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| Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ |

Heart Health Crossword Puzzle

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|  |  |  | 3 |  |  |  |  |  |  |  |  |  |  |  |
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|  |  | 5 |  |  | 6 |  |  |  |  |  |  |  |  |  |
|  |  |  |  | 7 |  |  |  |  |  |  |  |  |  |  |
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|  | 9 |  |  |  |  |  |  |  |  |  |  |  |  |  |
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|  |  |  |  |  |  | 10 |  |  |  |  |  |  |  |  |
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| **Across****3.** A common symptom of a heart attack along with shortness of breath, arm or jaw pain**7.** Even if you have a family \_\_\_\_\_\_\_\_of heart disease, you can take action to reduce your risks**8.** Not only senior citizens, but even \_\_\_\_\_\_\_\_ people can have heart disease**9.** Have this blood level checked at least once a year to help manage your risk of heart disease**10.** Moderate intensity \_\_\_\_\_\_\_\_\_ is beneficial to heart health | **Down****1.** Heart \_\_\_\_\_\_\_\_ can cause shortness of breath and swelling of the feet and ankles**2.** High \_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_ is known as a "silent killer"**4.** Peripheral \_\_\_\_\_\_\_\_\_ Disease causes leg pain as a result of blocked blood vessels**5.** Abnormal or irregular heart beat**6.** a condition with high blood sugar that increases risk of heart disease |

   young       Blood Pressure       Chest Pain       Diabetes       History       Cholesterol       Failure       Artery       arrhythmia       Exercise