

# Heart Health Matching Puzzle

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

**EXAMPLE:** **1** Car → **A** A vehicle used to travel.

**Blood Pressure**

**1**

**A** Foods (bananas, spinach, potatoes, etc.) that are rich in this mineral are important in managing high blood pressure

**Exercise**

**2**

**B** The force of blood pushing against the inner walls of blood vessels

**Potassium**

**3**

**C** A healthy diet rich in vegetables, fruits, beans, whole grains, nuts, fish, skinless poultry, lean meats, and plant-based proteins

**Cholesterol**

**4**

**D** Regular physical activity that can help you maintain a healthy weight and lower your blood pressure, blood cholesterol, and blood sugar levels

**Cardiac Rehabilitation**

**5**

**E** Consuming too much of this from processed and restaurant foods can contribute to high blood pressure, heart attack, and stroke

**Nutrition**

**6**

**F** 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**

**7**

**G** A doctor who treats individuals with heart-related issues

**Smoking**

**8**

**H** 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**

**9**

**I** A medicine that delays the clotting of blood and is sometimes known as a “blood thinner”

**Cardiologist**

**10**

**J** A major risk factor for heart disease