

Make the Connection

Connect one sentence starter from the left column to a conjunction and then to a sentence ending. Add the values of the segments and the heart. Each complete sentence should total 100. *Tip - Use the highlighter tool to connect your sentences.*

Your heart is the strongest muscle in the body, 29	but 23	35 they usually don't provide the important nutrients your body needs.	
A can of soda can have about eight teaspoons of sugar, 34	and 11	40 that can lead to high blood pressure.	
You can gain two hours of life expectancy from every hour you exercise, 35	and 8	27 it also helps you feel better.	
Inhaling tobacco smoke can damage blood vessels, 13	so 18	63 it is also the most important one. →	100
Eating too much sodium can cause your body to hang onto extra fluid, 49	but 30	50 a glass of water is sugar-free.	
Two 20-ounce sodas may sound like a good way to quench your thirst, 41	and 10	78 it can also make it harder to be active.	
The heart pumps out about 83 gallons of blood each hour, 56	so 25	26 it must stay healthy to keep pumping.	
The extra calories in sugary drinks can not only pack on the pounds, 35	but 16	47 get moving!	
Physical activity builds muscles and strengthens bones, 63	and 9	36 the sugar really adds up.	