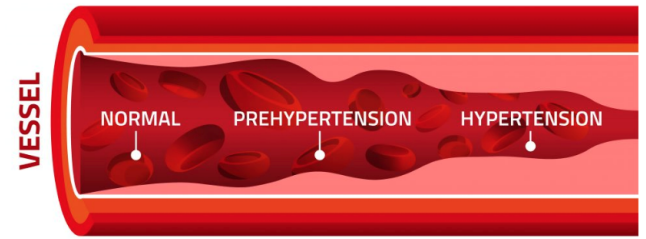




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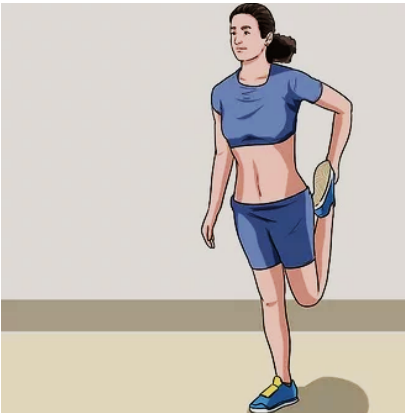
*Are you interested in joining a research study involving exercise training for*  
***reducing blood pressure?***

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](mailto:diala.diab@usask.ca)

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