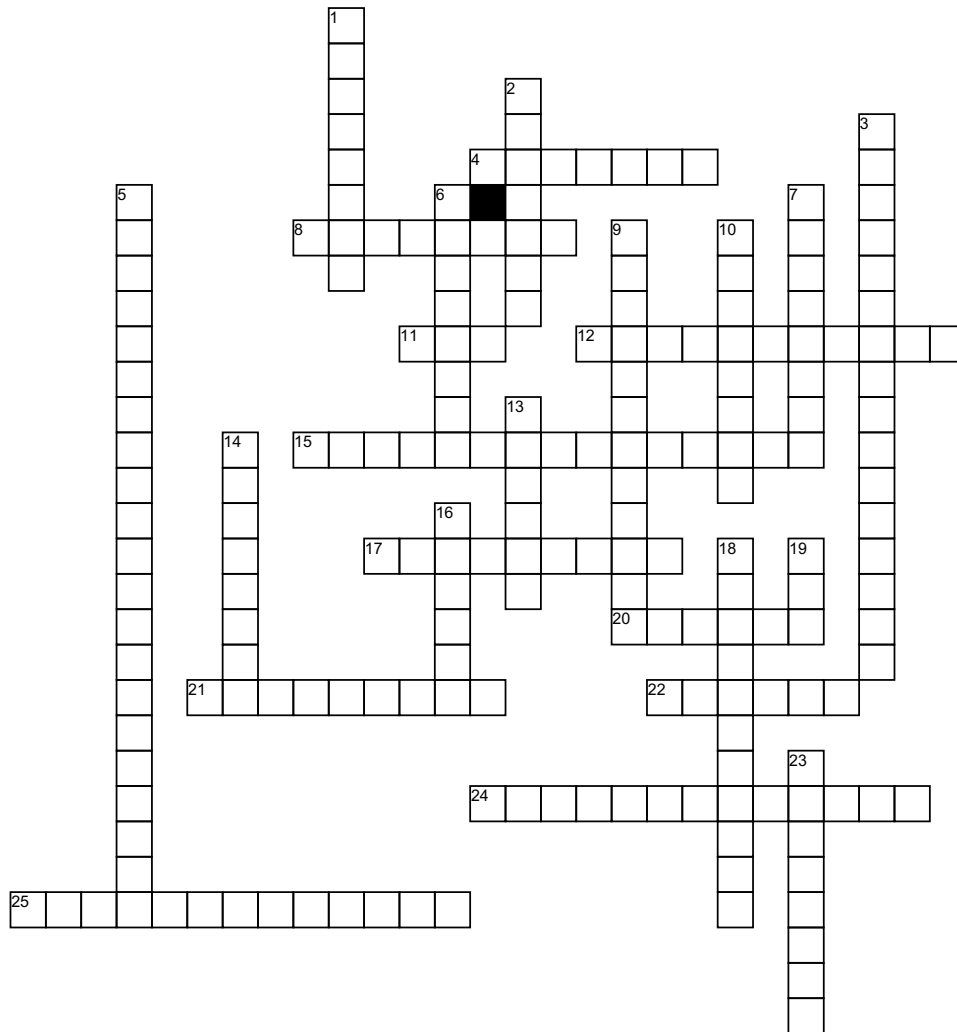


Cardiovascular Disease



Across

4. Peak of an exercise plan, most intense
8. Stroke caused by blockage in a blood vessel
11. "Good" Cholesterol
12. Coronary artery is completely blocked
15. Blood pressure range 120-129 or 80-89
17. Pressure when the heart is relaxing
20. Blood pressure range Below 120 and Below 80
21. Inactive Lifestyle
22. Blocked blood supply to a part of the brain
24. This type of diabetes is environmental
25. This type of diabetes is biological

Down

1. expands the idea of health to include the ability to achieve optimal health, all dimensions
2. #1 Risk Factor
3. Any body movement
5. Various diseases involving heart and blood vessels
6. Another name for genetics
7. Length of a workout
9. Consistent High Blood Pressure
10. Pressure when the heart is beating
13. overall condition of body or mind and the presence or absence of illness or injury
14. planned, structured, repetitive movement intended to improve or maintain physical fitness
16. Ranked #2 in deaths in the U.S.
18. Stroke caused by burst or ruptured blood vessel
19. "Bad" Cholesterol
23. Internal Dialogue