Preventing Heart Disease

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| S | G | C | H | W | Y | Y | R | O | T | S | I | H | Y | L | I | M | A | F | H | Z | E | N | M |
| C | C | O | E | E | X | E | R | C | I | S | I | N | G | R | E | G | U | L | A | R | L | Y | N |
| A | J | N | S | B | G | S | H | Q | D | I | A | B | E | T | E | S | M | C | N | J | A | C | I |
| J | D | T | A | N | G | P | Q | X | Y | C | B | F | C | V | D | U | X | Q | V | P | M | D | O |
| L | N | R | E | A | X | R | A | H | Q | R | I | S | K | F | A | C | T | O | R | S | N | I | A |
| Q | Z | O | S | C | J | P | E | M | N | T | H | G | I | E | W | G | N | I | S | O | L | P | P |
| R | X | L | I | S | L | M | L | V | Q | I | H | E | A | R | T | A | T | T | A | C | K | N | D |
| E | W | L | D | T | P | C | I | W | Y | A | J | W | Q | K | U | Z | Q | G | T | A | Z | A | Q |
| S | G | I | T | L | H | H | F | V | S | S | E | R | T | S | G | N | I | G | A | N | A | M | F |
| S | F | N | R | A | E | R | E | P | F | M | O | D | H | H | S | E | R | U | F | I | N | D | X |
| S | D | G | A | S | S | O | S | T | B | O | V | K | V | Z | K | A | F | Y | D | C | R | S | C |
| E | C | B | E | L | F | N | T | L | P | B | Q | B | D | U | H | T | H | L | E | J | U | Z | H |
| R | X | L | H | Q | M | I | Y | R | F | I | Q | V | D | A | A | I | E | Y | T | Q | O | M | O |
| T | V | O | T | K | A | C | L | E | N | M | J | S | V | D | R | N | A | Y | A | E | H | G | L |
| S | Z | O | N | A | X | S | E | Y | S | R | M | A | U | L | Q | G | R | U | R | V | D | T | E |
| E | U | D | E | X | S | T | H | R | O | T | C | O | D | J | C | H | T | E | U | B | A | J | S |
| G | L | P | V | O | H | R | H | Z | L | A | D | B | S | D | L | E | D | U | T | E | L | C | T |
| A | T | R | E | U | X | E | L | Q | C | P | W | C | G | M | I | A | I | K | A | F | L | I | E |
| N | M | E | R | H | G | S | C | I | G | Q | D | E | R | M | K | L | S | M | S | U | V | L | R |
| A | Q | S | P | G | X | S | D | J | U | A | S | H | K | X | C | T | E | J | Z | R | Q | O | O |
| M | U | S | V | A | Q | P | V | Y | X | W | O | B | R | E | P | H | A | Z | G | K | U | T | L |
| G | H | U | M | E | Q | I | H | W | B | N | M | M | U | L | M | Y | S | R | D | Y | F | S | P |
| D | E | R | X | A | D | I | A | S | T | O | L | I | C | S | U | I | E | U | T | N | M | Y | E |
| O | B | E | Y | I | M | P | F | O | O | J | L | Z | B | D | X | J | P | F | G | E | P | S | H |

   doctor       prevent heart disease       manage stress       lifestyle       salt       saturated fat       losing weight       eating healthy       exercising regularly       chronic stress       managing stress       diabetes       heart attack       diastolic       systolic       cholesterol       controlling blood pressure       risk factors       family history       heart disease