

FIRST VISIT WITH PHCU PHYSICIAN

Physician identifies HTN patients with the following criteria: age, Prochaska's stages, current PA level < 20 minutes PA per day, < 5 years of HTN diagnosis. Then, will refer them to module installed in the same PHCU, a trained nurse will assign the following appointment.

FIRST VISIT WITH CLINICAL RESEARCH COORDINATOR

Trained staff confirms study inclusion criteria (age, Prochaska's stages, current PA level, < 5 years of HTN diagnosis). If criteria met, a blood sample is scheduled to determine biochemical markers.

Do not meet criteria,
Patient is thanked and general PA
recommendations are provided

SECOND VISIT WITH CLINICAL RESEARCH COORDINATOR **EVALUATION AND CORROBORATION OF STUDY INCLUSION CRITERIA**

- Age between 35-70 years old.
- Blood pressure levels: systolic < 160/ diastolic < 100 mm/Hg or without drug therapy.
- Prochaska's stages: Contemplation, preparation or action stages (if patient does not meet PA recommendation)
 - Physical Activity Readiness Questionnaire - PAR-Q : All questions with negative answer.
- Moderate level of cardiovascular risk stratification, according to the Guidelines for exercise testing and prescription of the American College of Sports Medicine (ACSM).
- Does not meet PA recommendations (< 150 minutes of PA/week of moderate-to- vigorous intensity).
- Biochemical markers: total cholesterol \leq 240 mg/dL, fasting glucose level \leq 126 mg/dL, triglycerides \leq 150 mg/dL.
- Body Mass Index: < 35
- Without mobility problems that impede walking and exercise

Do not meet criteria,
Patient is thanked and general PA
recommendations are provided

THIRD VISIT WITH CLINICAL RESEARCH COORDINATOR

- If patient meets study criteria, informed consent is obtained
- Patients who agree to participate in the study: baseline questionnaire and accelerometer are provided to objectively quantify current PA levels.

Do not agree to participate,
Patient is thanked and general PA
recommendations are provided