**SDC1. Systematic Search Terms and Full Search Strategy for each Electronic Database**

**PubMed (including MEDLINE)**

Vendor Platform: National Library of Medicine

Hits: 8,623

Coverage: Date of Inception 1940’s- January 31, 2014

PubMed was searched with appropriate Medical Subject Headings (MeSH) incorporated into hedges. Filters were set for Humans:

("mean arterial" OR "blood pressure"[mesh] OR "blood pressure" OR "blood pressures" OR "arterial pressure" OR "arterial pressures" OR hypertension OR hypotension OR normotension OR hypertensive OR antihypertensive OR hypotensive OR normotensive OR "systolic pressure" OR "diastolic pressure" OR "pulse pressure" OR "venous pressure" OR "pressure monitor" OR hypotension OR "pre hypertension" OR "bp response" OR "bp decrease" OR "bp reduction" OR "bp monitor" OR "bp monitors" OR "bp measurement")

**AND** ("exercise"[majr] OR exercise[ti] OR exercises[ti] OR exercising[ti] OR postexercise[ti] OR running[mesh] OR running[ti] OR bicycling[mesh] OR bicycling OR bicycle\* OR cycling[ti] OR treadmill\* OR ergometer\* OR "weight lifting" OR "weight training" OR "resistance training" OR "strength training" OR "endurance training" OR "speed training" OR "circuit training" OR "training duration" OR "training frequency" OR "training intensity" OR "aerobic endurance" OR "aerobic training" OR "interval training" OR "combination training" OR "combined training" OR plyometric\* OR "HIIT" OR walking[mesh] OR walking[ti] OR swimming)

**AND** ("randomized controlled trial"[pt] OR "controlled clinical trial"[pt] OR "random allocation" [mh] OR "clinical trial"[pt] OR "clinical trial"[tw] OR "latin square"[tw] OR random\*[tw] OR "research design" [mh:noexp] OR "comparative study"[publication type] OR "evaluation studies"[publication type] OR "prospective studies" [mh] OR "cross-over studies" [mh] OR control[tw] OR controlled[tw])

**NOT** ("DASH"[tiab] OR cancer OR neoplasms OR review[pt] OR fibromyalgia OR alzheimers OR alzheimer OR pregnant OR pregnancy OR "obesity/drug therapy"[mesh] OR pharmacol\*[ti] OR drug[ti] OR pharmacist\*[ti] OR "diet therapy"[mesh] OR "diet therapy"[subheading] OR "nutritional intervention" OR "dietary intervention" OR "nutritional counseling" OR "dietary counseling" OR caffeine OR "eating change" OR "activities of daily living" OR "dehydration" OR "dehydrate" OR "dehydrated" OR "dietary salt" OR sodium OR epilepsy OR influenza OR flu OR pneumonia OR septicemia OR arthritis OR hiv OR "Acquired Immunodeficiency Syndrome" OR meningitis OR "substance abuse" OR alcoholism OR "drug abuse" OR "Cross-Sectional Studies"[MeSH Terms] OR "Case Reports"[pt] OR Comment[pt] OR Editorial[pt] OR Letter[pt] OR Review[pt] OR "case control"[ti] OR "case report"[ti] OR "case study"[ti] OR "case series"[ti] OR "Case-Control Studies"[Mesh] OR "Follow-Up Studies"[Mesh] OR "observational study"[ti] OR "prospective cohort"[ti] OR "cohort studies" [Mesh:NoExp] OR "cohort study"[ti] OR "Longitudinal Studies" [Mesh:NoExp] OR "Follow-Up Studies"[mesh] OR "Retrospective Studies"[mesh] OR "follow up study"[ti] OR rat[ti] OR rats[ti] OR mice[ti] OR mouse[ti] OR dog[ti] OR dogs[ti] OR cats[ti] OR “epidemiology"[Subheading])

**Scopus (including EMBASE)**Vendor/platform: Elsevier SciVerse

Hits: 9, 727

Search dates: Date of inception 1960 – January 31, 2014

Scopus was searched for the following terms in the “Article title, abstract, keywords.” Filters were set for Document Type, excluding: Review, Letter, Note, Editorial.

**Line 1 (in article, title, abstract, keywords):** ({mean arterial} OR {blood pressure} OR {blood pressures} OR {arterial pressure} OR {arterial pressures} OR hypertension OR hypotension OR normotension OR hypertensive OR hypotensive OR normotensive OR {systolic pressure} OR {diastolic pressure} OR {pulse pressure} OR {venous pressure} OR {pressure monitor} OR hypotension OR {pre hypertension} OR {bp response} OR {bp decrease} OR {bp reduction} OR {bp monitor} OR {bp monitors} OR {bp measurement})

**AND Line 2 (in article, title, abstract, keywords):** (bicycling OR bicycle\* OR treadmill\* OR ergometer\* OR {weight lifting} OR {weight training} OR {resistance training} OR {strength training} OR {endurance training} OR {speed training} OR {circuit training} OR {training duration} OR {training frequency} OR {training intensity} OR {aerobic endurance} OR {aerobic training} OR {interval training} OR {combination training} OR {combined training} OR plyometric\* OR HIIT OR swimming)

