



The Department of Nutritional Sciences Spring 2021 Seminar Series

“Exercise Blood Pressure and Cardiovascular Health”

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Host: Sue Shapses, Ph.D., R.D.,
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Wednesday, March 10, 2:15 PM

Zoom Registration: <https://rutgers.zoom.us/meeting/register/tjwuf-qurjMpGNHnfEKmGTIiz8l9H080Ot3Q>

The blood pressure (BP) response to a physical challenge (exercise) reflects the health of the cardiovascular system. It is generally accepted that an exaggerated BP response is a harbinger of future cardiovascular event, including mortality. This lecture is designed to explore the following: 1) the aspects of systolic BP response during a standardized exercise test in the prognosis of cardiovascular events. 2) The impact of cardiorespiratory fitness as a modulator of exercise BP response to a physical challenge (exercise), and 3) the favorable health outcomes resulting from exercise BP control via improved cardiorespiratory fitness.



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