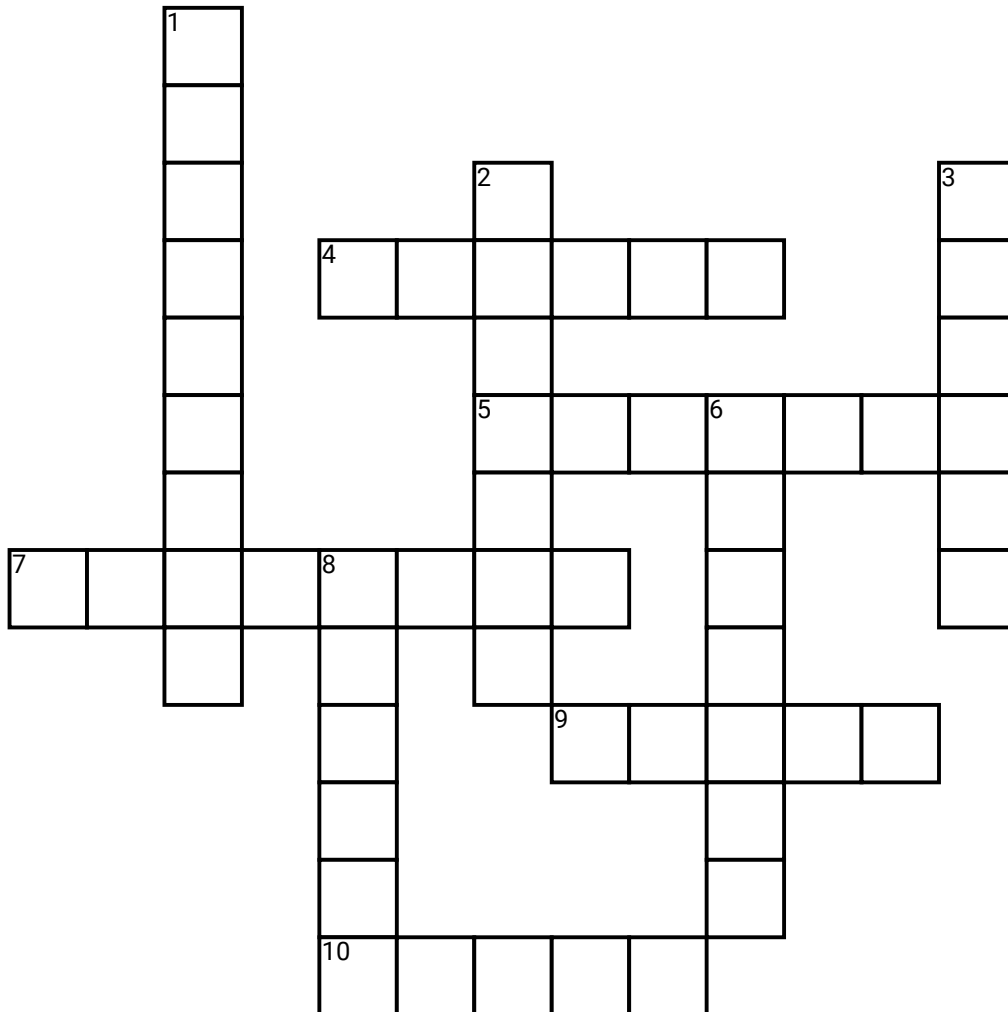


Name: _____

Date: _____

Heart Health Month



Across

4. To reduce the major risk factor for having high blood pressure, high cholesterol, and diabetes, and heart disease, lose any excess body _____.
5. , Stop any use of _____, and avoid second-hand smoke.
7. Lowering your blood _____ may decrease your risk of stroke and heart disease by about 50%.
9. Whole grains, oatmeal, fruits, beans, nuts, and vegetables are food sources that have plenty of _____, which is linked to heart health.
10. Studies have shown a relationship between a lack of _____ and coronary artery disease, so make sure you aim for 7-8 hours each night.

Down

1. Choose meats and dairy that are lower in _____ fat, and limit processed foods, as these can increase your cholesterol levels and your risk of heart disease.
2. Know your family _____ and if your parents or grandparents have had heart disease.
3. One in three deaths in the U.S. is caused by heart disease and _____.
6. _____ exercise at moderate intensity, which keeps your body moving continuously is recommended 30 minutes each day.
8. Exercise, yoga, and meditation are great examples of decreasing your _____ levels to improve heart health.