



# ***HIGH BLOOD PRESSURE?***

***Participate in exercise research!***



## **Are you eligible?**

- ❖ 18 years of age or older
- ❖ Have high blood pressure >130/85
- ❖ If taking blood pressure medication, must be fixed dose for at least 6 months



## **Participation includes:**

- ❖ walking OR flexibility training
- ❖ 30-45 minutes per day, 5 days/week, for 6 months
- ❖ Monitor blood pressure for 24-hours on 3 occasions

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