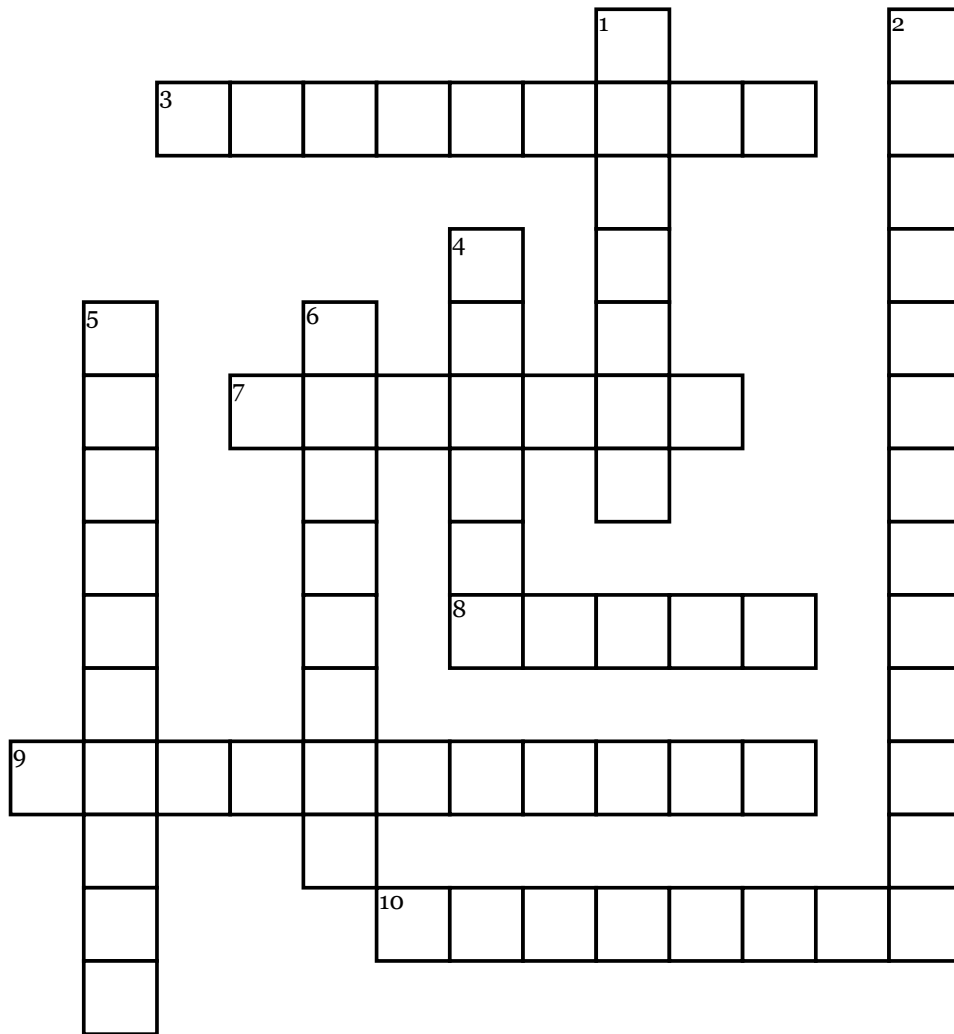


Name: \_\_\_\_\_

# Heart Health Crossword Puzzle



## 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

## Word Bank

Cholesterol  
young  
Exercise

Failure  
Chest Pain  
arrhythmia

Diabetes  
Artery

Blood Pressure  
History