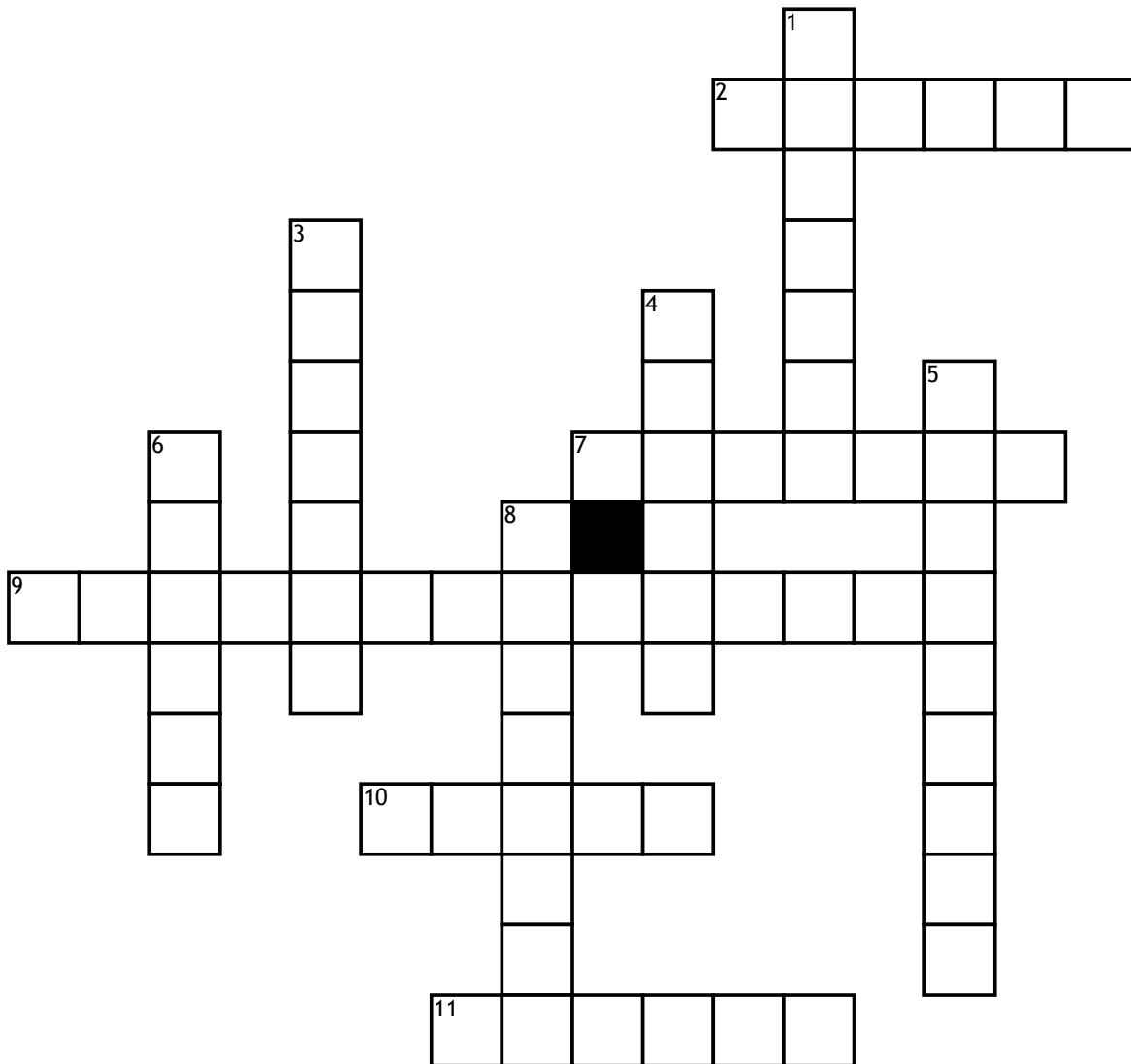


Name: _____

Date: _____

Heart Healthy



Across

2. Eating healthy diet. Try to limit saturated fats, foods high in _____ and added sugars.
7. Every year, heart disease and _____ cause the most deaths. Compared to all diseases and cancers together
9. _____ disease is the leading cause of death globally.
10. Make sure you get enough _____. Most adults require 7 to 9 hours per night.
11. To prevent high blood pressure maintain a healthy _____.

Down

1. Using _____ products increase your risk of cardiovascular disease
3. Aim for over 150 minutes of _____ exercise per week.
4. Reduce your chance of having heart disease or a heart _____ by exercising regularly and eating healthy.
5. Some of the warning signs for a Heart Attack include chest pain, nausea, vomiting, cold sweats, and _____ symptoms
6. _____ is linked to heart attack.
8. Avoid excess salt and _____ in your diet