

**Supplementary Table 3.The study design intervention protocol and results of the 45 included studies.**

Study No.	Study Design						Intervention Protocol				Result	
	Participants	Random	Sample Size	Grade	Intervention Group	Control Group	Tai Chi Style	Period	Frequency	Time	Outcome Measure	Conclusion
S1	Patients	N	20	I/II	Tai Chi	Medication	Selectable(Chen / Yang style)	12m	2t/day	60min	BP/ Haemoglobinometer / Symptom / Pulse rate	Positive result and superior to medication
S2	Patients	Y	62	I	Tai Chi	Exercise (Moderate intensity aerobic exercise)	Yang style 13 form Tai Chi	3m	6~7t/w	30~60	BP	Positive result and equal to exercise
S3	Patients	N	46	I/II/III	Tai Chi	Exercise (walking/jogging)	Yang style 24 form Tai Chi	12m	5t/w	80min	BP	Positive result and superior to exercise
S4	Patients	Y	88	I	Tai Chi	No intervention	Yang style 108 form Tai Chi	3m	3t/w	50min	BP/Blood lipid/ Emotional state	Positive result and superior to no intervention
S5	Patients	N	100	High normal / I /II	Medication & Tai Chi	Medication & Exercise	Selectable(Yang style 24 form / 42 form/ 42 form sword)	5m	Selectable (30-45 min, 1-2t/day or 45-60 min, every other day)	30-60min	BP/Pulse	Positive result and superior to M&E
S6	Patients	Y	62	Undefined	Medication & Tai Chi	Medication	Yang style 24 form Tai Chi	2m	6t/w	60min	BP/NO/ET	Positive result and superior to medication
S7	Patients	Y	40	II/III	Medication & Tai Chi	Medication	Chen style Tai Chi	10w	7t/w	40min	BP/NO/Na <sup>+</sup> -K <sup>+</sup> ATPase/ Ca <sup>2+</sup> -Mg <sup>2+</sup> ATPase	Positive result and superior to medication
S8	Patients	Y	84	Undefined	Medication & Tai Chi	Medication	Yang style 24 form Tai Chi	6m	7t/w	45min	BP/Hemorheology	Positive result and superior to medication
S9	Patients	N	50	Undefined	Medication & Tai Chi	Medication & Exercise (walking/dance.etc.)	Yang style 24 form Tai Chi	2m	7t/w	90min	BP	Positive result and superior to M&E
S10	Patients	N	126	High normal /I/II	Medication & Tai Chi	Medication /Medication & Exercise (walking)	Yang style 48 form Tai Chi	6m	2t/day	60min	BP	Positive result and superior to M&E
S11	Patients	N	46	I/II/III	Tai Chi	Exercise(body building exercise)	Undefined	8m	3t/w	60min	BP	Positive result and superior to medication

S12	Patients	Y	120	I	Diet control & Tai Chi	Diet control	Chen style Tai Chi	3m	7t/w	60min	BP/Blood lipid/HR	Positive result and superior to diet control
S13	Patients & healthy subjects	N	85	I/II/III	Tai Chi	Healthy	Undefined	2m	5~6t/w	≥30min	BP/NO/ET	Positive result
S14	Patients	Y	48	I/II	Medication & Tai Chi	Medication /Medication & Exercise (Qigong)	Selectable (Yang style 24 form or/and 48 form Tai Chi)	6m	3~5t/w	30~60min	BP	Positive result and lower to M&E(Qigong)
S15	Patients	Y	60	I/II	Usual Care& Tai Chi	Usual care	Yang style 24 form Tai Chi	3m	1~2t/day	Undefined	BP/SF-36	Positive result and superior to usual care
S16	Patients	Y	80	I/II	Tai Chi	No intervention	Yang style 24 form Tai Chi	3m	6t/w	90min	BP/SF36/Height/Weight/Waistline/Hipline	Positive result and superior to no intervention
S17	Patients	Y	41	I/II	Tai Chi with moderate intensity/ low intensity	No intervention	Yang style 24 form Tai Chi	3m	3t/w	90min	BP/Height/Weight/Waist line/HR/RPE	Positive result and superior to no intervention
S18	Patients	N	49	I/II	Medication & Tai Chi	Medication	Selectable (Yang style 24/42/48 form Tai Chi )	5m	6 t/w	40-50min	BP/ Exercise stress test	Positive result and equal to medication
S19	Patients	N	441	Undefined	Health education & Tai Chi	Healthy education	Undefined	24m	5t/w	60min	BP	Positive result and equal to health education
S20	Patients	Y	68	Undefined	Usual care & Tai Chi	Usual care	Yang style 24 form Tai Chi	3m	6t/w	60min	BP	Positive result and superior to usual care
S21	Patients & healthy subjects	Y	75	I/II	Tai Chi	No intervention	Yang style 24 form Tai Chi	3m	5t/w	60min	BP/NO/H <sub>2</sub> S	Positive result and superior to no intervention
S22	Patients	Y	90	I/II	Tai Chi	Healthy education	Yang style 24 form Tai Chi	2m	7t/w	120min	BP/SAS/SDS/E/NE	Positive result and superior to health education
S23	Patients	Y	50	Undefined	Tai Chi	No intervention	Yang style 24 form Tai Chi	2m	1-2t/day	20~30min	BP/BMI/Weight/GLU/Blood lipid/HR/SAS/SDS	Positive result and superior to no intervention

