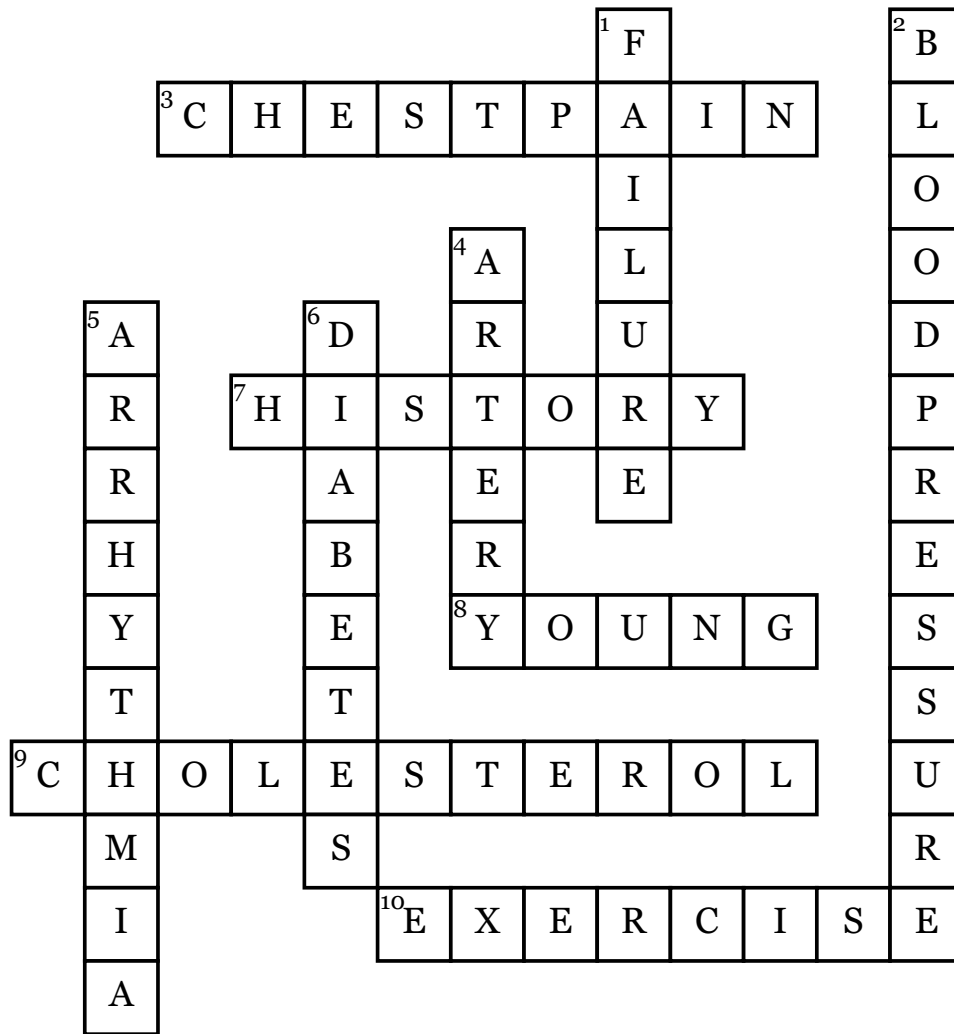


Name: _____

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

young
Artery
Chest Pain

Cholesterol
Exercise
History

Failure
Diabetes

arrhythmia
Blood Pressure