

# Tentative Outline

## Special Thematic Issue for The Open Hypertension Journal

**“Physical training in the management of hypertension,  
what type of exercise is better?”**

*Guest Editor: Dr. Lenice Kappes Becker*

### Aims and Scope

Hypertension has been the subject of study all over the world, due to its clinical aspects or as a health problem. Hypertension is considered one of the main determinants of cardiovascular morbidity and mortality. Among non-pharmacological therapies, exercise remains a cornerstone for primary prevention, treatment and control of hypertension. An important point is which exercise program is most effective in treating hypertension. It is consensual in the literature that aerobic exercise is important for blood pressure control, but there is a gap in the literature regarding the type of exercise that is faster or more effective in preventing or treating hypertension. There are investigations on aquatic, isometric exercises, training with high intervals vs moderate continuous training. In addition, it is necessary to focus on the exercise program for groups such as blacks, obese and children groups. This special thematic edition aims to present the emerging results about different kinds of physical training programs to prevent or treat hypertension, especially in certain groups.

### Keywords

Hypertension, exercise, physical training, resistance exercise, aerobic exercise, prevent, treat, type of exercise, non-pharmacological therapies, moderate exercise, high intensity exercise.

### Subtopics

Novel exercise training programs to prevent e treat hypertension  
Blood pressure control and exercise training  
Resistance exercise and hypertension  
Strength exercise and hypertension  
Programs of exercise and hypotension after exercise  
Aquatic exercise and hypertension  
Land exercise and hypertension  
Isometric exercise and blood pressure control

### Schedule

- Time line for submission: August 30, 2020

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