

Supplementary Table S-F10-2. Hypertension Professional Committee Recommendations

Professional Committee/Organization									
The FITT of the Exercise Prescription	Joint National Committee, 8th Report (James 2014) and the AHA/ACC Lifestyle Work Group (Eckel, 2014)	Joint National Committee, 7th Report (Chobanian, 2003)	American Heart Association (Brook, 2013)	American College of Sports Medicine (Pescatello, 2004)	European Society of Hypertension/ European Society of Cardiology (Mancia, 2014)	Canadian Hypertension Education Program (Dasgupta, 2014)	Taiwan Society of Cardiology (Chiang, 2010)	Australian Association for Exercise and Sports (Sharman, 2009)	American College of Cardiology/American Heart Association (2017)
<i>Frequency</i> (how often?)	3-4 sessions/week \geq 12 weeks	Most days of the week	Most days of The week	Most, preferably all, days of the week	5-7 days/week	4-7 days/week in addition to habitual, daily activity	5 days/week	Up to 5 days/week	NA
<i>Intensity</i> (how hard?)	Moderate to Vigorous ^a	None specified	Moderate to high ^a >40-60% of maximum	Moderate ^a 40-<60% of VO ₂ reserve	Moderate ^a	Moderate ^a	Moderate ^a	Moderate to Vigorous ^a	Moderate to Vigorous ^a
<i>Time</i> (how long?)	40 min/session	\geq 30 min/day	150 min/week	30-60 min continuous or accumulated in bouts \geq 10 min each	\geq 30 min/day	Accumulation of 30-60 min/day	30 min/day	20-30 min/day	90-150 min/week
<i>Type</i> (what kind?) <i>Primary</i>	Aerobic	Aerobic	Aerobic	Aerobic	Aerobic	Dynamic exercise (Aerobic)	Aerobic	Aerobic	Aerobic

Evidence rating	“High” ^b Grade B ^b , Class IIa level of evidence A ^c	NA	Class I level of evidence A ^c	Evidence category A ^{c,d} Evidence category B ^{c,d}	Class I level of evidence A-B ^e	Grade D ^f	NA	NA	Class I level of evidence A ^c
<i>Adjuvant</i>	NA	NA	Dynamic RT	Dynamic RT 2-3 days/week, moderate 60- 80% of 1-RM, 8-12 repetitions	Dynamic RT 2- days/week	Dynamic, Isometric, or Handgrip RT	NA	Dynamic RT ≥2 non- consecutive days/week, substantial fatigue, 8-12 repetitions, 8-10 exercises	Dynamic RT, 90-150 min/week, 50-80% 1-RM, 10 repetitions of 3 sets, 6 exercises; Isometric 4x2 min, 1 min rest, 30-40% MVC, 3 sessions/week for 8-10 wk
Evidence rating	NA	NA	Class IIa level of evidence B ^c	Evidence category B ^{c,d}	NA	Grade D ^f	NA	NA	Class I level of evidence A ^c
Blood Pressure Reduction (mm Hg)	1-5	4-9		5-7 among adults with hypertension	2-3 overall; 5-7 among adults with hypertension		3-7 mmHg	6-7 mmHg Aerobic, 2-3 mmHg Dynamic RT	5-8 mmHg Aerobic, 4 mmHg Dynamic RT, 5 mmHg Isometric RT

Legend: AHA/ACC=American Heart Association/American College of Cardiology, FITT=Frequency, Intensity, Time and Type, NA=Not applicable, RT=Resistance training, VO_{2reserve}=Oxygen uptake reserve.

Notes: ^a Moderate intensity: 40-<60% VO_{2reserve} or an intensity that causes noticeable increases in heart rate and breathing; Vigorous or high intensity: ≥60% VO_{2reserve} or an intensity that causes substantial increases in heart rate and breathing. ^b *Evidence statement*: “Aerobic exercise lowers blood pressure (BP)” was rated *High*. ^c Guideline criteria from the American Heart Association [Brook, 2013]. ^d Criteria from the National Heart, Lung, and Blood Institute [NIH, 1998]. ^e Criteria from the European Society of Cardiology (Mancia, 2014). ^f Evidence grading was assigned based on the underlying level of evidence (Dasgupta, 2014), where *grade A* is the strongest evidence (i.e., based on high-quality studies) and *grade D* is the weakest evidence (i.e., based on low-power imprecise studies or expert opinion alone); “higher intensity exercise is not more effective” was assigned *grade D*.

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