|  |  |
| --- | --- |
| Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ | Date: \_\_\_\_\_\_\_\_\_\_\_\_\_\_ |

BLOOD PRESSURE & EXERCISE

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

   STROKE       DRINK WATER       RELAXATION       STRESS       OVERWEIGHT       PORTION SIZE       PHYSICAL ACTIVITY       DIABETES       KIDNEY FAILURE       HEART DISEASE       VEGETABLES       FRUITS       CHECK MY BLOOD PRESSURE       TAKE MY MEDICATION       EXERCISE       HEALTHY DIET       HYPOTENSION       HYPERTENSION       DIASTOLIC       SYSTOLIC