

VOLUNTEERS NEEDED



Do you have (or think) you have high blood pressure?

- ✓ Are you 18 years of age or older?
- ✓ Are you a non-smoker?
- ✓ Do you currently exercise less than 2 days per week?



If you answered "YES" to ALL of these questions, you may qualify for a study of how exercise affects your blood pressure.

For your participation in this study you will receive:

1. Two exercise stress tests
2. Regular blood pressure measurements
3. Supervised Exercise Training
4. Financial compensation (up to \$120)



For more information, please contact: Amanda Zaleski, MS at (860) 972-3454 or amanda.zaleski@uconn.edu

This study is approved by the IRBs of the University of Connecticut (#H15-277) and Hartford Hospital (#D-HHC-2015-0248)