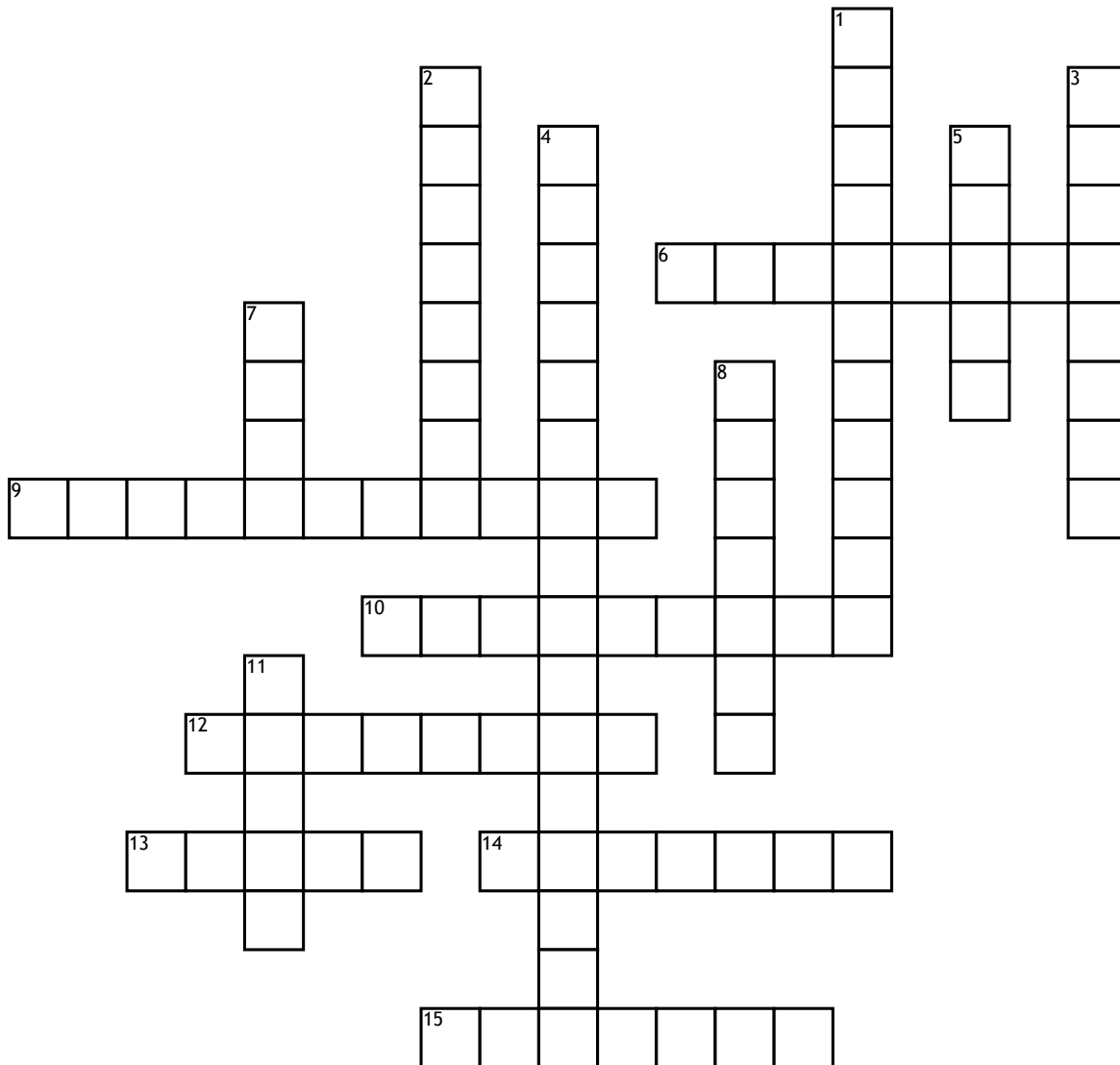


Name: _____ Date: _____

Blood pressure crossword



Across

6. The name for the top number in your blood pressure readings

9. When your blood pressure falls too low

10. Fruit and veg are rich in this blood pressure-lowering trace element

12. The juice of this spherical root vegetable could lower your blood pressure

13. The largest artery leaving the heart

14. An element used in the original blood pressure monitors

15. The type of exercise that requires oxygen to supply your muscles with energy

Down

1. The lining of the tissues of the body, including the blood vessel walls

2. The chemical messengers partly responsible for controlling your blood pressure

3. The medical name for anything involving the blood vessels

4. The technical name for a blood pressure monitor

5. The heart beat, as felt in the wrist

7. A seasoning that raises your blood pressure

8. An excellent and ambulatory form of exercise

11. The most hard-working muscle in the body