

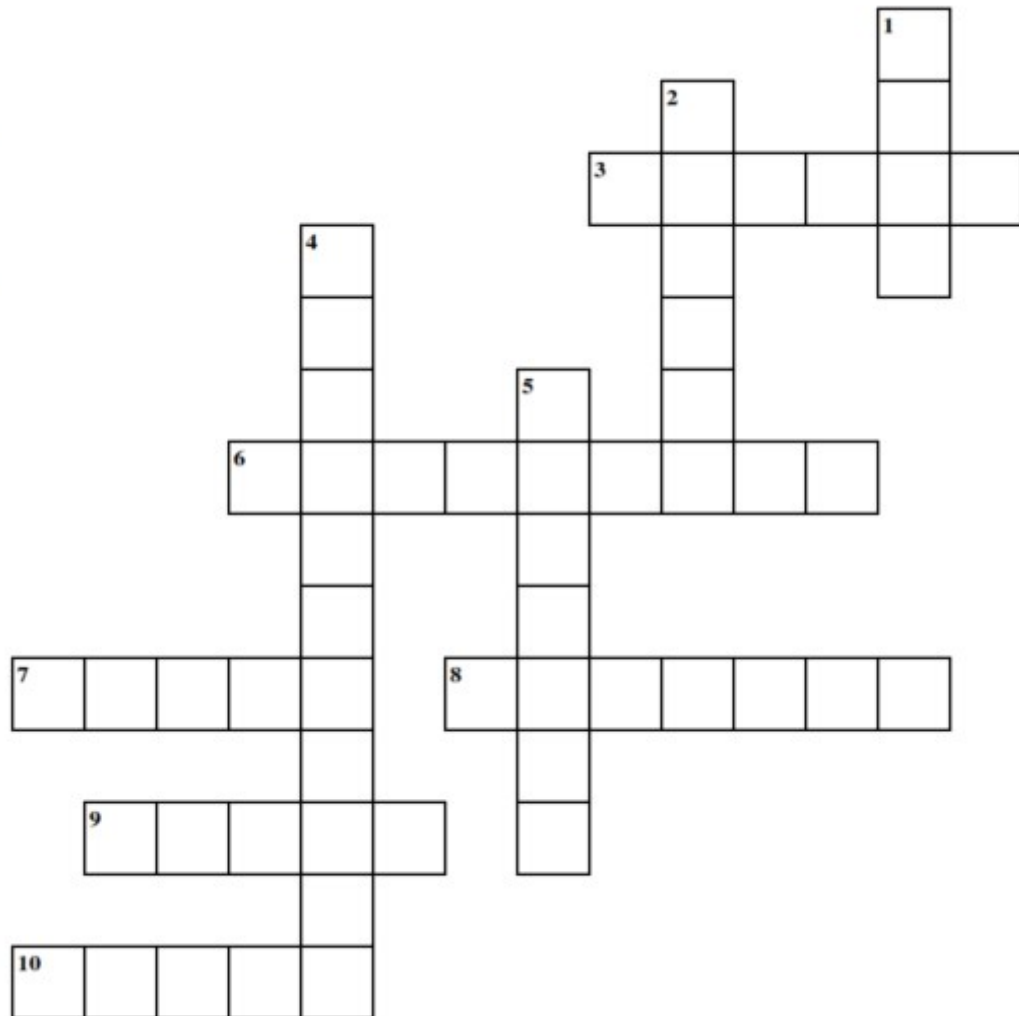
FEBRUARY CROSSWORD PUZZLE

Across

- [3] Reducing levels of _____ in your personal and/or work life can help promote a healthy mind and heart.
- [6] A small medical device that's placed in the chest to help control the heartbeat.
- [7] Cutting back on added _____ in your diet is a heart-healthy choice.
- [8] Your family's current or past medical conditions is known as your family _____.
- [9] Heart disease is the leading cause of _____ for adults in the U.S.
- [10] Your heart pumps about 2,000 gallons of _____ every day.

Down

- [1] The average adult heart is the size of this body part.
- [2] In the U.S., someone has a heart _____ every 40 seconds.
- [4] Consuming these kinds of fats can help improve your cholesterol.
- [5] This behavior significantly increases your risk for heart disease and lung cancer.



FEBRUARY CROSSWORD PUZZLE - ANSWERS

