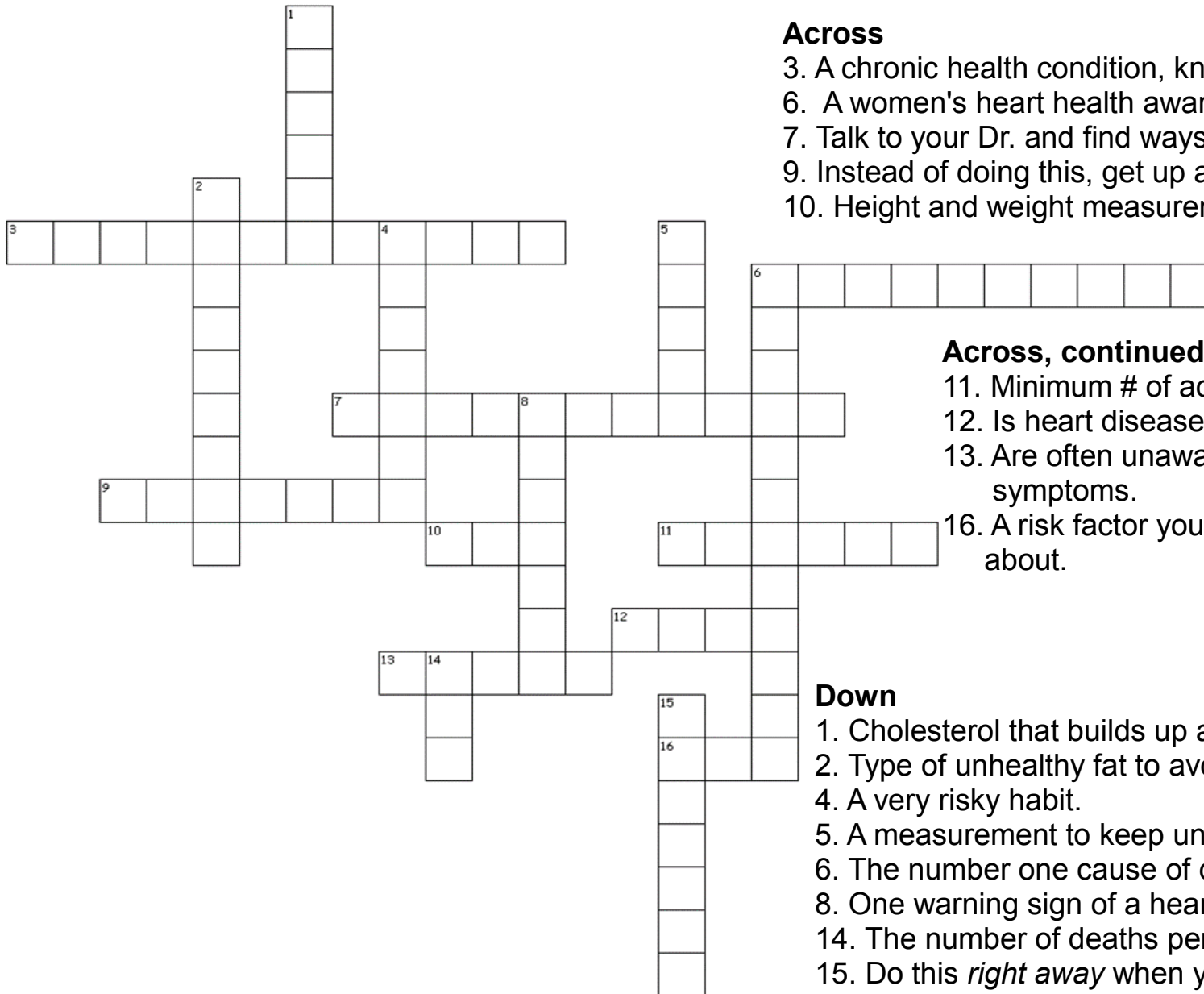




## Don't be puzzled! Learn about heart disease and ways you can *Love Your Heart!*



### Across

3. A chronic health condition, known as “the silent killer”.
6. A women's heart health awareness and action campaign.
7. Talk to your Dr. and find ways to lower or manage these.
9. Instead of doing this, get up and move.
10. Height and weight measurement and risk categories.

### Across, continued

11. Minimum # of active minutes you need each day.
12. Is heart disease preventable - true or false?
13. Are often unaware of heart disease and ignore symptoms.
16. A risk factor you cannot control, but you can fib about.

### Down

1. Cholesterol that builds up and clogs arteries.
2. Type of unhealthy fat to avoid like the plague.
4. A very risky habit.
5. A measurement to keep under 35".
6. The number one cause of death in the U.S.
8. One warning sign of a heart attack.
14. The number of deaths per minute in the U.S.
15. Do this *right away* when you notice heart attack symptoms.

## **ANSWERS**

### Across:

3. hypertension
6. hearttruth
7. riskfactors
9. sitting
10. bmi
11. thirty
12. true
13. women
16. age

### Down:

1. plaque
2. transfats
4. smoking
5. waist
6. heartdisease
8. fatigue
14. one
15. call911