Acrostic: Heart Health

Find the answers for the clues, filling in the numbered letters to determine the gridded quote. As a bonus, we've filled in the word "of" for you. And as an added hint, the quote's author is spelled out in the first letter of the clues' answers.

1	2	3	4	5	6	■	7	8	■	9	■	10	11	12	13	14	■	15 o	16 f
17	18	19	20	21	22	23	24	■	25	26	27	28	29	30	31	32	,	■	33
34	35	36	37	38	■	39	40	41	■	42	43	44	45	46	47	■	48	49	50
51	—	52	53	54	55	56	,	■	57	58	59	■	60	61	62	■	63	64	65
66	67	68	■	69	70	71	■	72	73	74	75	76	77	78	■	79 o	80 f	■	81
82	83	84	85	86	87	■	88	89	■	90	91	92	93	94	95	96	97	98	■

1. Staying at a constant body size.

— — — — — — — — — — — — — — — — — —
48 26 56 5

2. State of having excessive body fat.

— — — — — — —
14 45 97

3. Return to health

— — — — — — — — — — — — — — —
9 52 67 36 91

4. Often used in comparison with HDL

— — — - — — — — — — — — — — — — — —
32 64 86 50 20 71 82

5. Chronic disease marked by high levels of sugar in the blood.

— — — — — — — — —
81 31 73 11 42

6. The more common way of describing Clue 4.

— — — — — — — — — — — — — — — — — —
6 38 41 49 89 53

7. Physical activity.

— — — — — — — — —
66 17 90 74

8. Blood vessel that carries blood away from the heart.

— — — — — —
72 2 68

9. Classification of food including beans and peanuts.

— — — — — — —
47 22 75 83

10. Food ordered at a restaurant but eaten at home.

— — — — — — — —
62 46 88 13

11. Organ that maintains the circulation of blood.

— — — — —
70 24 85

12. Profession in which a core focus is helping individuals with activities of daily living.

— — — — — — — — — — — — — — — — — —
44 3 51 84 25 98

13. Betterment or convalescence.

— — — — — — — — —
34 77 87 27

14. What individuals with Celiac disease are allergic to.

— — — — — —
4 78 35

15. Irregular heartbeat

— — — — — — — — — —
65 19 39

16. Location in which cigarettes are not permitted is described as . . .

— — — — - — — — — — — —
76 10 33 55

17. Each unique person.

— — — — — — — — — —
29 96 21

18. Fitness trend combining dance and aerobics.

— — — — —
63 12

19. Organization devoted to cardiovascular health.

— — — — — — — — — — — — — — —
57 95 1 94

— — — — — — — — — — — —
30 58

20. Type of fat removed (through reformulation) from many foods so as to meet the FDA's definition of zero _____ _____

— — — — — — — — —
69 8 92 37

21. Data, knowledge.

— — — — — — — — — — — —
54 61 23 93

22. Where much physical activity, such as running and biking, occurs.

— — — — — — —
18 28 59

23. Nourishment.

— — — — — — — — — —
40 7 43 60