

# Circuit Weight Training to lower Blood Pressure in Obese individuals with Resistant Hypertension

<b>Submission date</b> 20/05/2006	<b>Recruitment status</b> Stopped	<input type="checkbox"/> Prospectively registered
<b>Registration date</b> 16/10/2006	<b>Overall study status</b> Stopped	<input type="checkbox"/> Protocol
<b>Last Edited</b> 13/12/2007	<b>Condition category</b> Nutritional, Metabolic, Endocrine	<input type="checkbox"/> Statistical analysis plan
		<input type="checkbox"/> Results
		<input type="checkbox"/> Individual participant data
		<input type="checkbox"/> Record updated in last year

**Plain English summary of protocol**  
Not provided at time of registration

## Contact information

**Type(s)**  
Scientific

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## Additional identifiers

**Protocol serial number**  
RF-06-0419

## Study information

## Scientific Title

### Acronym

CT, ORH & BP

### Study objectives

In comparison with the Usual Care group (UC), obese hypertensive individuals undergoing 12 weeks of Circuit Weight Training (CWT), will exhibit greater reductions in blood pressure.

### Ethics approval required

Old ethics approval format

### Ethics approval(s)

University of Alberta Health Research Ethics Board (HREB) (ref no: 6276).

### Study design

Randomised controlled trial

### Primary study design

Interventional

### Study type(s)

Treatment

### Health condition(s) or problem(s) studied

Obesity and /or resistant hypertension

### Interventions

Circuit Weight Training (CWT) group: Individuals will be prescribed an exercise regimen based on baseline fitness and strength assessments and their exercise blood pressure response. Loads prescribed will be low resistance but high volume (two to three sets of 15 repetitions). Subjects will be asked to train on at least three non-consecutive days of the week and given free membership to local health club facilities for the duration of the intervention (12 weeks). Adherence to CWT intervention will be monitored via electronic attendance records at the health club facilities

Usual Care (UC) Group: Individuals randomly assigned to the usual care group will be asked to continue their current level of activity for the duration of the intervention (12 weeks).

Both groups will receive the same nutritional counselling at the start of the intervention.

### Intervention Type

Other

### Phase

Not Specified

### Primary outcome(s)

Efficacy of prescribing circuit weight training in reducing blood pressure of obese resistant hypertensives

**Key secondary outcome(s)**

1. Efficacy of circuit weight training in reducing weight
2. Increasing cardio-respiratory endurance
3. Improving glycemic control and lipid profiles
4. Enhancing Health Related Quality of Life (HRQL)

**Completion date**

01/02/2007

**Reason abandoned (if study stopped)**

This study has been cancelled due to the private fitness centre pulling out of the trial.

## Eligibility

**Key inclusion criteria**

1. Aged 25 to 70 years
2. Obese (Body Mass Index [BMI] more than 30 kg/m<sup>2</sup>)
3. Mean 24 hour ambulatory blood pressure of 150/99 mmHg or less (on drug therapy)

**Participant type(s)**

Patient

**Healthy volunteers allowed**

No

**Age group**

Adult

**Sex**

Not Specified

**Key exclusion criteria**

1. White-coat hypertension
2. Secondary hypertension
3. Unstable cardiovascular disease
4. Not residing in Edmonton or the surrounding area

**Date of first enrolment**

01/06/2006

**Date of final enrolment**

01/02/2007

## Locations

**Countries of recruitment**

Canada

**Study participating centre**  
Clinical Pharmacology and Internal Medicine  
Alberta  
Canada  
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## Sponsor information

**Organisation**  
University of Alberta (Canada)

**ROR**  
<https://ror.org/0160cpw27>

## Funder(s)

**Funder type**  
Hospital/treatment centre

**Funder Name**  
University of Alberta Hospital Foundation (Canada) (ref: RF-06-0419)

## Results and Publications

**Individual participant data (IPD) sharing plan**

**IPD sharing plan summary**  
Not provided at time of registration