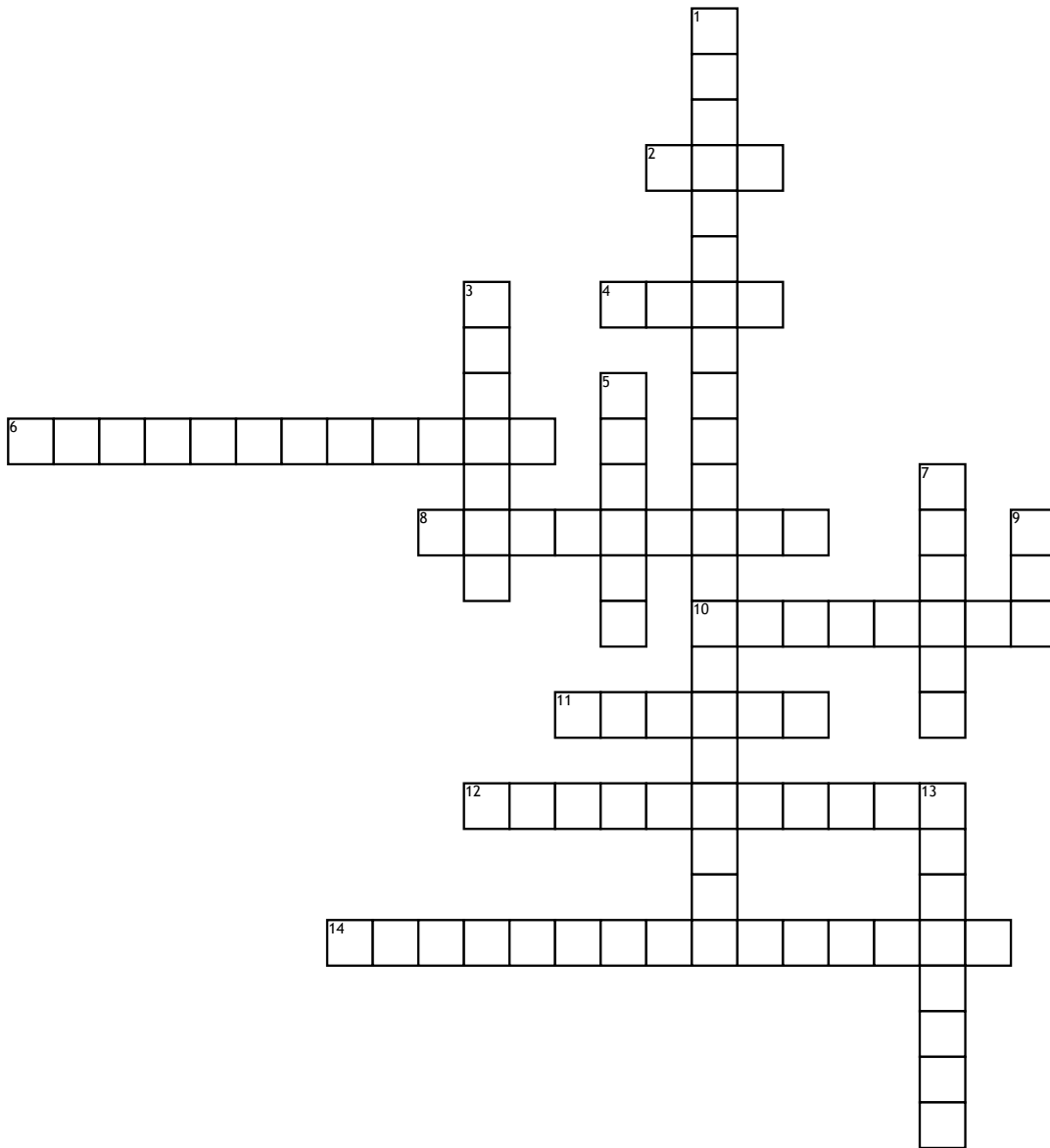


# FCMC Cardiac Rehab Week



**Across**

- 2. Abbreviation for "good" cholesterol
- 4. Cardiac Rehab increases life expectancy by up to \_\_\_\_ years.
- 6. Blood Pressure >140/90
- 8. Pressure when the heart is relaxing?

- 10. Patients need a \_\_\_\_\_ from their doctor to enroll in Cardiac Rehab.
- 11. Patients should limit this in their diet?
- 12. How long are patients typically in cardiac rehab?
- 14. Recommended minutes of exercise per week

**Down**

- 1. Diseases involving the heart and blood vessels

- 3. Type of exercise good for your heart?
- 5. A common medication for high cholesterol
- 7. People who attend cardiac rehab have up to \_\_\_\_\_% fewer fatal heart events.
- 9. Abbreviation for "bad" cholesterol
- 13. Pressure when the heart is beating?