

Word Scramble

antioxidant
body mass index
cardiologist
cardiology
cardiovascular
chest pain
cholesterol
dark chocolate
education
empower
exercise
fatigue
HDL
healthy
heart burn
heart disease
jaw pain
jog
knowledge
LDL
lifestyle
lipids
low fat
numbness
risk factors
scales
shortness of breath
stairs
take control
tingling
treadmill
triglycerides
waist measurement
walk
weight
winner

What will you do to protect yourself?

Brought to you by Saint Luke's Muriel I. Kauffman Women's Heart Center in collaboration with
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