S24	Patients	N	25	I	Tai Chi	No intervention	Yang style 24 form Tai Chi	2m	6t/w	60min	BP/Height/Weight/Pulse Rate/NO/ET/TG/TC	Positive result and superior to no intervention
S25	Patients	Y	84	Undefined	Usual care & Tai Chi	Usual care	Undefined	12m	7t/w	30-45min	BP	Positive result and superior to usual care
S26	Patients	N	26	High normal /I/II	Medication & Jogging & Tai Chi	Medication & Exercise (jogging)	Yang style 24 form Tai Chi	Undefined	4t/w	40-60min	BP/ Weight/BMI/ WHR	Positive result and superior to M&E
S27	Patients & healthy subjects	N	56	I/II	Usual care & Tai Chi	Usual care/ No intervention	Yang style 24 form Tai Chi	3m	6t/w	60min	BP/GLU/TC/NO/CO	Positive result and superior to usual care
S28	Patients	Y	60	I/II	Tai Chi	No intervention	Yang style Tai Chi Jiangyagong	6m	3t/w	60min	BP	Positive result and superior to no intervention
S29	Patients	Y	300	Undefined	Tai Chi	Non-drug treatment(reading & learning computer software)	Undefined	12m	Undefined	Group-3h/w; Home-2h/w	BP/Blood lipid/GLU/Waistline/BMI/Quality of life	Positive result and superior to non-drug treatment
S30	Patients	Y	120	I	Tai Chi	Medication	Chen style Tai Chi	2m	2t/day	40min	BP	Positive result and equal to medication
S31	Patients	Y	60	Undefined	Usual care & Tai Chi	Usual care	Yang style 24 form Tai Chi	2m	2t/day	<30min	BP/Quality of life	Positive result and superior to usual care
S32	Patients	Y	54	I	Tai Chi	Medication	Yang style 24 form Tai Chi	6w	7t/w	40min	24hBP/ET/NO	Positive result and equal to medication
S33	Patients	Y	60	I /II	Medication & Healthy education& Tai Chi	Medication &Healthy education	Yang style 24 form Tai Chi	3m	5t/w	40min	24hBP/ET/NO/ Quality of life	Positive result and superior to M&H
S34	Patients	Y	82	High normal /I/II	Medication & Healthy education& Tai Chi	Medication & Healthy education& Exercise(walking)	Yang style 24 form Tai Chi	3m	3t/w	60min	BP/ BMI/WHR/ Blood lipid	Positive result and superior to M&H&E
S35	Patients	Y	157	I/II	Medication & Healthy education& Tai Chi	Medication & Healthy education	Chen style Tai Chi	6m	2t/day	40mīn	BP/TG	Positive result and superior to M & H

S36	Patients	N	154	Undefined	Medication & Tai Chi	Medication	Undefined	9m	7t/w	<120min	BP/SF-36	Positive result and superior to medication
S37	Patients	Y	78	High normal /I/II	Medication & Tai Chi	Medication & Exercise (jogging)	Yang style 24 form Tai Chi	4m	3t/w	65-75min	BP/Blood lipid /hsCRP /Quality of life/ GDS/ PSQI/TCD	Positive result and superior to M&E
S38	Patients	Y	84	Undefined	Tai Chi	Exercise	Yang style 8 form Tai Chi	3m	5t/w	50min	BP/GLU/NO/ET	Positive result and superior to exercise
S39	Patients	Y	70	I /II	Medication & Tai Chi	Medication	Yang style 24 form Tai Chi	18m	7t/w	40-60min	BP/ Hemorheology /SF-36	Positive result and superior to medication
S40	Patients	Y	246	Undefined	Tai Chi	Exercise (brisk walking) /Usual care	Yang style 24 form Tai Chi	Group-12w;Home-24w	Group-2t/w Home-5t/w	Group-60min Home-30min	BP	Positive result and superior to exercise
S41	Patients	Y	158	Undefined	Usual care & Tai Chi	Usual care	Yang style 24 form Tai Chi	6m	3-5t/w	60min	BP/BMI/ Waistline	Positive result and superior to usual care
S42	Patients	Y	208	I	Usual care & Tai Chi	Usual care	Yang style 24 form Tai Chi	3m	1-2t/day	40-90min	BP /HR/ Blood lipid /BMI	Positive result and superior to usual care
S43	Patients	Y	82	High normal /I/II	Medication & Tai Chi	Medication & Exercise (walking)	Yang style 24 form Tai Chi	3m	3t/w	60min	BP/ Blood lipid	Positive result and superior to M&E
S44	Patients	Y	100	Undefined	Usual care & Tai Chi	Usual care	Yang style 24 form Tai Chi	3m	3t/w	40-60 min	BP/SAS/ /WHOQOL-BREF	Positive result and superior to usual care
S45	Patients	Y	41	I/II	Usual care & Tai Chi	Usual care & Exercise (brisk walking) / Usual care	Yang style 24 form Tai Chi	10w	5t/w	45-60min	BP/HR/Physical condition/ RPE/SAS/SDS	Positive result and superior to usual care &exercise