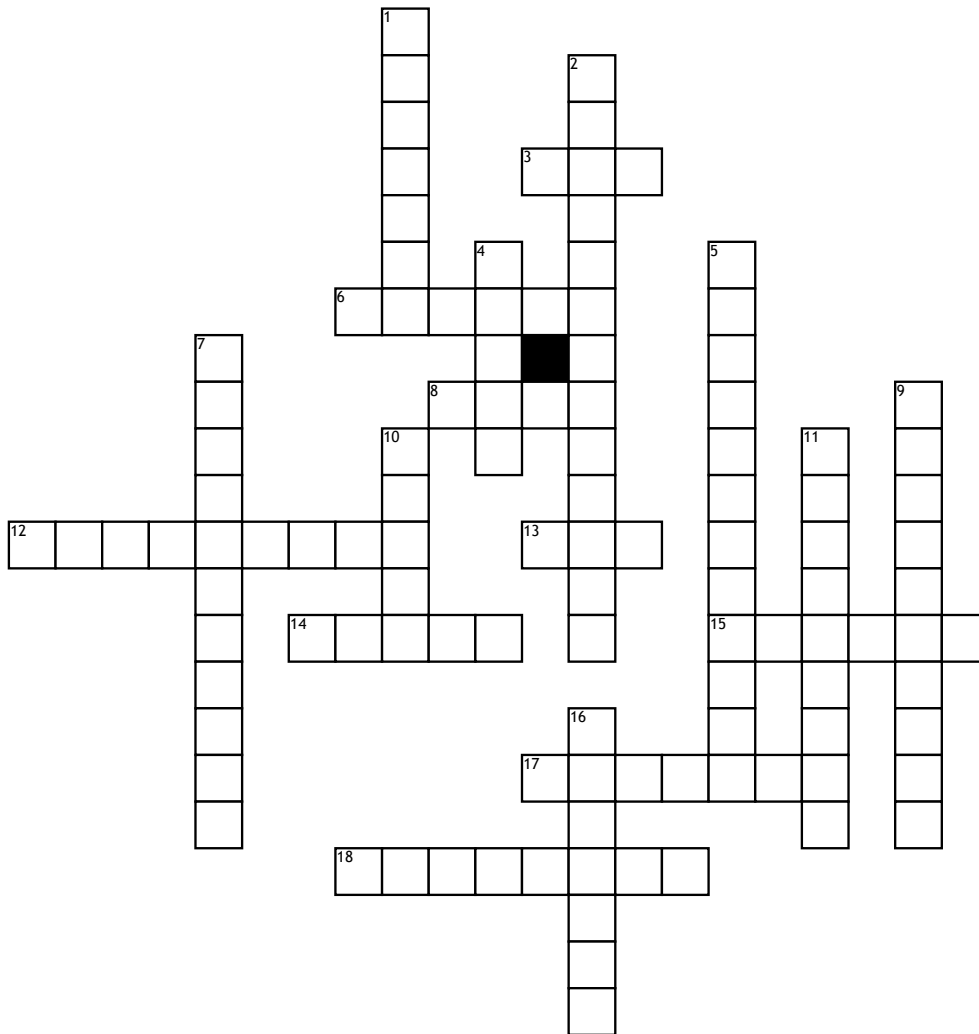


# CARDIAC REHAB WEEK 2021



## Across

3. Initials for "Bad" Cholesterol  
 6. Symptoms like chest pain, shortness of breath and nausea can be referred to as \_\_\_\_.  
 8. A metabolic equivalent or a measure of how hard you are working  
 12. HR stands for \_\_\_\_ (2 wds)  
 13. Initials for "Good" Cholesterol  
 14. If you have a blockage in your left anterior descending artery - it may be called a "\_\_\_\_ maker"

15. \_\_\_\_ is a risk factor for heart disease that is sometimes not recognized.

17. A good fitness program should include stretching, strengthening, cardiovascular and \_\_\_\_.

18. Your goal should be to get at least 150-225 minutes of \_\_\_\_ per week.

## Down

1. Proteins include foods like fish, beans/legumes, beef and \_\_\_\_.  
 2. BMI stands for \_\_\_\_ (3 wds)  
 4. High \_\_\_\_ foods can help you control your cholesterol levels.

5. The medical term for high blood pressure

7. A myocardial infarction means you have had a \_\_\_\_ (2 wds)

9. Diabetes means your \_\_\_\_ (2 wds) is not always controlled well.

10. Carbohydrates include foods like \_\_\_\_, pasta, and rice

11. A type of fat that you should avoid - bad fat

16. It is best to pick fruits and veggies that have a \_\_\_\_ of colors.

## Word Bank

SATURATED	BODY MASS INDEX	STRESS	BLOOD SUGAR	LDL
BALANCE	METS	EXERCISE	FIBER	WIDOW
VARIETY	HEART ATTACK	BREAD	HDL	HEART RATE
ANGINA	CHICKEN	HYPERTENSION		