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

Heart Health Crossword Puzzle

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|  |  | 5 |  |  | 6 |  |  |  |  |  |  |  |  |  |
|  |  |  |  | 7 |  |  |  |  |  |  |  |  |  |  |
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|  | 9 |  |  |  |  |  |  |  |  |  |  |  |  |  |
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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