

# Heart Health Matching Puzzle

Match the words on the left with correct sentence on the right.

EXAMPLE: Car **1** ————— **A** Vehicle used to travel.

- |                        |           |  |
|------------------------|-----------|--|
| Blood Pressure         | <b>1</b>  | <b>A</b> Foods (bananas, spinach, potatoes, etc.) that are rich in this mineral are important in managing high blood pressure  |
| Exercise               | <b>2</b>  | <b>B</b> The force of blood pushing against the inner walls of blood vessels   |
| Potassium              | <b>3</b>  | <b>C</b> A healthy diet rich in vegetables, fruits, beans, whole grains, nuts, fish, skinless poultry, lean meats, and plant-based proteins                                      |
| Cholesterol            | <b>4</b>  | <b>D</b> Regular physical activity that can help you maintain a healthy weight and lower your blood pressure, blood cholesterol, and blood sugar levels                          |
| Cardiac Rehabilitation | <b>5</b>  | <b>E</b> Consuming too much of this from processed and restaurant foods can contribute to high blood pressure, heart attack, and stroke  |
| Nutrition              | <b>6</b>  | <b>F</b> A waxy substance that your body needs to build cells and make vitamins and other hormones but having too much can lead to plaque buildup in the arteries                |
| Anticoagulant          | <b>7</b>  | <b>G</b> A doctor who treats individuals with heart-related issues   |
| Smoking                | <b>8</b>  | <b>H</b> A medically supervised program designed to improve your heart health if you have experienced heart attack, heart failure, unblocking of a blood vessel or heart surgery |
| Sodium                 | <b>9</b>  | <b>I</b> A medicine that delays the clotting of blood and is sometimes known as a “blood thinner”  |
| Cardiologist           | <b>10</b> | <b>J</b> A major risk factor for heart disease   |

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Answers: 1b, 2d, 3a, 4f, 5h, 6c, 7i, 8j, 9e, 10g

