

Things We That Are Good for Our Heart

Following a heart-smart lifestyle doesn't have to be bland or boring! The 20 things hidden in this puzzle promote cardiovascular wellness. Give your brain a workout and find them all.



- ALMONDS
- BERRIES
- BIKING
- CHICKEN
- CHOCOLATE
- DANCING
- FRESH FRUIT
- GUACAMOLE
- HIKING
- LAUGHTER
- NATURE
- OLIVE OIL
- PETS
- RELAXATION
- SALMON
- SLEEP
- SOCIALIZING
- SPICES
- VOLUNTEERING
- WALKING

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Before making any lifestyle or nutrition changes, talk to your doctor about heart smart choices that are right for you!