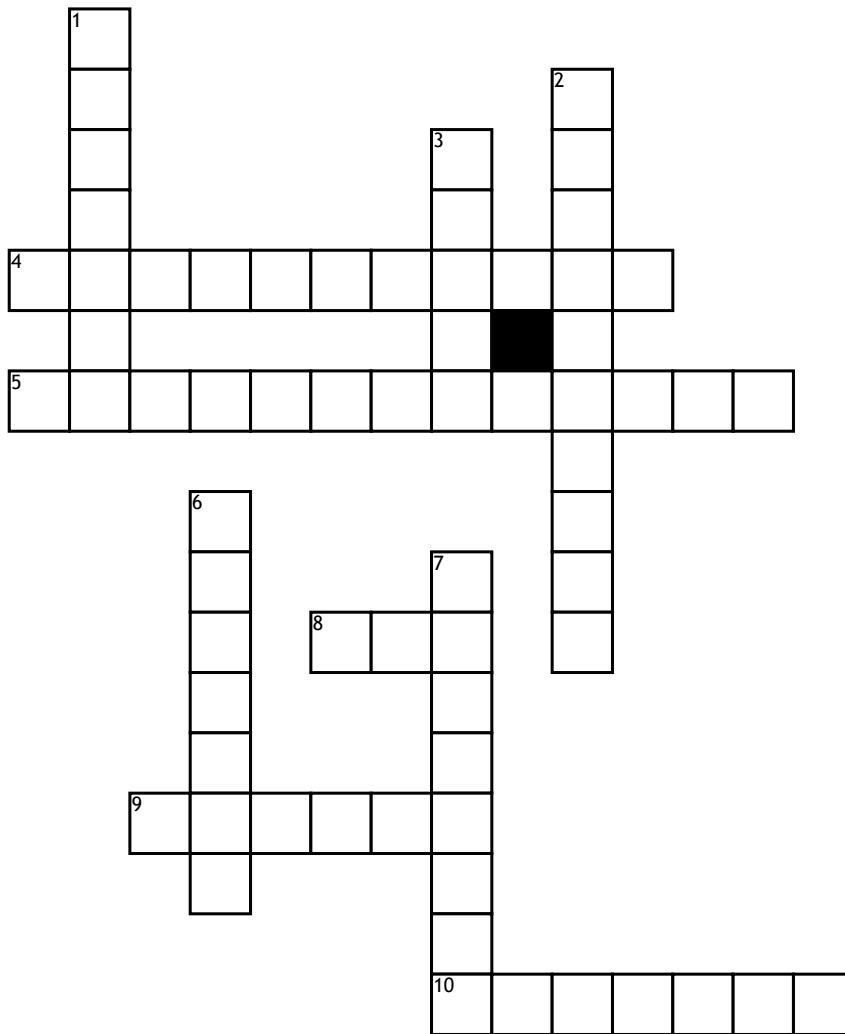


Name: _____

Date: _____

Risk Factors



Across

4. _____ increases risks of heart disease and stroke coupled with a poor diet.
5. High _____ is a major risk for stroke and coronary heart disease.
8. What formula uses height and weight to determine wellness?
9. To be considered physically _____, an individual should perform at least 150 minutes a week of moderate intensity exercise.
10. _____ is the leading cause of preventable death.

Down

1. Cirrhosis and jaundice can be a result of heavy _____ use.
2. High _____ can lead to Diabetes Type 1 and Type 2.
3. If your Body Mass Index is over 30, you are classified as _____.
6. Every six seconds someone dies due to _____ use or exposure.
7. Amputations and renal disease is a common result of this disease.

Word Bank

Tobacco

alcohol

active

BMI

Blood Pressure

Cholesterol

Smoking

Obese

Blood Sugar

Diabetes