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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