

All Mixed Up!

Unscramble the letters to complete each sentence. Then circle the correctly spelled word in the puzzle. Words are horizontal, vertical, and diagonal but not backwards. Tip - Use the highlighter tool to select your words.

- Your heart is the strongest and most important _____ in your body. **CLUMSE**
- The American Heart Association recommends that most adults eat no more than 1,500 _____ of sodium a day. **SAMRLMILGI**
- A can of soda can have about eight _____ of sugar. **OSAPETSNO**
- Smoking harms your blood cells and blood _____. **LSESEVS**
5. You can keep your heart and lungs strong by staying away from _____ cigarettes. **ICLOECNRTE**
- Another way to keep your heart and lungs healthy is to stay away from _____ smoke. **ODASCDNNEH**
- Physical activity can reduce the symptoms of _____. **ROENSIDSPE**
- Eating too much sugar may contribute to such health problems as heart disease and _____. **TISAEEEDB**
- Eating too much _____ can make your heart work harder. **USMOID**
- If a person has high _____, it can lead to heart disease, which is why it's important to eat lots of fruits and vegetables. **SLHECOROLET**
- Eating too much sodium can lead to high blood _____, which makes the heart work harder. **USREPSE**
- For every hour you exercise, you may gain two hours of life _____. **NEYXCAETCP**

L O G S T B I M E N O N C T B H O F O E B Y
 A D D S P R Q M I L L I G R A M S K P E P L
 F I D M O D C N C H O S E D A C L O A N G D
 B S I G K D P R E S S U R E C R A G J E O I
 H E I B M A I L K T E A S P O O N S L W E M
 O C T C Z P J U L E S G T R F D P G H R L Y
 P O G C S A B E M N E X P E C T A N C Y E N
 K N E T D W E N U S K R M S L O T F I L C O
 S D I A B E T E S F A B L S S I T A S C T T
 P H C N A X B J C A J E D I O D S A N I R K
 H A R F L O R E L H E C H O L E S T E R O L
 I N H R V E S S E L S T M N L I R E B N N A
 A D O I T E F L G R E D C L I V A J I H I M
 E L E D A G T A M F M E N S W F O S B U C T