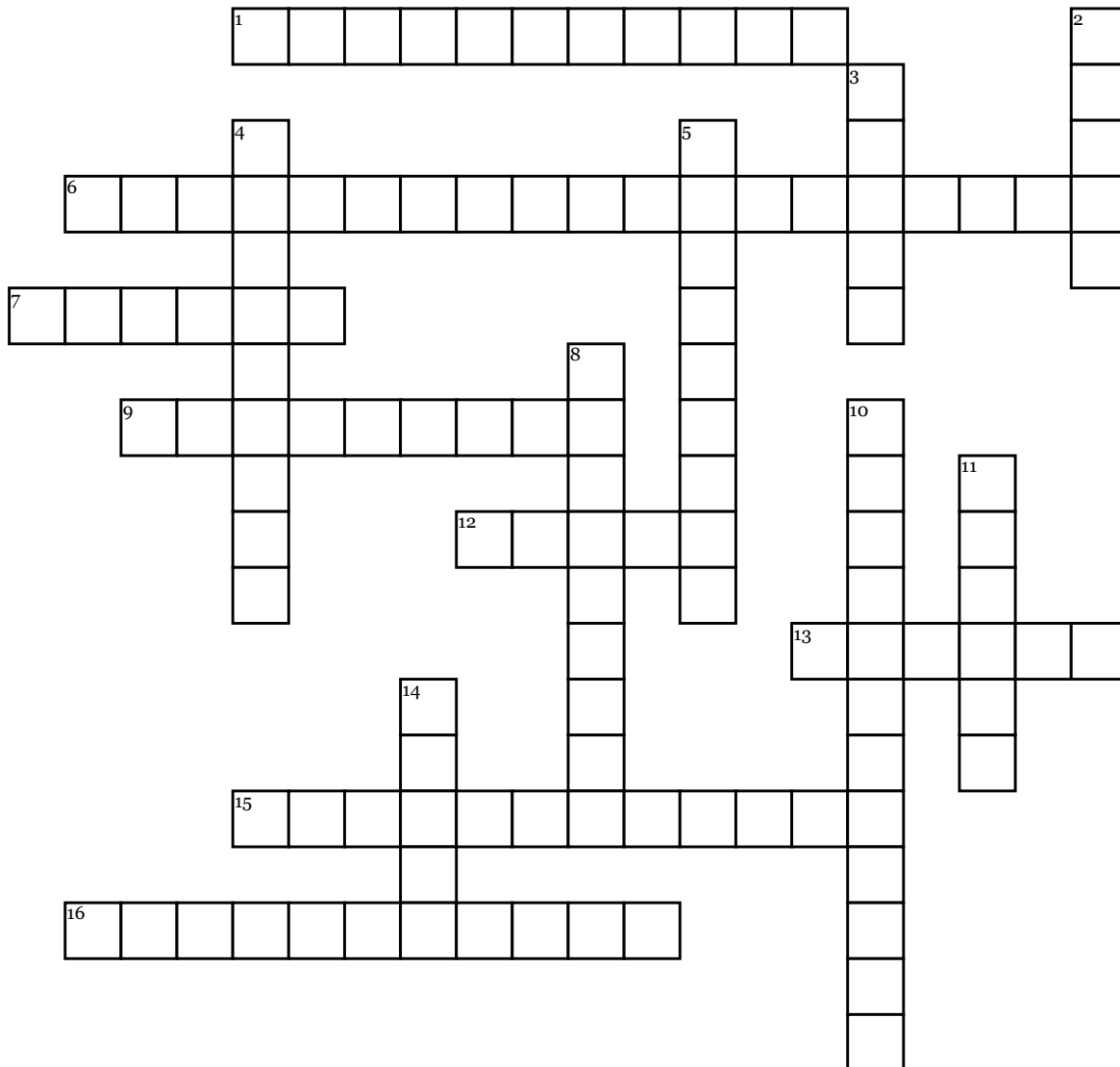


# Cardiac Rehab Week



## **Across**

**1.** occurs when the blood flow that brings oxygen to the heart muscle is severely reduced or cut off completely. also considered when damage or death of part of the heart muscle occurs.

**6.** a unit of measure of the rate at which the body expends energy. hint: what does MET stand for?

**7.** the upper chamber of the heart which receives blood from either the lungs or the entire body.

**9.** number of times your heart beats per minute.

**12.** a good guideline is to drink eight, 8-ounce glasses a day. benefits of drinking this include controlling heart rate and blood pressure, reducing the risk of kidney stones, lubricating joints and others.

**13.** also known as salt. on a nutrition label, look for foods that have 300 mg or less per serving.

**15.** high blood pressure, 140/90 mmHg or greater.

**16.** a waxy substance produced in the liver and is found in our diet in animal foods such as meat, poultry, eggs, some fish and dairy products. too much of this in the blood can lead to buildup in the arteries. HDL & LDL

## **Down**

**2.** this is the largest artery in your body. it pumps blood to the entire body except the lungs.

**3.** a hollow muscular organ that pumps the blood through the circulatory system by rhythmic contraction and dilation.

**4.** the unhealthy “bad” fat. should be consumed sparingly and is shown to increase bad cholesterol. it is solid at room temperature and is found in any animal source of food like beef, pork, cheese, and milk.

**5.** this artery sends deoxygenated blood to the lungs.

**8.** the lower chamber of the heart which pumps blood to either the lungs or the entire body

**10.** another word used for a food product containing trans fats. look for this word in the ingredients on a nutrition label.

**11.** pain or discomfort that occurs when the heart does not get as much blood and oxygen as it needs, otherwise known as chest pain.

**14.** a tiny wire mesh tube that props open an artery and is left there permanently. this helps keep coronary arteries open and reduce the chance of a heart attack.