## ACROSS:

2. Foods high in $\qquad$ are bad for the heart.
3. Controlling blood $\qquad$ will help prevent diabetes.
4. Most common symptom of a heart attack.
5. How many servings of fruits and vegetables a day?
6. The average heart is approximately the size of what?
7. We have approx 60,000 $\qquad$ of blood vessles.
8. Eating colorful $\qquad$ is part of a heart-healthy diet.
9. The heart pumps about 2,000 $\qquad$ of blood per day.
10. Blood $\qquad$ needs to be below 120/80.

## DOWN:

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


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