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FCS8894

ENAFS
Elder Nutrition and Food Safety

Healthy Living: Change Your Lifestyle Word Scramble[1]

Valerie Weyenberg and Linda B. Bobroff[2]

Many people know that it is important to eat healthy foods to control and even prevent high blood pressure. But did you know there are other things you can do to help keep it down? Unscramble each of the following words or phrases that deal with changing your lifestyle to change your pressure!

Credits: Barry Austin

1. ____ ____ ____ ____ ____ ____ ____ ____
   E R E C S I X E

2. ____ ____ ____ ____ ____ ____ ____ ____ ____ ____
   I E W T G H S O L S

3. ____ ____ ____ ____ ____ ____ ____
   A C L L H O O

4. ____ ____ ____ ____ ____ ____ ____ ____ ____
   G R A N D E G N I

5. ____ ____ ____ ____ ____ ____ ____
   L B O N W I G

Word Choices

- ALCOHOL
- WEIGHT LOSS
- BOWLING
- EXERCISE
- GARDENING

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