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Cardiac Rehab Week

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| **Across**  **4.** The amount of years Cardiac Rehab has been here at MHWZ  **6.** \_\_\_\_ is the amount of energy it costs to complete a task  **7.** The amount of sessions each patient gets to complete Cardiac Rehab  **9.** You should exercise at least \_\_\_\_ times per week  **10.** The bad form of cholesterol is (abbreviation)  **11.** \_\_\_\_ is the pressure of circulating blood against the walls of blood vessels | **Down**  **1.** The preventable form of diabetes is  **2.** Each exercise session should last no less than  **3.** A term used to describe high blood pressure  **5.** Who is the medical director over Cardiac Rehab?  **8.** This food item directly affects blood pressure |