quite dated. For example References 1, and 3 in this current version. The authors may wish to keep them; however, some more recent studies may also be added to the reference list.

One example that can be considered:

Nocon M, Hiemann T, et al. Association of physical activity with all-cause and cardiovascular mortality: a systematic review and meta-analysis. *Eur J Cardiovasc Prev Rehabil* 2008 Jun; 15(3):239-46