

Preventing Heart Disease

S G C H W Y Y R O T S I H Y L I M A F H Z E N M
C C O E E X E R C I S I N G R E G U L A R L Y N
A J N S B G S H Q D I A B E T E S M C N J A C I
J D T A N G P Q X Y C B F C V D U X Q V P M D O
L N R E A X R A H Q R I S K F A C T O R S N I A
Q Z O S C J P E M N T H G I E W G N I S O L P P
R X L I S L M L V Q I H E A R T A T T A C K N D
E W L D T P C I W Y A J W Q K U Z Q G T A Z A Q
S G I T L H H F V S S E R T S G N I G A N A M F
S F N R A E R E P F M O D H H S E R U F I N D X
S D G A S S O S T B O V K V Z K A F Y D C R S C
E C B E L F N T L P B Q B D U H T H L E J U Z H
R X L H Q M I Y R F I Q V D A A I E Y T Q O M O
T V O T K A C L E N M J S V D R N A Y A E H G L
S Z O N A X S E Y S R M A U L Q G R U R V D T E
E U D E X S T H R O T C O D J C H T E U B A J S
G L P V O H R H Z L A D B S D L E D U T E L C T
A T R E U X E L Q C P W C G M I A I K A F L I E
N M E R H G S C I G Q D E R M K L S M S U V L R
A Q S P G X S D J U A S H K X C T E J Z R Q O O
M U S V A Q P V Y X W O B R E P H A Z G K U T L
G H U M E Q I H W B N M M U L M Y S R D Y F S P
D E R X A D I A S T O L I C S U I E U T N M Y E
O B E Y I M P F O O J L Z B D X J P F G E P S H

controlling blood pressure
managing stress
family history
losing weight
risk factors
diastolic
doctor

prevent heart disease
eating healthy
manage stress
heart disease
cholesterol
diabetes
salt

exercising regularly
chronic stress
saturated fat
heart attack
lifestyle
systolic