

## ▶▶ Acrostic Answers

**Quote:** Health is a state of complete physical, mental and social well-being, and not merely the absence of disease or infirmity.

### **Clues:**

1. Weight Management
2. Obesity
3. Rehabilitation
4. Low-density lipoprotein
5. Diabetes
6. High blood pressure
7. Exercise
8. Artery
9. Legumes
10. Takeout
11. Heart
12. Occupational therapy
13. Recovery
14. Gluten
15. Arrhythmia
16. Non-smoking
17. Individual
18. Zumba
19. American Heart Association
20. Trans fat
21. Information
22. Outside
23. Nutrition