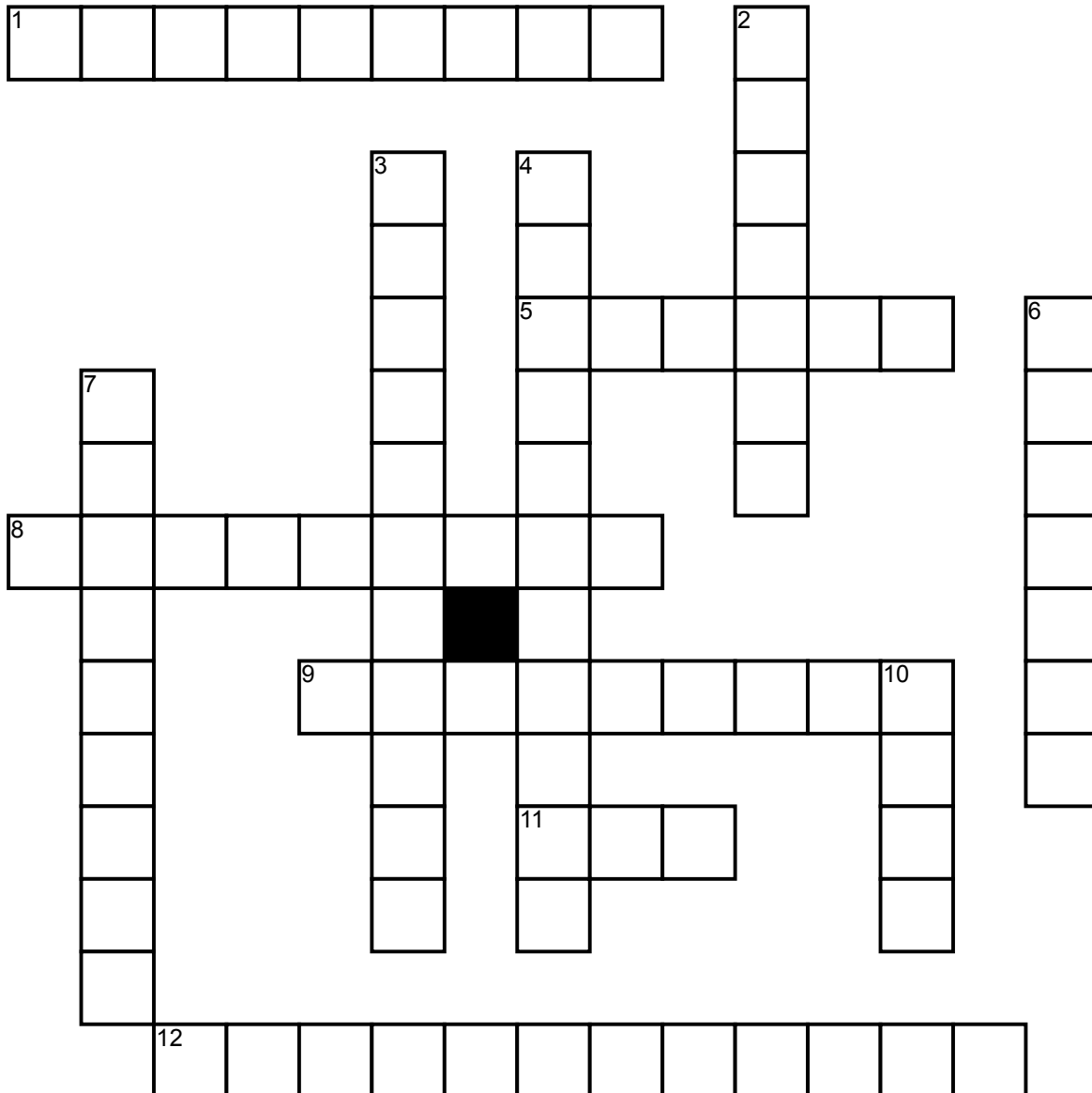


Name: _____

Date: _____

crossword for cardiacs



Across

- 1. bad fat
- 5. too much of this is a bad thing
- 8. an important electrolyte for your heart
- 9. natural safe sleeping aid

- 11. this test reports your hearts electrical activity
- 12. another word for high blood pressure

Down

- 2. form of heart healthy exercise
- 3. fatty substance in the blood

- 4. good fat
- 6. heart friendly pain medication
- 7. unfriendly exercise for the heart
- 10. if you having a heart attack you might experience chest, arm or or _____pain