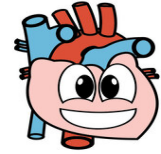


Name: _____

Date: _____

Heart Disease Prevention



Direction: Answer each question about heart disease prevention below!

1. What are two major risk factors for heart disease?

2. How does regular exercise help prevent heart disease?

3. What types of food should you eat to maintain a healthy heart?

4. Why is high blood pressure dangerous for the heart?

5. How does smoking affect heart health?

6. What is cholesterol, and how does it impact heart disease risk?

7. Why is stress management important for heart disease prevention?

8. What are two daily habits that can help keep your heart strong?

9. How does drinking water benefit heart health?

10. Why is it important to visit the doctor regularly for heart checkups?
