Are you interested in joining a research study involving exercise training for reducing blood pressure?

You are eligible to participate in this study if you are:

- 18 years of age or older
- Have high blood pressure (130/85 - 139/89) or stage I hypertension (140/90 - 159/99)
- If taking blood pressure medication, it has been a fixed dose for at least 6 months and blood pressure still equal to or greater than 140 systolic OR 90 diastolic

You will participate in either:

- walking OR flexibility training
- 30-45 minutes per day, 5 days/week, for 6 months
- Blood pressure will be measured on 3 occasions wearing a 24-hour monitor

For more information, contact Diala Diab: diala.diab@usask.ca

This study has been reviewed and approved by the Research Ethics Board (REB) at the University of Saskatchewan