“The research is of excellent quality. The hypothesis for the meta-analysis is a good one. It employed harmonised methodology, which is still rare in such research and it makes the findings powerful. It is good to see that sitting time and TV viewing is separated and analysed accordingly in relation to physical activity intensity. The categorisation of physical activity is somewhat arbitrary, but the four categories are related to daily recommended physical activity guidelines across the world. The conclusions are backed up with solid data, but causality cannot be established, only associations.

“The paper made a significant contribution to the existing literature and showed that there is an independent association between physical activity and mortality (in all that were examined). Highest bands of physical activity are significantly associated with reduced risks of mortality, even though sedentariness is present. The unique point of this paper is that they don’t treat activity separately from sedentariness, but authors acknowledge that they co-exist (e.g. one may have a very sedentary job – drivers or office workers), but being physically active (high band) significantly attenuates health outcomes.

“The authors acknowledged the cofounders. Given the amount of variables they had to deal with and harmonised, they appear to account for confounders presented in the 16 data sets. It would have been good to know mental health and job descriptions (they both contribute to high sedentariness).

“The strength of the paper is also that it is acknowledged that reducing sedentariness doesn’t necessarily equate increasing physical activity. The paper does provide robust evidence based on sample size, methodology employed and stringent inclusion criteria for the study, including collaboration with the study authors.

“The real implication is that being active at moderate levels but for sufficiently long time (60-75 per minute a day) is associated with reduced health risks. However, sedentariness also needs to be tackled (not just helping people become more active), such as reducing sitting and TV viewing time with other activities (e.g. playing a guitar, or any other leisure activities that are not just involve sitting).

“People who sit for longer hours should be concerned and could take the findings of this research as an opportunity to be proactive. If they are in a job that requires prolonged sitting, exiting research suggest that they should stand up and walk about at least once an hour if they can.

“People who have problems, such as recovering from stroke (e.g. balance) or other neurological diseases should be advised to try to walk about and do as much as they feel they can standing despite balance and fatigue problems. The same for mental health patients, although they should seek advice from their doctor. However, those who’s daily job requires 8 hours or more sitting, should have time to walk about at least once in an hour. Also standing desks can be used or any other activities the person prefers to break up the sitting time.”