

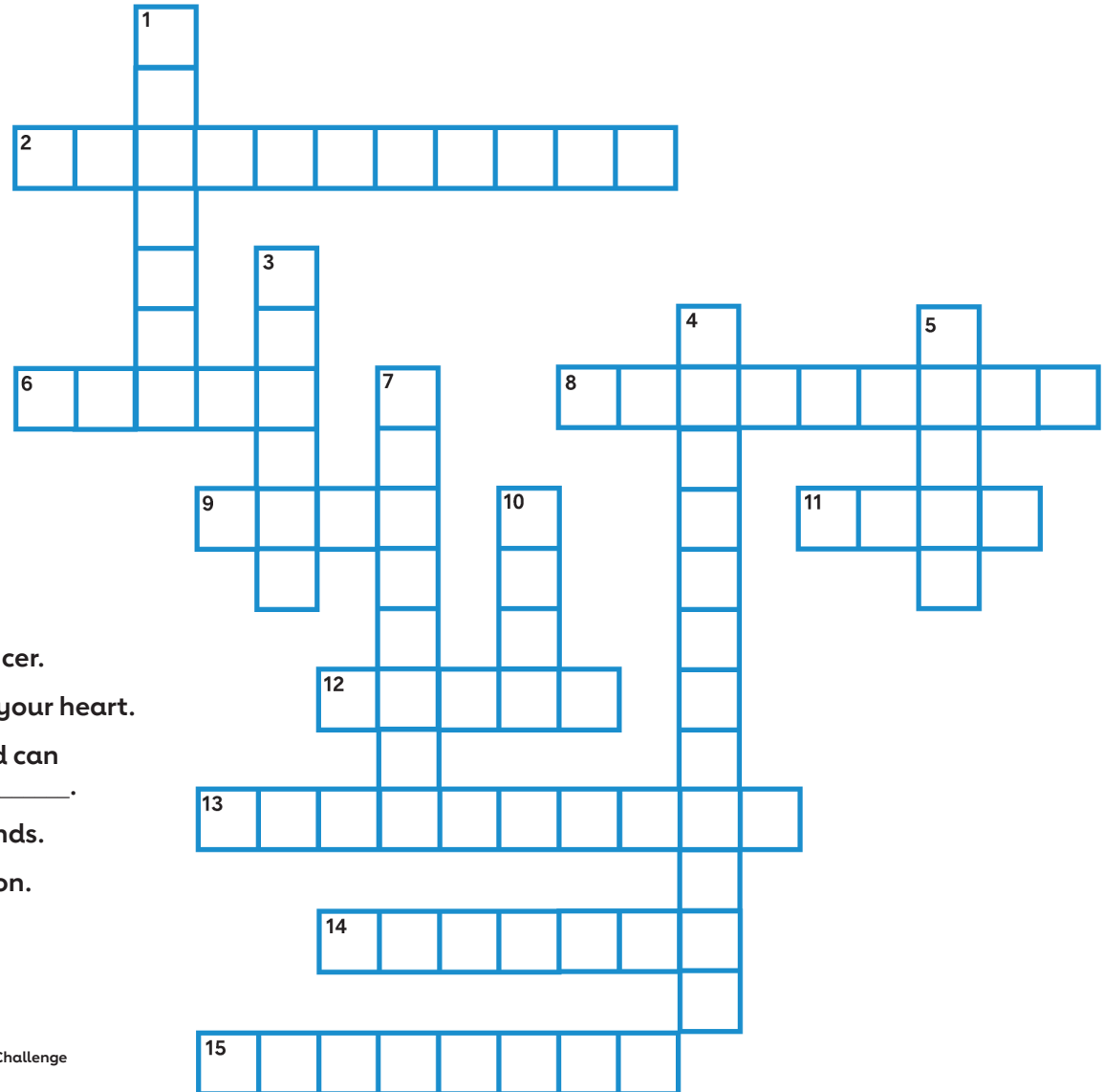
# HEART-HEALTHY CROSSWORD

## ACROSS:

2. Foods high in \_\_\_\_\_ are bad for the heart.
6. Controlling blood \_\_\_\_\_ will help prevent diabetes.
8. Most common symptom of a heart attack.
9. How many servings of fruits and vegetables a day?
11. The average heart is approximately the size of a \_\_\_\_?
12. We have approximately 60,000 \_\_\_\_\_ of blood vessels.
13. Eating colorful \_\_\_\_\_ is part of a heart-healthy diet.
14. The heart pumps about 2,000 \_\_\_\_\_ of blood per day.
15. Blood \_\_\_\_\_ needs to be below 120/80.

## DOWN:

1. A bad habit that contributes to heart disease and lung cancer.
3. The higher your blood pressure, the more \_\_\_\_\_ is put on your heart.
4. Not getting enough sleep can be harmful to your body and can cause health problems including high blood pressure and \_\_\_\_\_.
5. True or False: The average heart weighs between 7-15 pounds.
7. 30 min of \_\_\_\_\_ a day can greatly improve heart function.
10. True or False: Heart disease is preventable.



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## Answer Key

