

Citations from electronic database search:

MEDLINE	4054
EMBASE	1360
Cochrane	253
CINAHL/SportDiscus/PsycInfo	620

Total Citations Downloaded to RefWorks:

Total in RefWorks	6287
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Total with Duplicates Excluded (N=8186)



**Full Articles Assessed for Eligibility
after Scanning Titles (N=80)**

**Citations Excluded after Scanning
Titles (N =8106)**



**Articles added through referencing
(N = 5)**



**Articles Excluded after Full Review (N
=72)**

Reasons: non experimental (N=4); not 3
levels of physical activity (N=19);
Reviews, summaries, meta-analyses
(N=8); not on hypertension (N=2); only
on change in blood pressure (N=27);
clinical population (N=7); other (N=6)



Articles Included Total N=12