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| Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ | Date: \_\_\_\_\_\_\_\_\_ | Period: \_\_\_\_\_\_\_ |

Cardiovascular Disease

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|  |  |  |  |  |  |  |  |  |  |  | 1  W |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  |  | E |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  |  | L |  |  |  |  | 2  S |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  |  | L |  |  |  |  | M |  |  |  |  |  |  |  |  |  | 3  P |  |  |  |
|  |  |  |  |  |  |  |  |  |  |  | N |  |  |  | 4  W | O | R | K | O | U | T |  |  |  |  | H |  |  |  |
|  |  |  |  |  | 5  C |  |  |  |  |  | E |  |  | 6  H |  | K |  |  |  |  |  |  |  | 7  D |  | Y |  |  |  |
|  |  |  |  |  | A |  |  |  |  | 8  I | S | C | H | E | M | I | C |  | 9  H |  |  | 10  S |  | U |  | S |  |  |  |
|  |  |  |  |  | R |  |  |  |  |  | S |  |  | R |  | N |  |  | Y |  |  | Y |  | R |  | I |  |  |  |
|  |  |  |  |  | D |  |  |  |  |  |  |  |  | E |  | G |  |  | P |  |  | S |  | A |  | C |  |  |  |
|  |  |  |  |  | I |  |  |  |  |  |  |  | 11  H | D | L |  |  | 12  H | E | A | R | T | A | T | T | A | C | K |  |
|  |  |  |  |  | O |  |  |  |  |  |  |  |  | I |  |  |  |  | R |  |  | O |  | I |  | L |  |  |  |
|  |  |  |  |  | V |  |  |  |  |  |  |  |  | T |  | 13  H |  |  | T |  |  | L |  | O |  | A |  |  |  |
|  |  |  |  |  | A |  |  | 14  E |  | 15  P | R | E | H | Y | P | E | R | T | E | N | S | I | O | N |  | C |  |  |  |
|  |  |  |  |  | S |  |  | X |  |  |  |  |  |  |  | A |  |  | N |  |  | C |  |  |  | T |  |  |  |
|  |  |  |  |  | C |  |  | E |  |  |  |  |  | 16  C |  | L |  |  | S |  |  |  |  |  |  | I |  |  |  |
|  |  |  |  |  | U |  |  | R |  |  |  | 17  D | I | A | S | T | O | L | I | C |  | 18  H |  | 19  L |  | V |  |  |  |
|  |  |  |  |  | L |  |  | C |  |  |  |  |  | N |  | H |  |  | O |  |  | E |  | D |  | I |  |  |  |
|  |  |  |  |  | A |  |  | I |  |  |  |  |  | C |  |  |  |  | 20  N | O | R | M | A | L |  | T |  |  |  |
|  |  |  |  |  | R |  |  | S |  |  |  |  |  | E |  |  |  |  |  |  |  | O |  |  |  | Y |  |  |  |
|  |  |  |  |  | D |  | 21  S | E | D | E | N | T | A | R | Y |  |  |  |  | 22  S | T | R | O | K | E |  |  |  |  |
|  |  |  |  |  | I |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  | R |  |  |  |  |  |  |  |
|  |  |  |  |  | S |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  | H |  | 23  S |  |  |  |  |  |
|  |  |  |  |  | E |  |  |  |  |  |  |  |  |  | 24  T | Y | P | E | 2 | D | I | A | B | E | T | E | S |  |  |
|  |  |  |  |  | A |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  | G |  | L |  |  |  |  |  |
|  |  |  |  |  | S |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  | I |  | F |  |  |  |  |  |
|  |  | 25  T | Y | P | E | 1 | D | I | A | B | E | T | E | S |  |  |  |  |  |  |  | C |  | T |  |  |  |  |  |
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| **Across**  **4.** Peak of an exercise plan, most intense  **8.** Stroke caused by blockage in a blood vessel  **11.** “Good” Cholesterol  **12.** Coronary artery is completely blocked  **15.** Blood pressure range 120-129 or 80-89  **17.** Pressure when the heart is relaxing  **20.** Blood pressure range Below 120 and Below 80  **21.** Inactive Lifestyle  **22.** Blocked blood supply to a part of the brain  **24.** This type of diabetes is environmental  **25.** This type of diabetes is biological | **Down**  **1.** expands the idea of health to include the ability to achieve optimal health, all dimensions  **2.** #1 Risk Factor  **3.** Any body movement  **5.** Various diseases involving heart and blood vessels  **6.** Another name for genetics  **7.** Length of a workout  **9.** Consistent High Blood Pressure  **10.** Pressure when the heart is beating  **13.** overall condition of body or mind and the presence or absence of illness or injury  **14.** planned, structured, repetitive movement intended to improve or maintain physical fitness  **16.** Ranked #2 in deaths in the U.S.  **18.** Stroke caused by burst or ruptured blood vessel  **19.** “Bad” Cholesterol  **23.** Internal Dialogue |