**Information from Headingley talk by Dr. Yasina Somani: Applying novel dietary and exercise interventions to decelerate cardiovascular ageing.**

**Effects of isometric training vs other forms of exercise training on blood pressure reductions:**

<https://bjsm.bmj.com/content/bjsports/57/20/1317.full.pdf>

**Dietary nitrate (beetroot juice studies):**

Other sources of dietary nitrate: rocket, spinach, Bok choy (content can vary based on soil and seasonal conditions)

The threshold for nitrite in order to see physiological effects is ∼400 nM NO2 : You need roughly 3-4 beets to reach this in a single sitting however having some dietary nitrate regularly can also increase the reserves of nitrates, nitrites in the body, so over time with regular intake you can achieve this

**To get involved in our research (advert for study in profile):**

[https://biologicalsciences.leeds.ac.uk/biological-sciences/staff/2992/dr-yasina-somani](https://eur03.safelinks.protection.outlook.com/?url=https%3A%2F%2Fbiologicalsciences.leeds.ac.uk%2Fbiological-sciences%2Fstaff%2F2992%2Fdr-yasina-somani&data=05%7C02%7Cy.somani%40leeds.ac.uk%7Ca26828c4b74b4a3e24e608dc71b45702%7Cbdeaeda8c81d45ce863e5232a535b7cb%7C0%7C0%7C638510268118669315%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C0%7C%7C%7C&sdata=GrRZMOtJ%2F5pF13g7bJGhajTwD2LwgpArYCQQyxIMusc%3D&reserved=0)