**Prehypertensive to Hypertensive (n = 15)**

- **Systolic Blood Pressure (mm Hg)**
  - Time (weeks): 0, 6, 12
  - Values: 90, 100, 110, 120

- **Diastolic Blood Pressure (mm Hg)**
  - Time (weeks): 0, 6, 12
  - Values: 70, 75, 80, 85, 90, 95

- **MAP (mm Hg)**
  - Time (weeks): 0, 6, 12
  - Values: 60, 70, 80, 90, 100, 110

**Normtensive (n = 36)**

- **Systolic Blood Pressure (mm Hg)**
  - Time (weeks): 0, 6, 12
  - Values: 90, 100, 110, 120, 130, 140

- **Diastolic Blood Pressure (mm Hg)**
  - Time (weeks): 0, 6, 12
  - Values: 70, 75, 80, 85, 90, 95

- **MAP (mm Hg)**
  - Time (weeks): 0, 6, 12
  - Values: 60, 70, 80, 90, 100, 110

*Significant differences:*
- **Systolic Blood Pressure:**
  - Prehypertensive to Hypertensive: *p < 0.05*
  - Normtensive: **p < 0.01**

- **Diastolic Blood Pressure:**
  - Prehypertensive to Hypertensive: *p < 0.05*
  - Normtensive: **p < 0.01**

- **MAP:**
  - Prehypertensive to Hypertensive: *p < 0.05*
  - Normtensive: **p < 0.01**