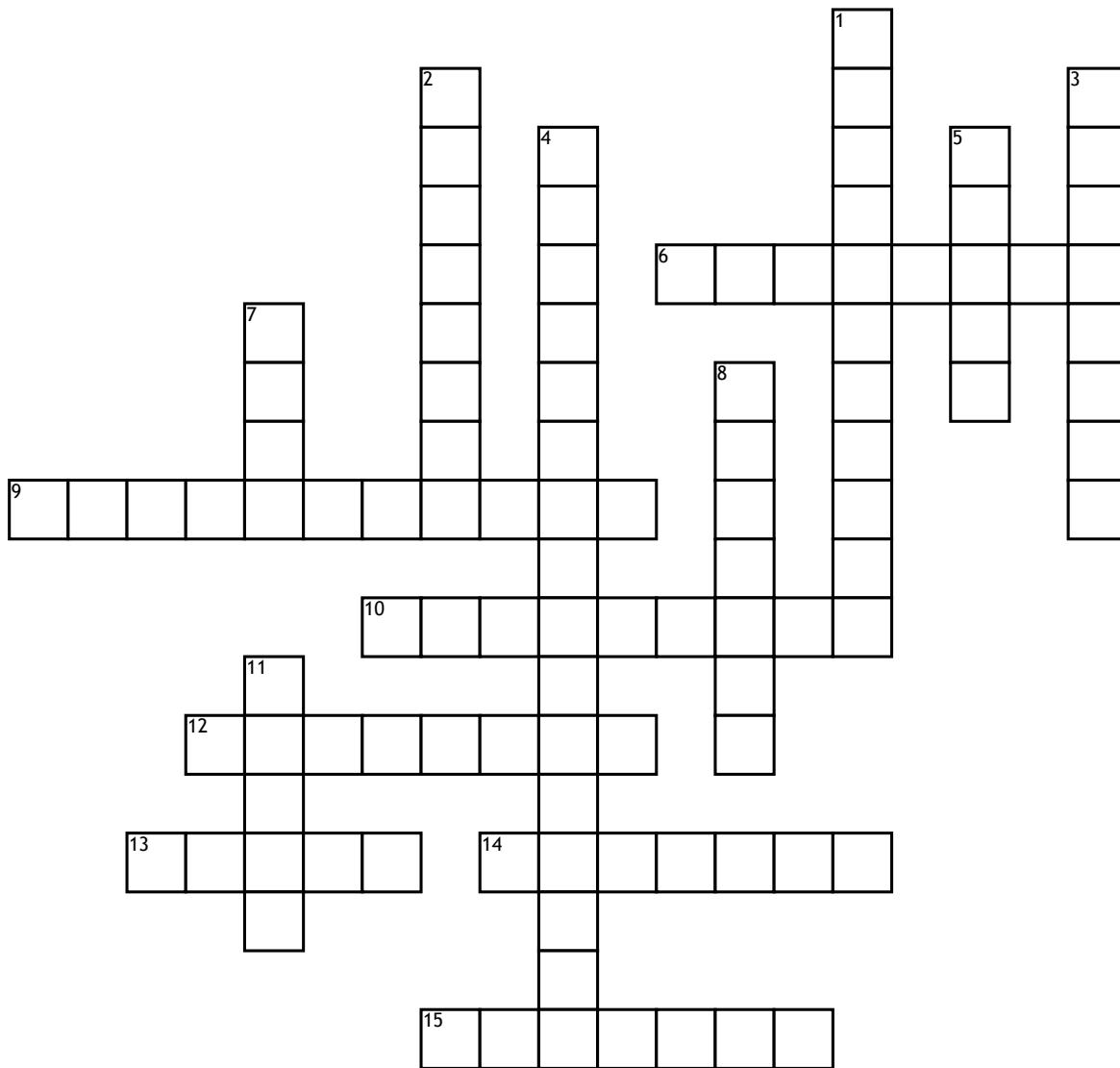


# Blood pressure crossword



## 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