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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 |