Healthy Living: Change Your Lifestyle Word Scramble
Valerie Weyenberg and Karla P. Shelnutt

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!

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
GARDENING
EXERCISE
BOWLING
WEIGHT LOSS
ALCOHOL


2. Valerie Weyenberg, student, Food Science and Human Nutrition Department; Karla P. Shelnutt, PhD, RD, assistant professor, Department of Family, Youth and Community Sciences; Institute of Food and Agricultural Sciences; Cooperative Extension Service; University of Florida; Gainesville 32611.