

	All participants (N=196)	Experimental (n=103)	Control (n=93)	P value
Systolic blood pressure (mmHg)				
baseline	145 (73.98)	74 (71.84)	71 (76.34)	.47
60 days	163 (83.16)	87 (84.47)	76 (81.72)	.61
90 days	162 (82.65)	89 (86.41)	73 (78.49)	.14
Diastolic blood pressure (mmHg)				
baseline	162 (82.65)	87 (84.47)	75 (80.65)	.48
60 days	176 (89.80)	94 (91.26)	82 (88.17)	.48
90 days	179 (91.33)	96 (93.20)	81 (87.10)	.15
Heart rate (bpm)				
baseline	173 (88.27)	89 (86.41)	84 (90.32)	.40
60 days	145 (73.98)	82 (79.61)	69 (74.19)	.37
90 days	141 (71.94)	78 (75.73)	75 (80.65)	.41