



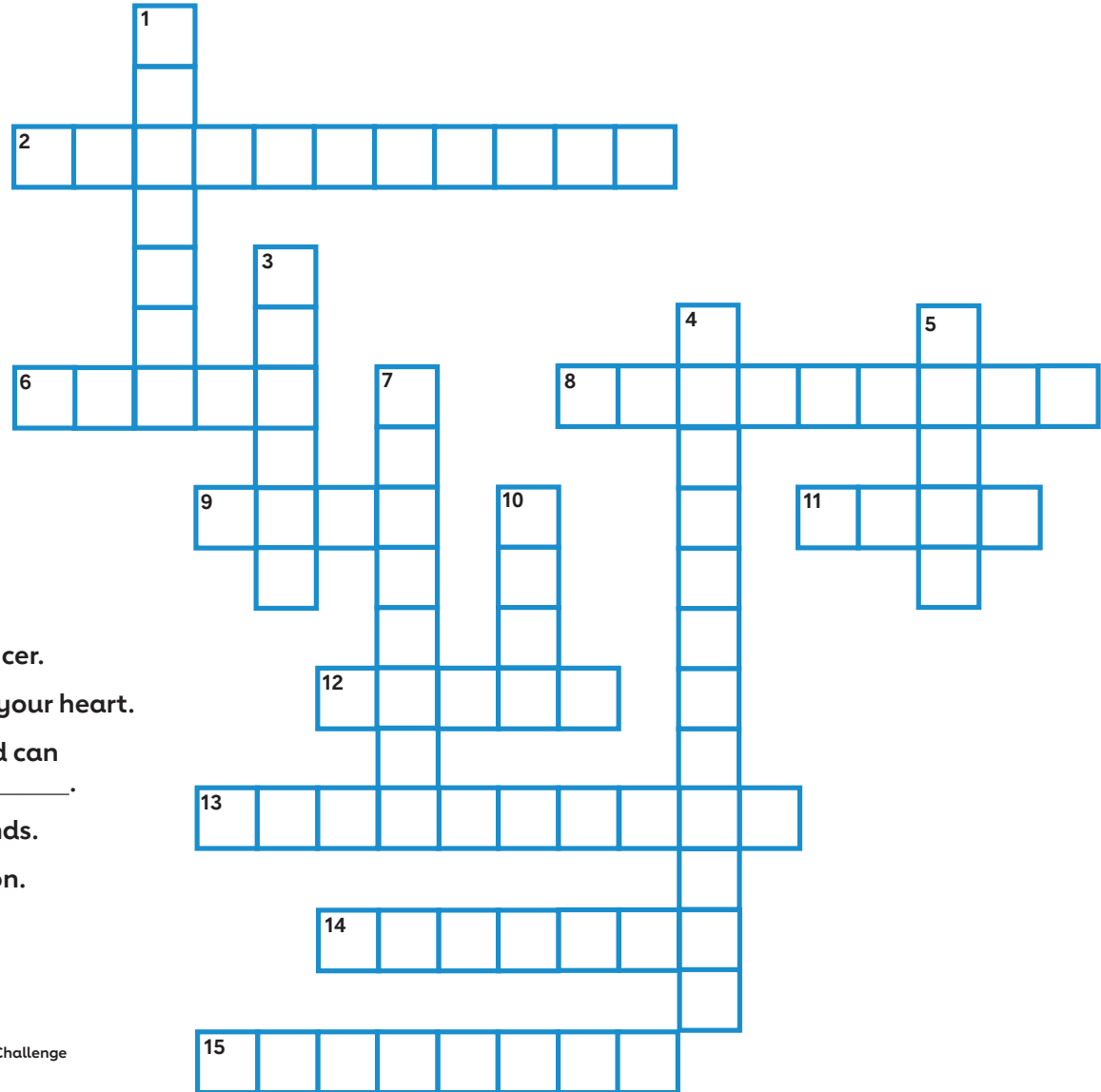
HEART-HEALTHY CROSSWORD

ACROSS:

2. Foods high in _____ are bad for the heart.
6. Controlling blood _____ will help prevent diabetes.
8. Most common symptom of a heart attack.
9. How many servings of fruits and vegetables a day?
11. The average heart is approximately the size of what?
12. We have approx 60,000 _____ of blood vessels.
13. Eating colorful _____ is part of a heart-healthy diet.
14. The heart pumps about 2,000 _____ of blood per day.
15. Blood _____ needs to be below 120/80.

DOWN:

1. A bad habit that contributes to heart disease and lung cancer.
3. The higher your blood pressure, the more _____ is put on your heart.
4. Not getting enough sleep can be harmful to your body and can cause health problems including high blood pressure and _____.
5. True or False: The average heart weighs between 7-15 pounds.
7. 30min of _____ a day can greatly improve heart function.
10. True or False: heart disease is preventable.





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ANSWER KEY

The crossword puzzle grid contains the following words:

- 1. SMOKING** (Down)
- 2. CHOLESTEROL** (Across)
- 3. SUGAR** (Across)
- 4. CHESTPAIN** (Across)
- 5. FIST** (Across)
- 6. SUGAR** (Across)
- 7. EXERCISE** (Across)
- 8. CHESTPAIN** (Across)
- 9. FIFTEEN** (Across)
- 10. MILES** (Across)
- 11. VEGETABLES** (Across)
- 12. ARTICLES** (Across)
- 13. FIVE** (Across)
- 14. GALLONS** (Across)
- 15. PRESSURE** (Across)