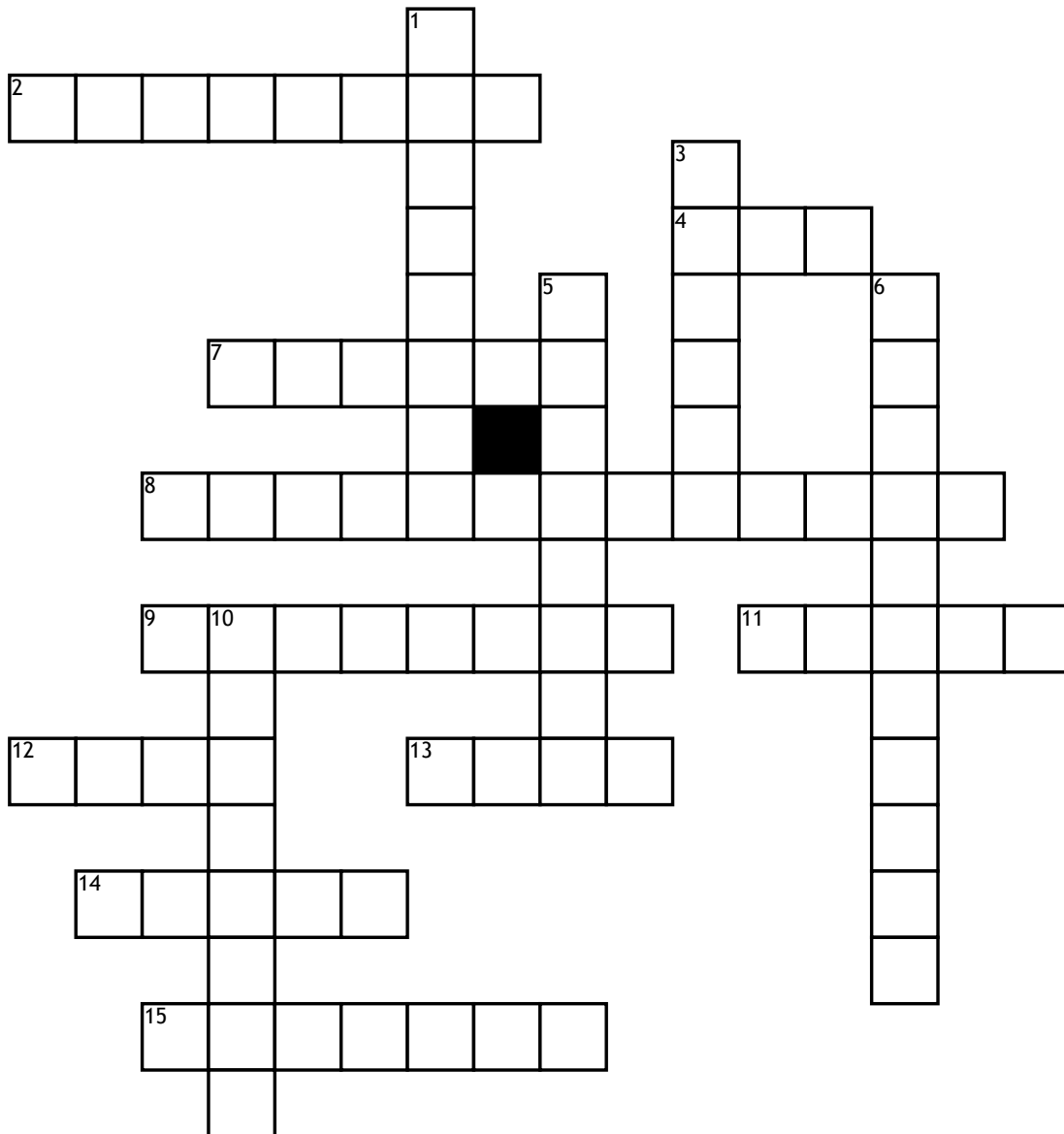


Name: _____

Date: _____

Heart Health



Across

2. _____ is good for your heart. It reduces stress and gives a boost to your immune system.
4. Which animal's heart is most like humans?
7. Your heart needs _____ to keep beating.
8. Smoking tobacco raises your _____ and increases your risk of heart attack
9. Emotional and _____ health are both important for maintaining a healthy heart.
11. Every day, your heart _____ an impressive 100,000 times.

12. How many chambers are in the heart?
13. A healthy _____ and exercise can lower your risk for heart attack.
14. Your heart is a strong muscle that pumps _____ to all the organs in your body -- 2,000 gallons' worth each day!
15. By making _____ choices, you can help lower your risk for heart disease.

Down

1. A heart that's bigger than it should be is called an _____ heart. It can become weak and pump blood less efficiently.

3. The beating sound of your heart is caused by the _____ of the heart opening and closing.
5. Having high blood pressure, having high cholesterol, and smoking tobacco all _____ your risk for heart disease.
6. Myocardial infarction is another name for _____.
10. A stressful event, like a breakup or even winning the lottery, can bring on sudden chest pains that feel like a heart attack. Those pains are triggered by a rush of stress _____. The good news is that "broken heart syndrome" is usually treatable and goes away within a couple of weeks.