**Lifestyle changes reduce central blood pressure in pre-hypertensive individuals**

**Central blood pressure in pre-hypertensive**

**Three highlights of the article:**

1. Observe the effect of lifestyle modification with exercise and unmonitored diet on the central and peripheral blood pressure of prehypertensives;
2. Evaluate arterial stiffness against exercise and diet in prehypertensive patients;
3. To evaluate anthropometric and biochemical profile regarding exercise and diet in prehypertensive patients.

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**Conflicts of interest**

The authors of this study state no conflict of interests.

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