



Love the You've Got

Match up a set of letters from each box to spell the missing word in each sentence. Write the word in the blank. Hint: Don't pay any attention to the fonts.

1. Physical activity plays a major role in preventing heart _____, the number one killer of all Americans.
2. Staying tobacco free enables you to have a stronger _____ system and keeps your heart and lungs healthier.
3. Hands-Only CPR is recommended for use on teens or adults who you see _____ collapse.
4. More than 75 percent of the sodium in American diets comes from _____ and restaurant foods.
5. It could take a 150-pound adult about 25 minutes of walking at a _____ pace to burn off the calories from one 12-ounce can of soda.
6. Be sure to pick foods that are high in _____—like fruits and vegetables—that will help keep your heart healthy.
7. When a person has _____ arrest, survival depends on immediate CPR from someone nearby.
8. Each year, more than 480,000 people die prematurely from using tobacco and being _____ to secondhand smoke.
9. Physical activity builds strong muscles, strengthens your bones, and can reduce the symptoms of _____.
10. Exercise can _____ the risk of heart disease and high blood pressure, so try to get at least one hour of physical activity every day.

