

Timeline	Intervention group	Control group
Randomization		
Baseline (time 0)	a c d	a c d
Weeks 1-7	b e	e
Week 8	a b c d	a c d
Weeks 9-15	b e	e
Week 16	a b c d	a c d
Weeks 17-23	e	e
Week 24	a b c	a c d

a	Questionnaire: demographic and socioeconomic data; behavioral characteristics (physical activity, smoking and alcohol consumption); clinical data (length of time with diagnosis of hypertension and anti-hypertensive medications currently used); quality of life.
b	Three 60-75 minutes sessions per week of supervised exercise
c	Physical exam: anthropometric data (weight, height and waist circumference), measurement of blood pressure in the upper and lower limbs, index ankle-arm
d	Laboratory analyses (venous blood and urine sample collection) for hemogram, creatinine, lipid profile, blood glucose, serum albumin, ultrasensitive C-reactive protein, proteinuria and creatininuria
e	Will continue to receive the usual attendance provided by the primary health care unit.