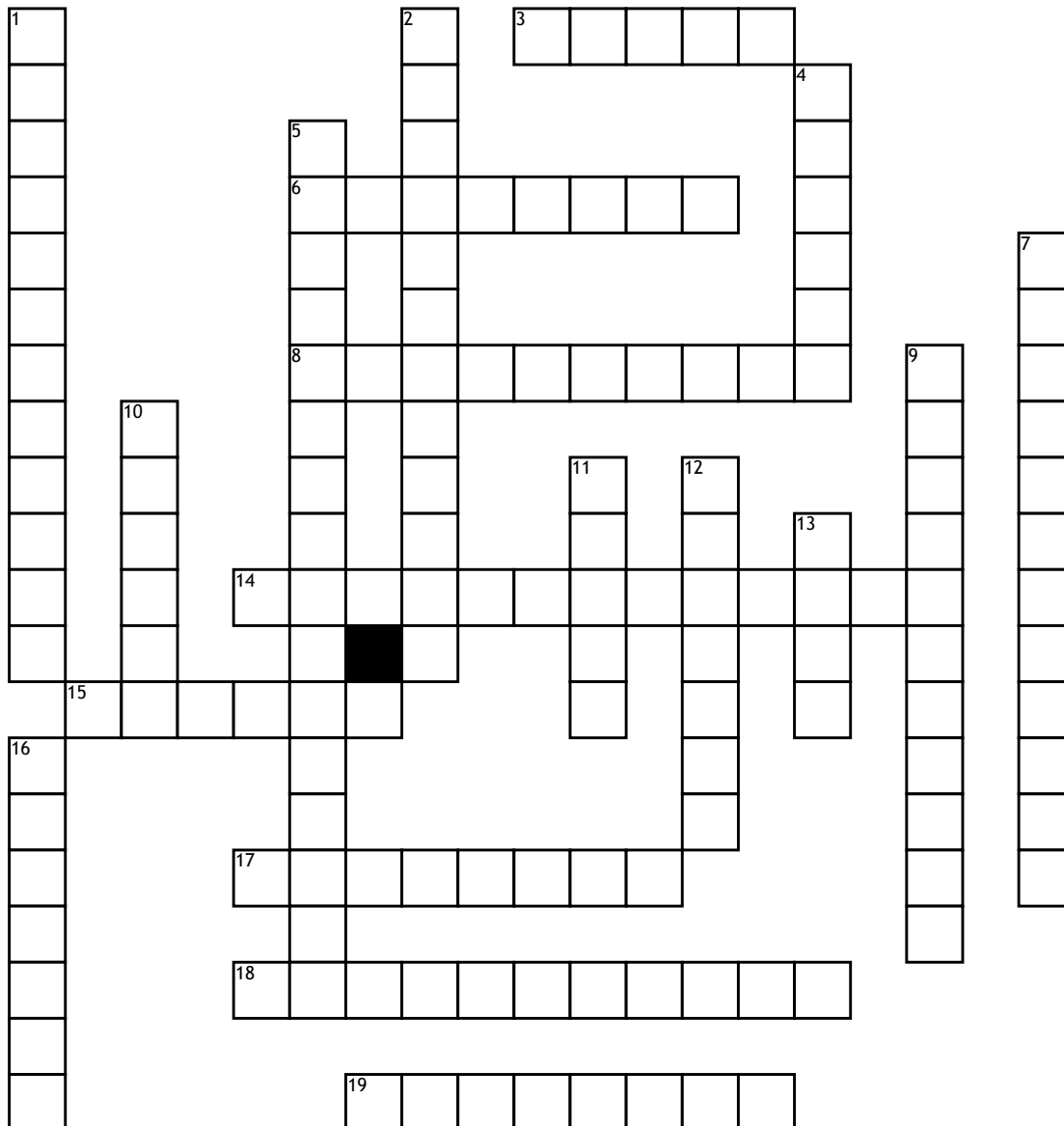


Name: \_\_\_\_\_

Date: \_\_\_\_\_

# HEART DISEASE



**Across**

- 3. RESULT OF THE PROCESS OF BREAKING DOWN CARBOHYDRATES
- 6. KEEPS YOUR HEART, MUSCLES, BONES AND JOINTS HEALTHY
- 8. THE PERCENT OF CHOLESTEROL THAT COMES FROM WHAT YOU EAT
- 14. MEASURES HOW EASY OR DIFFICULT IT IS FOR BLOOD TO BE PUMPED TO YOUR HEART
- 15. CAN INCREASE YOUR RISK OF HEART DISEASE

- 17. AN ADDICTIVE CHEMICAL FOUND IN TOBACCO
- 18. ONE OF LIFES SIMPLE SEVEN
- 19. A WATER ACTIVITY ENJOYED DURING THE SUMMER

**Down**

- 1. RECOMMENDED PHYSICAL ACTIVITY PER DAY
- 2. HIGH BLOOD PRESSURE
- 4. A THICK HARD DEPOSIT THAT NARROWS THE ARTERIES
- 5. EATING FRUITS, VEGETABLES, WHOLE GRAINS AND LOW FAT ARE PART OF A

- 7. SHOULD BE DRANK IN MODERATION
- 9. A WAXY SUBSTANCE IN YOUR BLOODSTREAM
- 10. HAPPENS WHEN BLOOD DOES NOT REACH THE BRAIN
- 11. ONE OF THE SIGNS OF DIABETES
- 12. TAKES SUGAR FROM THE BLOOD AND MAKES IT INTO ENERGY
- 13. A HEART HEALTHY SNACK
- 16. AN ACTIVITY THAT CAN BE DONE ANY TIME OF THE YEAR