

Heart Health

R L S L L O S C W H P B U = O L O
B L = U X = O C T E A O T X P H C
E C W S C I L A W S O L S H H H H
O H L A R C E H O = K F X = P W E
R E R U E R E G I V L S K U = O L
K C O = B E L S B C A S P G B T G
S K G G F V G S S V W E W O H A T
L = B A W S O E O K R X = R T S I
I U T A G = E P X A F C X C H K B
F P T V T K I L K E X S I L W R H
E E H L I L O V B L R T L V X A A
R I L A S W X K I A U C K G V = U
B T V U U O P A A U T A I E R O H
X W E G X R B K L L E E K S U K X
V H C H X C = X K V A S G F E X T
S L O R E T S E L O H C K E O R E
P G P K I E R P K I I W C I V U V

cholesterol

exercise

laugh

Tops

vegetables

success

water

walk

check=up

breath

life

fat