Hold Steady
by RxAdjacent Labs

FOR CLINICIANS AND PHARMACISTS

A 10-minute wall-squat plan for adults living with high blood pressure.

Pharmacist-reviewed | Every claim cited | Data stays on device | English + Spanish

WHO IT'S FOR

Adults with high blood pressure who are cleared for light-to-moderate activity and want a simple, structured start at home.

WHAT PATIENTS DO

1. 2-minute check-in: activity screening (ACSM-style) and a starting level.
2. Guided wall-squat holds 3 times a week, plus a gradual step goal.
3. Home blood pressure log using paired readings, with a summary to share.

WHAT YOU GET BACK

- 7-day home BP averages over time (patient-entered)
- Sessions completed vs plan, and how they felt
- 30-second chair stand trend (CDC STEADI)

A one-page summary the patient chooses to share. Neutral data only: no diagnoses, doses, or medication changes.

WHY IT'S BUILT THIS WAY

In a 270-trial network meta-analysis, isometric exercise training showed the largest average resting blood pressure changes of the exercise modes studied (Edwards et al., BJSM 2023). Study averages, not a promise for any individual.

Clinics and pharmacies: free 90-day pilot with practice QR codes. rxadjacent.com/clinicians

✂ Give this card to your patient

Hold Steady

Get stronger without going anywhere.

10-minute wall-squat plan + home BP log. Free to start, no card. English and Spanish.

Scan to start →

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