

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

# LOVE YOUR HEART!!!

L H N X V E G E T A B L E S E X V D O L O N J G  
X W B O E W N N Y M U Y R X R P O A E L T X M D  
W E P W I N A M H U Q X I E Y V L P V T I U R F  
C F R P F S O L X H S L M W N L B P X O N C Z S  
J L L U D Z N I Q T G O S T S E T L W D Y Z B F  
P M M B S Z A E T O B W T Z E G D E L D R G G L  
H Q S M E S R V T I C F A E W U N S N S E L O B  
Y Y R X G R E I J R R A M L P M N Q Y A B U X R  
N N Y T W R U R H V E T L P Y E F J R E I Y G H  
R L K N N J V E P M A P U A Z S B L W I F K C L  
C K N E Y V A S U D S L Y N K D N C B T U V R P  
R F E K V R K X N Q O W E H S S A S B E Z C O H  
C I G R T O L Z Z F A O F N S C D D T X A O R V  
C G Y G D F L O Y P H D L D T E F X E E L N N S  
H K X Q F E V Z R H K O C B E I H E V K Z U S R  
T S O M Y X O E O E Y S F S T K N Q I W T T Y K  
D U G J U E O F B T T G O R W M E E T S G H W J  
Z E G E U R N I Q M B S N P L Q Y O C G E V T P  
R G L F X C P Q T G Y O E K T U N V A A Z S B U  
K I U U J I D L F T U M T L F T W U L L T T B A  
W Z Y K N S Y U U F V F M Q O J H T Q Y V H Y B  
H X C M U E O W R C I H Q Y X H H O Y L L B H W  
A O P S C X V V W H Q C M M P Y C U A Y C J G E  
V O D X M R V E K O F O K D T R P C R M C L E K

- |                |              |             |            |
|----------------|--------------|-------------|------------|
| Blood Pressure | Hypertension | Cholesterol | Vegetables |
| Nutrition      | Valentine    | Exercise    | Healthy    |
| Legumes        | Low Fat      | Active      | Apples     |
| Oxygen         | Beans        | Fiber       | Fruit      |
| Heart          | Seeds        | Love        | Nuts       |