

Research Opportunity

We are conducting research into the effects of **isometric** exercise on **blood pressure**.
The study aims to validate the use of an isometric resistance band as a training device to lower blood pressure.

Please could you volunteer to help us?



High Blood Pressure

A third of adults in the UK have high blood pressure which increases your risk of stroke, heart disease, kidney failure and vision loss. Taking part in **regular exercise** can reduce and control blood pressure.

Isometric exercise involves static contractions (e.g. squeezing a ball) and has been found to significantly reduce blood pressure.



Exercise Programme

3 supervised sessions per week.
Each session = 8 minutes of total exercise.

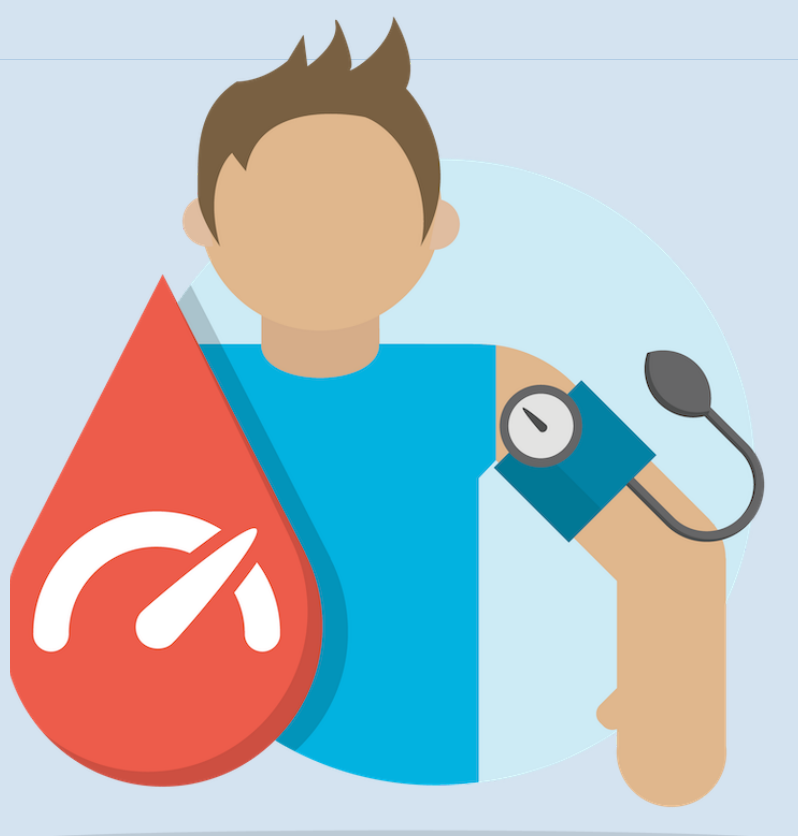
Completed at the University of Northampton or a monitored environment.



Study Participation

You will then be required complete a **4 week isometric exercise programme** either using a training band or handgrip device.

To take participate you will need to be pre-hypertensive



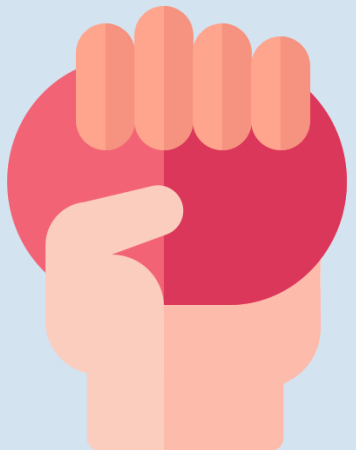
We will measure this for you on the initial visit.

Participation Benefits

By taking part you will be taken through a supervised exercise programme and health assessment.

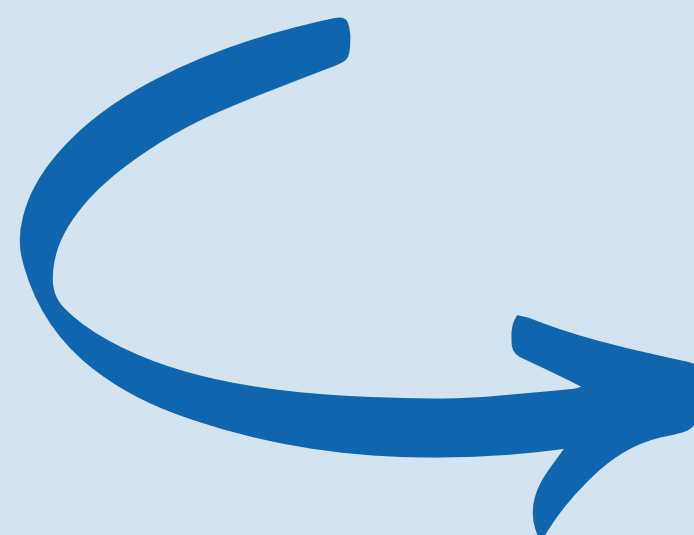
You may benefit from:

- Improved fitness and health
- Reduced blood pressure
- Improved grip or muscular strength



Contact Information

For more information or if you have any questions please contact me using the details below, or scan the QR code.



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