

Hosted by the Department of Medicine Office for Research

Wednesday, December 6th, 2023

12:00-1:00 pm

Via Zoom Only

(To join via zoom: <https://msu.zoom.us/j/96662081683?pwd=LzJCTEQvVFN5WkVwanF4c29UZzdHUT09> Or
telephone: 312-626-6799 Meeting ID: 966 6208 1683)

“Chrono-exercise is Medicine: Timing of Exercise to Maximize its Post-Exercise Hypotensive Effects”

Goals:

1. Demonstrate the clinical significance of exercise blood pressure responses.
2. Demonstrate the hypotensive effects of exercise.
3. Discuss the potential influence of time of day of exercise on the hypotensive response and the implications for exercise prescription for hypertensive populations.

Katharine D. Currie, PhD, CSEP-CEP

Assistant Professor
Department of Kinesiology
Michigan State University



Dr. Currie is an Assistant Professor in the Department of Kinesiology at Michigan State University. Her research focuses on the acute and chronic cardiovascular responses to exercise, with prior work spanning the spectrum of health and disease including research in Olympic and Paralympic athletes and populations with spinal cord injury and cardiovascular diseases. Her research is currently funded by R56 and R01 grants from the NHLBI, with projects focusing on the impact of exercise performed at different times of the day on blood pressure in postmenopausal females with hypertension.