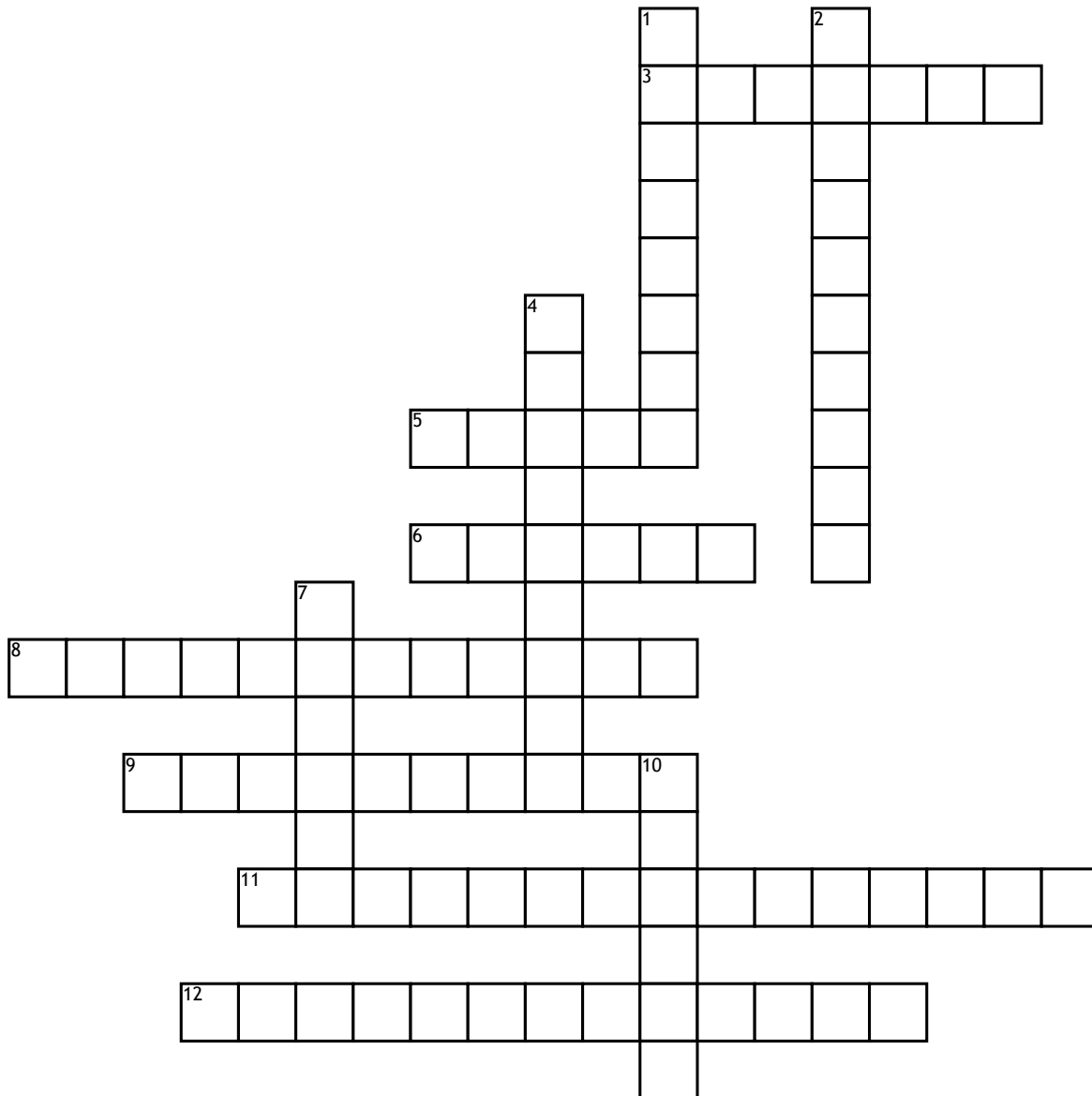


Name: \_\_\_\_\_

Date: \_\_\_\_\_

# Cardiac Rehab Weeek



## Across

3. Type of exercise using large muscle groups

5. Wire mesh tube

6. This should be kept below 1500mg/day

8. High blood pressure

9. Bottom chambers of your heart

11. Recommended minutes of exercise per week

12. Pressure in arteries

## Down

1. One way to monitor exercise intensity

2. Type of risk factor you can change

4. Popular piece of exercise equipment

7. A medication for cholesterol

10. Meditation helps reduce this risk factor