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T U S O N A C L O V O T L E I  
H E L U P A R L A C I P O R T  
M A A A H W A T E R F A L L S  
I U N H O A R Y B A T S H A A  
L D D M O L O K A I M I E V L  
I C S E A T U R T L E S I A A  
T I U N A S S A A E N O A L A  
A F U I H F R P T H E E U P K  
R I M I O O A C O C E A N I A  
Y C U H L I N O I T P U R E F  
I A U A A C E L P P A E N I P  
M P M U F U N I N T H E S U N

## Hawaii

From the list below, find each word and circle its letters in the puzzle to reveal the message relating to this week's theme.

ALOHA  
COCONUT  
ERUPTION  
FUN IN THE  
SUN  
HEIAU  
HOARY BAT  
HOTSPOT  
HULA  
ISLANDS  
KA'ALA  
KONA STORMS  
LAVA  
LEI  
LUAU  
MAUI  
MILITARY

MOLOKAI  
MUUMUU  
NENE  
NIIHAU  
OAHU  
OCEANIA  
PACIFIC  
PALMS  
PINEAPPLE  
POI  
POLYNESIA  
SEA TURTLES  
SWIMMING  
TARO  
TROPICAL  
VOLCANO  
WATERFALLS

Solution on page 20

## DID YOU KNOW?

Heart disease is the 2nd leading cause of death in America!

### KNOW YOUR RISK FACTORS FOR DEVELOPING HEART DISEASE



- Overweight
- Over age 65
- Family history of heart disease
- High blood pressure or high cholesterol
- Smoke or exposed to second hand smoke
- Excessive alcohol intake (more than 1 drink/day for women, more than 2 drinks/day for men)
- Inactivity (don't meet CDC recommendations for physical activity)
- Diet high in sugar, sodium (salt), saturated/trans fat and/or red meat
- Diabetes
- Male

### KNOW YOUR BLOOD PRESSURE & CHOLESTEROL NUMBERS!



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