



FITT RECOMMENDATIONS FOR INDIVIDUALS WITH HYPERTENSION			
	Aerobic	Resistance	Flexibility
Frequency	≥5–7 d · wk ⁻¹	≥2–3 d · wk ⁻¹	≥2–3 d · wk ⁻¹
Intensity	Moderate (i.e., 40%–59% $\dot{V}O_2R$ or HRR; RPE 12–13 on a 6–20 scale)	Moderate (i.e., 60%–70% 1-RM; may progress to 80% 1-RM; for older individuals and novice exercisers, begin with 40%–50% 1-RM)	Stretch to the point of feeling tightness or slight discomfort.
Time	≥30 min · d ⁻¹ of continuous or accumulated exercise	2–4 sets of 8–12 repetitions of each of the major muscle groups per session to total ≥20 min per session with rest days interspersed depending on the muscle groups being exercised	Hold static stretch for 10–30 s with 2–4 repetitions of each exercise targeting the major muscle tendon units to total 60 s of total stretching time for each exercise: ≤10 min per session
Type	Prolonged, rhythmic activities using large muscle groups (e.g., walking, cycling, swimming)	Resistance machines, free weights, resistance bands, and/or functional body weight exercise	Static, dynamic, and/or proprioceptive neuromuscular facilitation
1-RM, one repetition maximum; HRR, heart rate reserve; $\dot{V}O_2R$, oxygen uptake reserve; RPE, rating of perceived exertion.			