

Keep Your Blood Pressure Under Control

C	X	L	E	A	N	M	E	A	T	S	E	G	T
I	A	M	S	S	C	S	M	I	D	S	H	D	G
O	G	E	S	L	A	A	T	A	I	R	S	G	Y
O	E	D	T	T	V	L	S	C	S	O	W	C	G
H	T	I	I	E	A	T	R	G	S	E	A	L	O
M	A	C	B	I	T	E	N	T	A	M	T	W	L
E	C	A	A	D	X	U	R	O	R	A	E	D	A
T	O	T	H	E	L	E	T	A	T	C	R	H	M
O	V	I	I	C	S	G	H	L	E	O	H	E	O
O	D	O	U	S	T	P	I	A	R	N	T	A	N
R	A	N	O	N	L	A	A	R	I	T	L	R	I
A	S	T	I	U	R	F	H	S	E	R	A	T	T
G	N	I	K	L	A	W	L	A	S	O	E	R	O
S	I	L	R	E	B	I	F	B	E	L	H	E	R

STRESS
 HEART
 DIET
 ADVOCATE
 PHARMACY
 LEAN MEATS
 SALT
 EXERCISE
 HEALTH
 WATER
 LOG
 FRUITS
 MONITOR
 MEDICATION
 LUNGS
 FIBER
 HABITS
 WALKING
 ARTERIES
 CONTROL

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