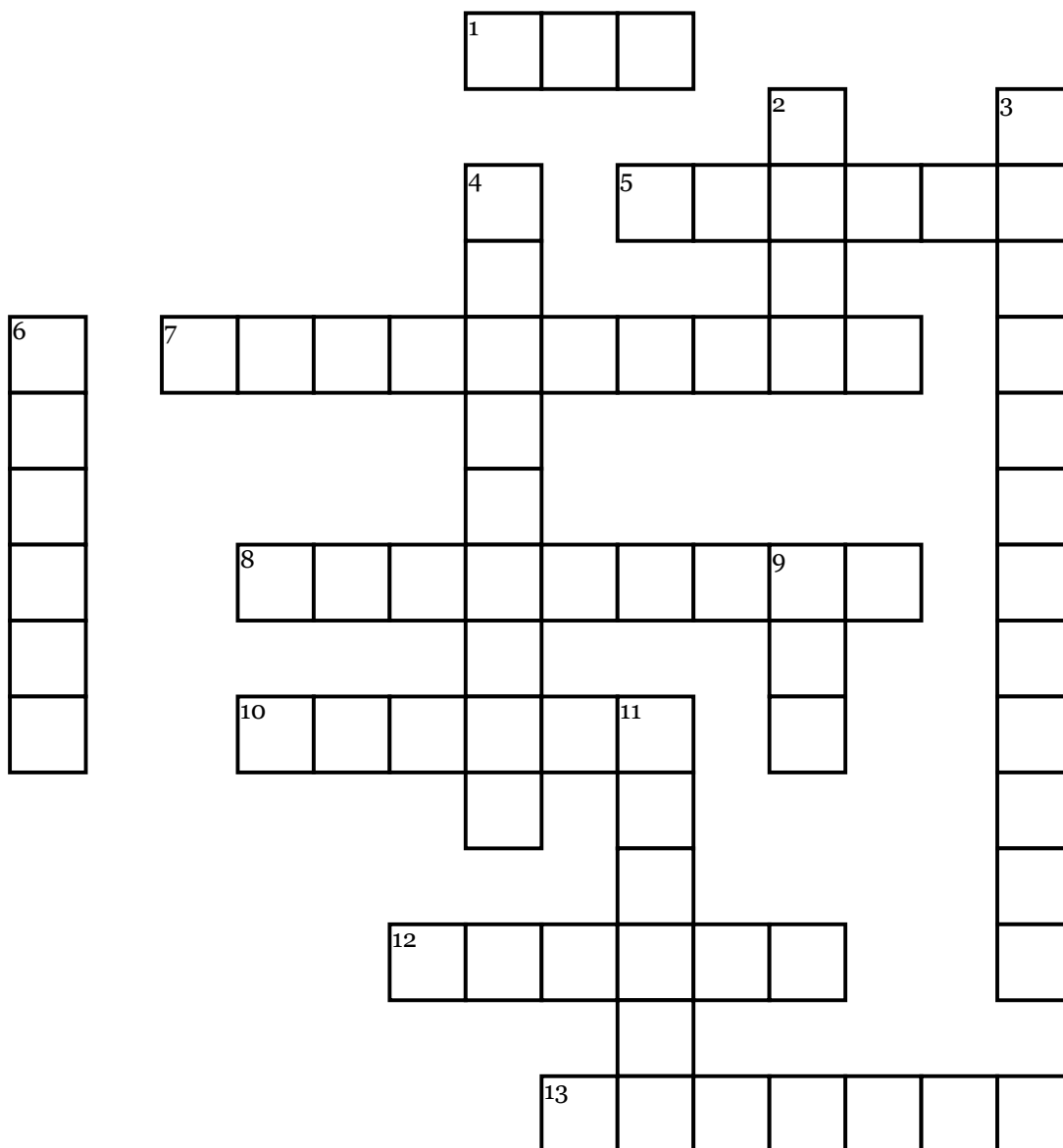


Cardiac Rehab Week!



Across

- 1.** The abbreviation for "Good" cholesterol
- 5.** Minutes of exercise recommended per day
- 7.** Increase this type of food in your diet
- 8.** A popular piece of exercise equipment

- 10.** You can manage this to improve your health and reduce your risk of a heart attack
- 12.** A common sign of a heart attack
- 13.** #1 risk factor for heart disease

Down

- 2.** How minutes to wait before taking a second nitroglycerin & calling 911

- 3.** High Blood Pressure
- 4.** The type of fat that contributes most to high cholesterol
- 6.** A common medication for cholesterol
- 9.** The abbreviation for "Bad" cholesterol
- 11.** Patients should limit this ingredient in their diet