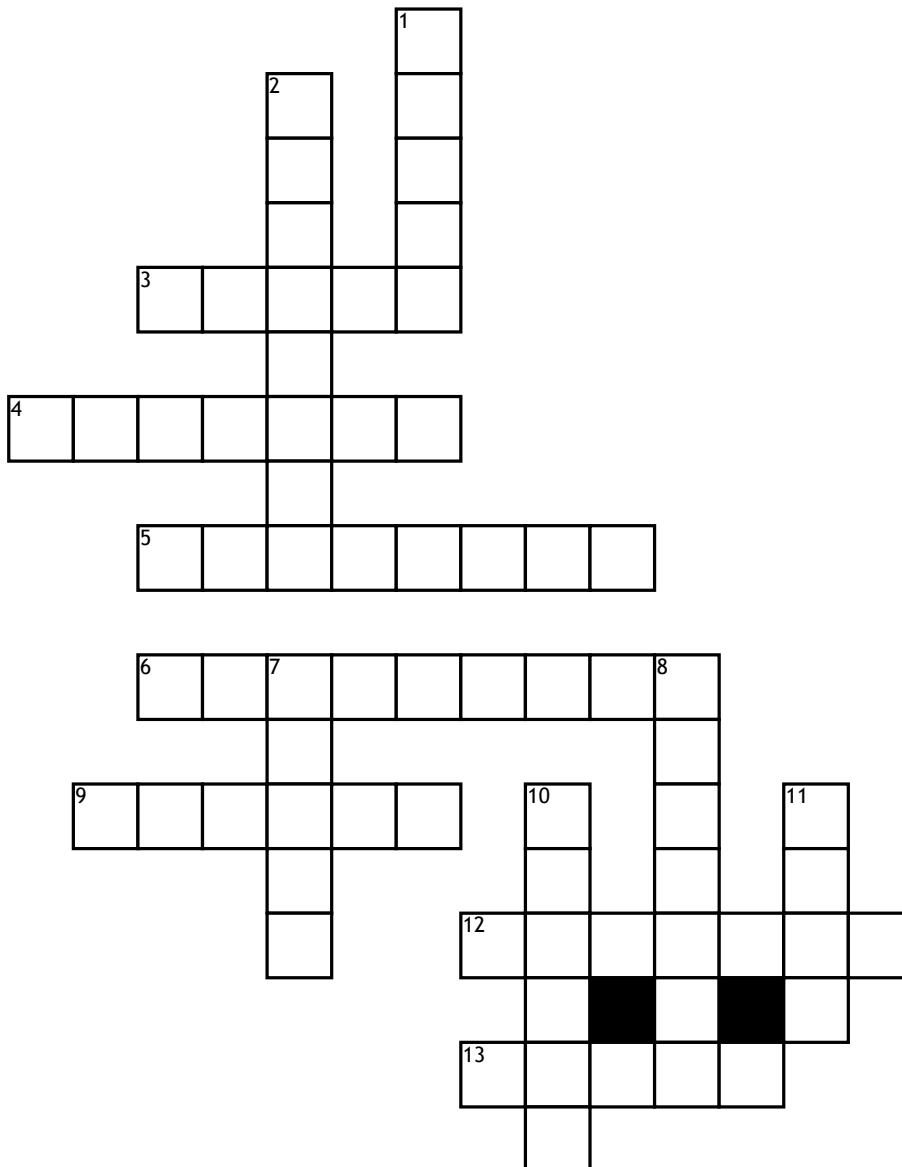


Name: _____

Date: _____

Love yourself



Across

3. The _____ meal of the day is one you shouldn't skip.
4. _____ puts you at a high risk for heart disease.
5. _____ too little or too much can overwork your heart.
6. Consider swapping out _____ for whole grains, lean meats, nuts, fruits and vegetables
9. Engaging in activities like knitting and sewing, helps relieve _____ and does your ticker a world of good.

12. Relieve _____ by practicing relaxation techniques.

13. _____ out loud, it's good for your heart.

Down

1. Fish high in omega-3 fatty acids can reduce the risk of _____ disease.

2. Moderate, daily _____ makes it easier for your heart to pump blood

7. When you don't _____, your body goes into fight-or-flight defense mode.

8. _____ for long periods of time could shorten your life regardless of your body weight
10. Good _____ hygiene affect your overall health.
11. Substituting foods high in saturated fats with _____ helps reduce bad (LDL) cholesterol.