

Effects of Evening Isometric Handgrip Exercise on Night-Time Blood Pressure Measurements in Young Healthy Men and Women (18-30 Years Old)

Study Recruitment

We are recruiting young (18-30), healthy, non-smoking men and women with no known cardiovascular or metabolic disease.

What we are doing: We are measuring how isometric handgrip exercise can alter your night-time blood pressure using an ambulatory blood pressure monitor.

Commitment: We are asking for three visits with 30-60 minute commitment and two visits with 15-minute commitment in a study spread across three weeks.

Visit types:

An Introductory Visit (30-60 minute) - We will go through a consent process with you and go through experimental protocols to ensure you are comfortable with all assessments that will take place throughout the study.

Two Testing visits (30-60 minutes) - We will measure blood pressure, fit an ABPM device, and train you to perform correct handgrip exercise.

Two Follow-up Visits (15 minutes) – You will report back to the lab to have the ABPM taken off. These will take place 24 hours after each testing visit.

The researchers wish to be inclusive in their recruitment process. This project requires:

- Interaction one on one with a male technician/researcher
- Use of a 24-hour blood pressure monitoring device
- Performing handgrip exercise training
- If for any reason you may feel uncomfortable taking part, please contact the researcher to discuss possible modifications to the procedure to address your concerns.

Approved by the ethics board of The University of Guelph. REB # 18-10-028

Interested? Contact mkathi01@guelphhumber.ca for more information.