

B	I	N	G	O
WALKING	120/80	CLOTS	SWIMMING	HEART ATTACK
ARTERY	VEIN	SMOKING	140/90	STROKE
VEGETABLES	WEIGHT LOSS	FREE	180/110	DIASTOLIC
EXERCIS E	SYSTOLIC	HEART	DASH DIET	LOW FAT DAIRY
DANCING	ANGINA	SODIUM	WHOLE GRAINS	BLOOD PRESSURE

B	I	N	G	O
WEIGHT LOSS	140/90	SWIMMING	ARTERY	SMOKING
CLOTS	WHOLE GRAINS	HEART ATTACK	ANGINA	STROKE
EXERCIS E	180/110	FREE	DIASTOLIC	120/80
DASH DIET	SODIUM	WALKING	BLOOD PRESSURE	SYSTOLIC
HEART	LOW FAT DAIRY	VEGETABLES	VEIN	DANCING

B	I	N	G	O
ANGINA	SODIUM	140/90	LOW FAT DAIRY	180/110
WALKING	EXERCISE	HEART	VEIN	HEART ATTACK
VEGETABLES	BLOOD PRESSURE	FREE	SYSTOLIC	DASH DIET
WEIGHT LOSS	STROKE	SWIMMING	WHOLE GRAINS	CLOTS
DIASTOLIC	120/80	SMOKING	ARTERY	DANCING