

Name: _____

Date: _____

Hypertension Prevention

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

HIGH BLOOD PRESSURE

STRESS REDUCTION

STOP SMOKING

WEIGHT LOSS

VEGETABLES

EXERCISE

LOW SALT

HEALTH

FRUITS

SUGAR

DAIRY

HEART