HEART HEALTH CROSSWORD PUZZLE

| Across | | 1. | 2. | | | | 3. | | | | | | |
|-------------------------------------|---|---|----------------|---------|-----------|----------------|-------|--------|------------|--|--|--|--|
| 1. High blood pressure | | | | | | | | | | | | | |
| 5.Can contribute to high | 4. | | | | | | | | | | | | |
| blood pressure risk | | | | | 5. | 1 | | | | | | | |
| factors such as poor diet | | | | | 0. | | | | | | | | |
| and drinking too much | | | | 6. | | | | • | | | | | |
| alcohol | | | | | | | | | | | | | |
| 7.The best way to know | 7. | | | | | | | | | | | | |
| if you have high blood | - - | | | | 8. | T | | | | | | | |
| pressure is to have your | | | | | | | | | | | | | |
| blood | | | | | | | | | | | | | |
| checked | | 9. | 1 1 | | | | ſ | 10. | | | | | |
| 8.Getting enough | | j. | | | | | | 10. | | | | | |
| can help fight stress | | · | | | | | - | | | | | | |
| 9.Regular can | 11. | 110 110 | | | | ٦ | ļ | | | | | | |
| help control high blood | 111. | 12. 13. | | | | | | | | | | | |
| pressure, weight, and | | ' | _ | | l l | , | ŀ | | | | | | |
| stress | | | ┙ | \perp | | | | | | | | | |
| 12.If you are diagnosed | | | 14. | | | | | | | | | | |
| with high blood 15. | | | ┥┕ | + | | | | | | | | | |
| pressure, you | | | J | | | | | | | | | | |
| should | | | | | | | | | | | | | |
| your blood pressure 16. | - | 1 1 | – | 17. | | Т | | - | \neg | | | | |
| regularly | | | | | | | | | | | | | |
| 14.Aim for 150 | | | | | | | | | | | | | |
| minutes of | Down | | | | | | L | | | | | | |
| -intensity aerobic | 1."Good" | ' cholester | ol that ma | y help | protect a | gainst | hear | t atta | ck and | | | | |
| activity each week | stroke | | | | | | | | | | | | |
| 15.Eat a variety of | 2.As | builds | s, it makes | the in | side of a | rteries | narro | ower | | | | | |
| and veggies | 3.A health threat from high blood pressure | | | | | | | | | | | | |
| 16.Eating less | 4.High bl | lood press | ure usuall | y has r | าо | | | | | | | | |
| can help lower blood | 6 | as p | rescribed | and lif | estyle ch | anges | impr | rove c | quality of | | | | |
| pressure | life and control of blood pressure | | | | | | | | | | | | |
| 17.A risk factor for high | 10.It's im | nportant to communicate well with your health care team, | | | | | | | | | | | |
| blood pressure including asking | | | | | | | | | | | | | |
| | 11.Heart | healthy fa | ıts are | at | room | | | | | | | | |
| | temperat | temperature, such as canola, olive, and soybean oils ALABAMA | | | | | | | | | | | |
| HEALTH PROGRAM | 13.A who | 13.A whole grain PUBLIC HEALTH | | | | | | | | | | | |
| Alabama Department of Public Health | 15.A hea | rt-healthy | source of | proteir | ı | | | W | | | | | |

ANSWER KEY

| Across | | | | | 1. | \ <u>'</u> | ^{2.} P | _ | | _ | | | ^{3.} S | | | |
|---|-----------------|---|---|--|-----------------|----------------------|-----------------|----------|-----------------|-------|-----------------|----------|-----------------|-----------------|-------|----|
| 1. High blood pressure | Э | | | | ¹ H | Υ | | Е | R | Т | E | N | ^ | ' | 0 | N |
| blood pressure risk | | ^{4.} S | | | D | | L | | | | | | Т | | | |
| | | Υ | | | | | _ | | | | ^{5.} S | Т | R | Е | S | S |
| factors such as poor d | | Ľ | | | | | Α | | | | | <u>'</u> | K | | 3 | 3 |
| and drinking too much | l | М | | | | | Q | | ^{6.} M | | | | 0 | | | |
| alcohol | | ^{7.} P | | Г <u>-</u> | | | | | | | | | 14 | | | |
| • | | \Box^{P} | R | E | S | S | U | R | E | | | | K | | | |
| if you have high blood | | Т | | | | | E | | D | | ^{8.} S | L | Е | Е | Р | |
| pressure is to have yo | ur | | | | | | <u> </u> | | | | <u> </u> | <u> </u> | | | | |
| blood | | 0 | | | | | | | ı | | | | | | | |
| checked | | М | | | ^{9.} E | Х | Е | R | С | ı | S | E | | ¹⁰ Q | | |
| 8.Getting enough | | ├─ | | | | | | | | | | | | _ | | |
| can help fight stress | · an | S | | | | | | | Α | | | | | U | | |
| 9.Regular c | | ` | ¹¹ . L | 1 | 12. M | ¹³ . O | N | I | Т | 0 | R | | | Е | | |
| pressure, weight, and | | | | İ | ' | _ | | | | | | ļ | | S | | |
| stress | | | <u>'</u> | ļ | | Α | ļ | | ' | | | | | ٥ | | ı |
| 12.If you are diagnose | ed | | Q | | | Т | | 14. M | 0 | D | E | R | Α | Т | Е | |
| with high blood | 15. F | | | | T _ | | l | | N. | | <u> </u> | <u> </u> | | | | |
| pressure, you | | R | U | <u> </u> | Т | S | J | | N | | | | | <u> </u> | | |
| should | ı | | ı | | | | | | | | | | | 0 | | |
| your blood pressure | ¹⁶ . | | _ | | | | ì | | 17. | | | | l . | | | |
| 3 , | S | 0 | D | l | U | М | | | 'S | М | 0 | K | | N | G | |
| 14.Aim for 150 | Н | | | | | | | | | | | | | S | | |
| minutes of | |) [| Owr | 1 | | | | | | | | | | | | |
| -intensity aerobic | | 1 | "God | od" c | holes | sterol | that | may | help | prote | ect aç | gains | t hea | rt atta | ack a | nd |
| activity each week | | S | troke | | | | | | | | | | | | | |
| 15.Eat a variety of 2.As builds, it makes the inside of arteries narrower | | | | | | | | | | | | | | | | |
| and veggies 3.A health threat from high blood pressure | | | | | | | | | | | | | | | | |
| 16.Eating less 4.High blood pressure usually has no | | | | | | | | | | | | | | | | |
| can help lower blood 6 as prescribed and lifestyle changes improve quality of | | | | | | | | | | | ty of | | | | | |
| pressure | | fe an | | | | • | | | | | | | | | | |
| 17.A risk factor for high | | | 10.It's important to communicate well with your health care team, | | | | | | | | | | | | | |
| blood pressure | | including asking | | | | | | | | | | | | | | |
| | 1 | | .1.He | | | - | | | | | | | | 4 | | |
| CARDIOVASCIJI | R | temperature, such as canola, olive, and soybean oils ALABAMA | | | | | | | | | | | | | | |
| HEALTH PROGRAM Alabama Department of Public Heal | | 13.A whole grain 15.A heart-healthy source of protein | | | | | | | | | | | | | | |
| | | 1 | .5.A h | eart• | -neal | tny s | ource | e ot p | roteir | 1 | | | | | | |

