

HEART HEALTH CROSSWORD PUZZLE

Across

1. High blood pressure
5. Can contribute to high blood pressure risk factors such as poor diet and drinking too much alcohol
7. The best way to know if you have high blood pressure is to have your blood _____ checked
8. Getting enough _____ can help fight stress
9. Regular _____ can help control high blood pressure, weight, and stress
12. If you are diagnosed with high blood pressure, you should _____ your blood pressure regularly
14. Aim for 150 minutes of _____ -intensity aerobic activity each week
15. Eat a variety of _____ and veggies
16. Eating less _____ can help lower blood pressure
17. A risk factor for high blood pressure

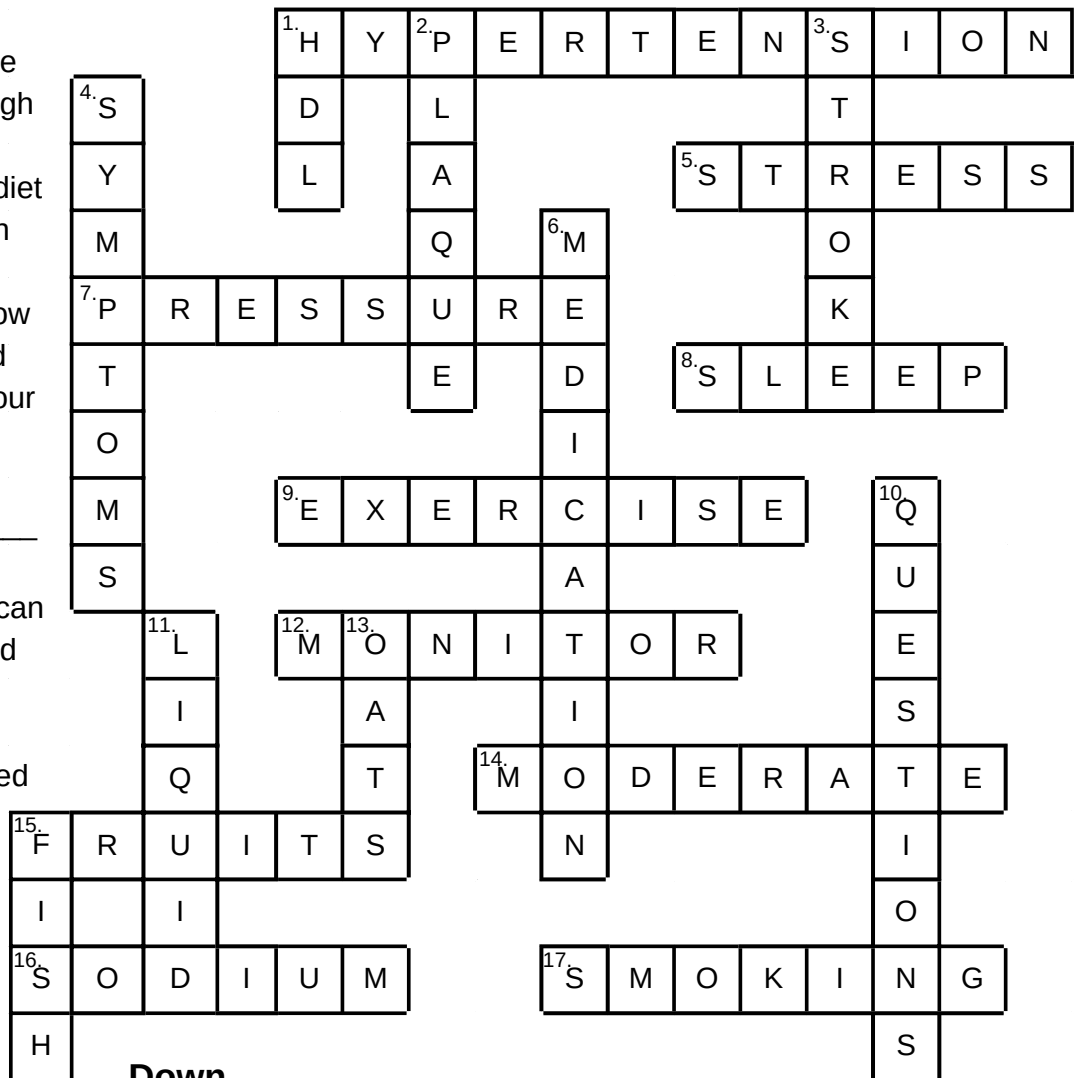
Down

1. "Good" cholesterol that may help protect against heart attack and stroke
2. As _____ builds, it makes the inside of arteries narrower
3. A health threat from high blood pressure
4. High blood pressure usually has no _____
6. _____ as prescribed and lifestyle changes improve quality of life and control of blood pressure
10. It's important to communicate well with your health care team, including asking _____
11. Heart healthy fats are _____ at room temperature, such as canola, olive, and soybean oils
13. A whole grain
15. A heart-healthy source of protein

ANSWER KEY

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