**OR Line 3 (in article title):** (exercise OR exercises OR exercising OR postexercise OR running OR cycling OR walking)

**AND Line 4 (in article, title, abstract, keywords):** ({clinical trial} OR {latin square} OR random\* OR {comparative study} OR {evaluation study} OR {evaluative study} OR {prospective study} OR {cross-over study} OR control OR controlled)

**NOT Line 5 (in article, title, abstract, keywords):** (DASH OR cancer OR neoplasms OR fibromyalgia OR alzheimer\* OR pregnant OR pregnancy OR {nutritional intervention} OR {diet therapy} OR {dietary intervention} OR {nutritional counseling} OR {dietary counseling} OR caffeine OR {eating change} OR {activities of daily living} OR dehydration OR dehydrate OR dehydrated OR {dietary salt} OR sodium OR epilepsy OR influenza OR flu OR pneumonia OR septicemia OR arthritis OR hiv OR {Acquired Immunodeficiency Syndrome} OR meningitis OR {substance abuse} OR alcoholism OR {drug abuse})

**OR Line 6 (in article title):** (review OR pharmacol\* OR drug OR pharmacist\* OR {cross-sectional} OR {case report} OR comment OR commentary OR editorial OR letter OR {case control} OR {case study} OR {case series} OR {follow-up study} OR {observational study} OR {prospective cohort} OR {cohort study} OR {longitudinal study} OR {retrospective study} OR rat OR rats OR mice OR mouse OR dog OR dogs OR cats OR {epidemiology})

**Web of Science (also known as Web of Knowledge)**Vendor/platform: Thomson Reuters

Hits:3, 658

Coverage: Earliest date available 1974 – January 31, 2014

Web of Science was searched using the following terms as “Topic” words. Filters were set for Document Type, including only: Articles, Proceedings Papers. Due to database limitations, excluded terms (i.e., “NOT” terms) were only searched in the article titles, and was performed using RefWorks.

**Line 1 (in topic):** ("mean arterial" OR "blood pressure" OR "blood pressures" OR "arterial pressure" OR "arterial pressures" OR hypertension OR hypotension OR normotension OR hypertensive OR hypotensive OR normotensive OR "systolic pressure" OR "diastolic pressure" OR "pulse pressure" OR "venous pressure" OR "pressure monitor" OR hypotension OR "pre hypertension" OR "bp response" OR "bp decrease" OR "bp reduction" OR "bp monitor" OR "bp monitors" OR "bp measurement")

**AND Line 2 (in topic):** (bicycling OR bicycle\* OR treadmill\* OR ergometer\* OR "weight lifting" OR "weight training" OR "resistance training" OR "strength training" OR "endurance training" OR "speed training" OR "circuit training" OR "training duration" OR "training frequency" OR "training intensity" OR "aerobic endurance" OR "aerobic training" OR "interval training" OR "combination training" OR "combined training" OR plyometric\* OR HIIT OR swimming)

**OR Line 3 (in article title):** (exercise OR exercises OR exercising OR postexercise OR running OR cycling OR walking)

**AND Line 4 (in topic):** ("clinical trial" OR "latin square" OR random\* OR "comparative study" OR "evaluation study" OR "evaluative study" OR "prospective study" OR "cross-over study" OR control OR controlled)

**NOT Line 5 (in title):** (DASH OR cancer OR neoplasms OR fibromyalgia OR alzheimer\* OR pregnant OR pregnancy OR "nutritional intervention" OR "diet therapy" OR "dietary intervention" OR "nutritional counseling" OR "dietary counseling" OR caffeine OR "eating change" OR "activities of daily living" OR dehydration OR dehydrate OR dehydrated OR "dietary salt" OR sodium OR epilepsy OR influenza OR flu OR pneumonia OR septicemia OR arthritis OR hiv OR "Acquired Immunodeficiency Syndrome" OR meningitis OR "substance abuse" OR alcoholism OR "drug abuse" OR review OR pharmacol\* OR drug OR pharmacist\* OR "cross-sectional" OR "case report" OR comment OR commentary OR editorial OR letter OR "case control" OR "case study" OR "case series" OR "follow-up study" OR "observational study" OR "prospective cohort" OR "cohort study" OR "longitudinal study" OR "retrospective study" OR rat OR rats OR mice OR mouse OR dog OR dogs OR cats OR “epidemiology")

**SPORTDiscus**

Vendor/platform: EbscoHost

Hits: 537

Coverage: Date of inception 1975 – January 31, 2014

SportDiscus was searched for the following terms as “Topic” words. Filters were set for Publication Type, including only: Journal Articles; Peer Reviewed; Academic Journals:

**Line 1:** ("mean arterial" OR "blood pressure" OR "blood pressures" OR "arterial pressure" OR "arterial pressures" OR hypertension OR hypotension OR normotension OR hypertensive OR hypotensive OR normotensive OR "systolic pressure" OR "diastolic pressure" OR "pulse pressure" OR "venous pressure" OR "pressure monitor" OR hypotension OR "pre hypertension" OR "bp response" OR "bp decrease" OR "bp reduction" OR "bp monitor" OR "bp monitors" OR "bp measurement")

**AND Line 2:** (bicycling OR bicycle\* OR treadmill\* OR ergometer\* OR "weight lifting" OR "weight training" OR "resistance training" OR "strength training" OR "endurance training" OR "speed training" OR "circuit training" OR "training duration" OR "training frequency" OR "training intensity" OR "aerobic endurance" OR "aerobic training" OR "interval training" OR "combination training" OR "combined training" OR plyometric\* OR HIIT OR swimming)

**OR Line 3 (in article title):** (exercise OR exercises OR exercising OR postexercise OR running OR cycling OR walking)

**AND Line 4:** ("clinical trial" OR "latin square" OR random\* OR "comparative study" OR "evaluation study" OR "evaluative study" OR "prospective study" OR "cross-over study" OR control OR controlled)

**NOT Line 5 (in title):** (DASH OR cancer OR neoplasms OR fibromyalgia OR alzheimer\* OR pregnant OR pregnancy OR "nutritional intervention" OR "diet therapy" OR "dietary intervention" OR "nutritional counseling" OR "dietary counseling" OR caffeine OR "eating change" OR "activities of daily living" OR dehydration OR dehydrate OR dehydrated OR "dietary salt" OR sodium OR epilepsy OR influenza OR flu OR pneumonia OR septicemia OR arthritis OR hiv OR "Acquired Immunodeficiency Syndrome" OR meningitis OR "substance abuse" OR alcoholism OR "drug abuse" OR review OR pharmacol\* OR drug OR pharmacist\* OR "cross-sectional" OR "case report" OR comment OR commentary OR editorial OR letter OR "case control" OR "case study" OR "case series" OR "follow-up study" OR "observational study" OR "prospective cohort" OR "cohort study" OR "longitudinal study" OR "retrospective study" OR rat OR rats OR mice OR mouse OR dog OR dogs OR cats OR “epidemiology")

**CINAHL: Cumulative Index to Nursing and Allied Health Literature**

Vendor/Platform: EbscoHost

Hits: 122

Coverage: Date of inception 1981 – January 31, 2014

CINAHL was searched with appropriate CINAHL subject headings incorporated into hedges, though not shown below, medical headings were included for “blood pressure”, “exercise”, “running”, and “weight lifting”. Filters were set for Research Article; Humans, All Adults. CINAHL hits excluded MEDLINE records.

**Line 1:** ("mean arterial" OR "blood pressure" OR "blood pressures" OR "arterial pressure" OR "arterial pressures" OR hypertension OR hypotension OR normotension OR hypertensive OR hypotensive OR normotensive OR "systolic pressure" OR "diastolic pressure" OR "pulse pressure" OR "venous pressure" OR "pressure monitor" OR hypotension OR "pre hypertension" OR "bp response" OR "bp decrease" OR "bp reduction" OR "bp monitor" OR "bp monitors" OR "bp measurement")

**AND Line 2:** (bicycling OR bicycle\* OR treadmill\* OR ergometer\* OR "weight lifting" OR "weight training" OR "resistance training" OR "strength training" OR "endurance training" OR "speed training" OR "circuit training" OR "training duration" OR "training frequency" OR "training intensity" OR "aerobic endurance" OR "aerobic training" OR "interval training" OR "combination training" OR "combined training" OR plyometric\* OR HIIT OR swimming)

**OR Line 3 (in article title):** (exercise OR exercises OR exercising OR postexercise OR running OR cycling OR walking)

**AND Line 4:** ("clinical trial" OR "latin square" OR random\* OR "comparative study" OR "evaluation study" OR "evaluative study" OR "prospective study" OR "cross-over study" OR control OR controlled)

**NOT Line 5 (in title):** (DASH OR cancer OR neoplasms OR fibromyalgia OR alzheimer\* OR pregnant OR pregnancy OR "nutritional intervention" OR "diet therapy" OR "dietary intervention" OR "nutritional counseling" OR "dietary counseling" OR caffeine OR "eating change" OR "activities of daily living" OR dehydration OR dehydrate OR dehydrated OR "dietary salt" OR sodium OR epilepsy OR influenza OR flu OR pneumonia OR septicemia OR arthritis OR hiv OR "Acquired Immunodeficiency Syndrome" OR meningitis OR "substance abuse" OR alcoholism OR "drug abuse" OR review OR pharmacol\* OR drug OR pharmacist\* OR "cross-sectional" OR "case report" OR comment OR commentary OR editorial OR letter OR "case control" OR "case study" OR "case series" OR "follow-up study" OR "observational study" OR "prospective cohort" OR "cohort study" OR "longitudinal study" OR "retrospective study" OR rat OR rats OR mice OR mouse OR dog OR dogs OR cats OR "epidemiology