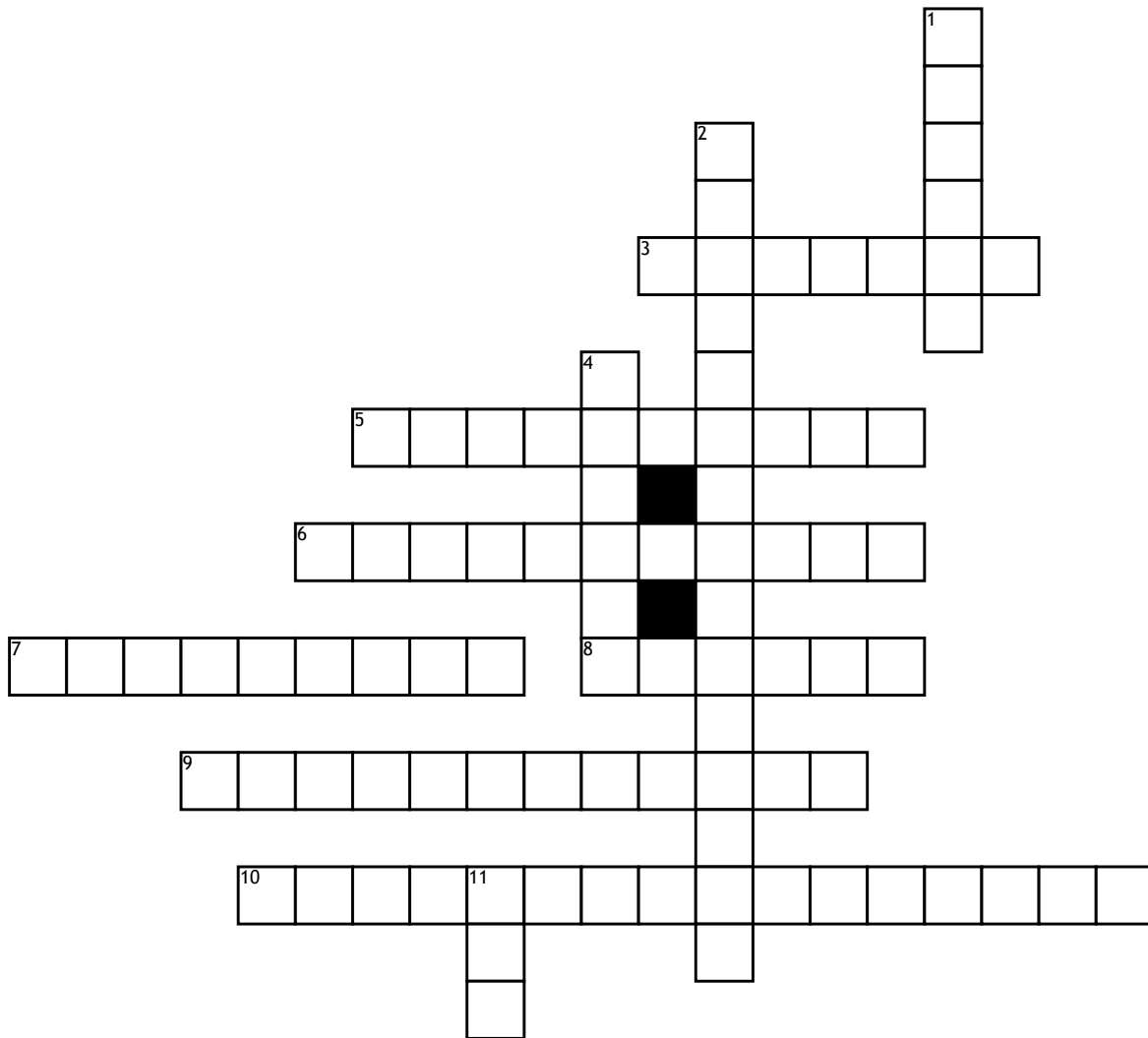


Name: _____

Date: _____

Celebrate Cardiac Rehab Week



Across

3. What type of exercise is good for your heart
5. How many years has Westfields had Cardiac Rehab
6. This berry is a super food
7. A popular piece of exercise equipment
8. Patients should limit this ingredient in their diet
9. High blood pressure

10. A surgical procedure for severe heart disease (3 words)

Down

1. A common medication for cholesterol
2. How many minutes of exercise is recommended per week
4. A job related risk factor
11. What is the abbreviation for "Good" cholesterol