

## Healthy Living: Change Your Lifestyle Word Scramble<sup>1</sup>

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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. \_\_\_\_\_ SOLS  
I E W T G H



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

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