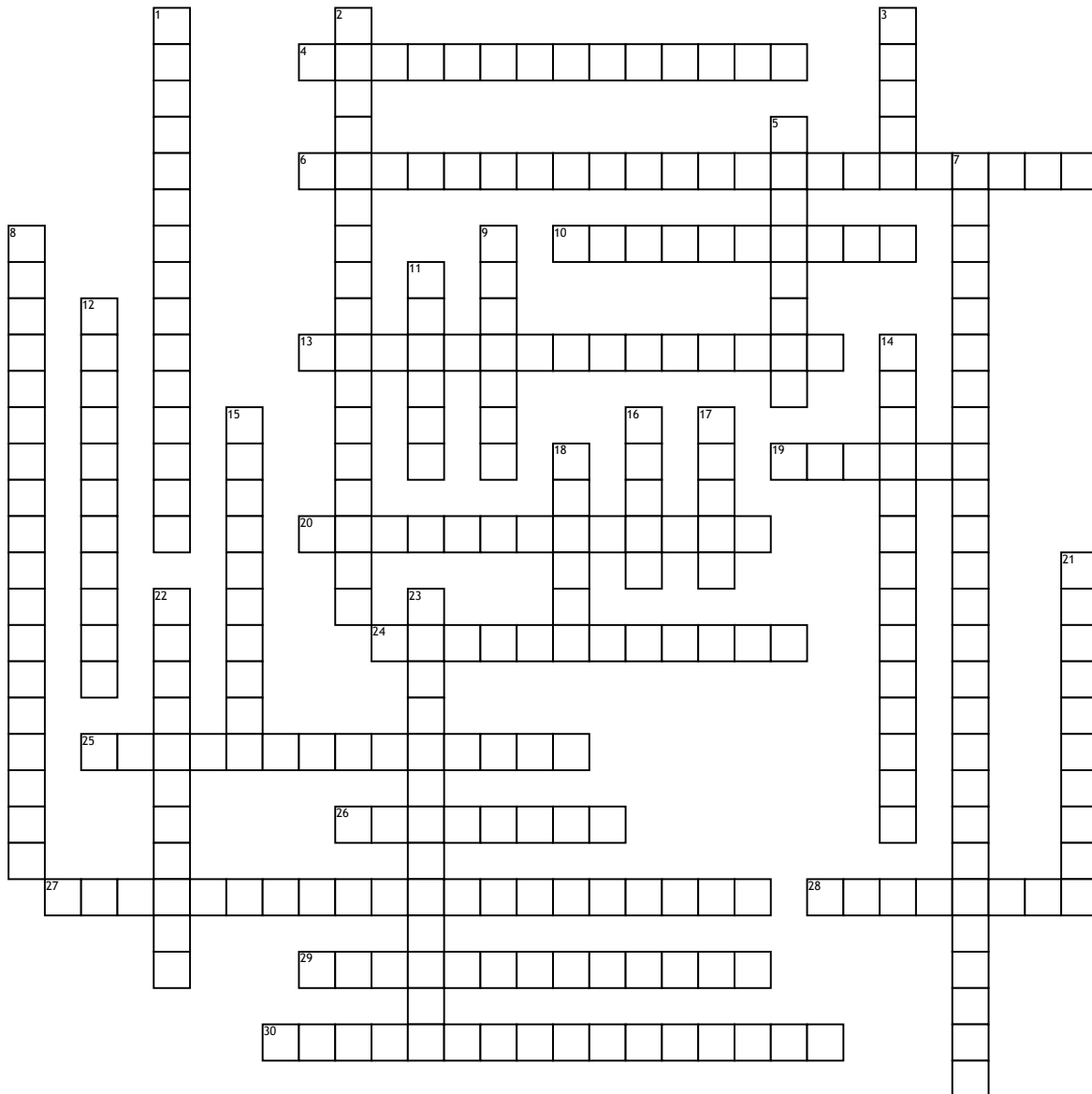


Cross Word puzzle Chapter 1-3



Across

- 4. a persons capacity to learn about and understand basic health information and services, and to use these resources to promote ones health and wellness
- 6. skills that help you reduce and manage stress in your life
- 10. a deliberate decision to avoid high-risk behaviors, including sexual activity and the use of tobacco, alcohol, and other drugs
- 13. a deep-seated sense of meaning and purpose in life
- 19. ideas, beliefs, and attitudes about what is important that help guide the way you live.
- 20. actions that can potentially threaten your health or the health of others
- 24. specific tools and strategies to maintain,protect, and improve all aspects of your health
- 25. an ongoing condition or illness
- 26. an overall state of well-being or total health
- 27. steps that enable you to make a healthful decision

- 28. taking action to influence others to address a health-related concern or to support a health-related belief
 - 29. a nationwide health promotion and disease prevention
 - 30. personal habits or behaviors related to the way a person lives
- Down**
- 1. providing accurate health information and teaching health skills to help people make healthy decisions
 - 2. differences in health outcomes among groups
 - 3. those things you aim for that take planning and work
 - 5. all the traits that were biologically passed on to you from your parents
 - 7. the exchange of thoughts, feelings, and beliefs between two or more people
 - 8. the process of ending a conflict through cooperation and problem solving
 - 9. the collective beliefs, customs, and behaviors of a group

- 11. the reaction of the body and mind to everyday challenges and demands
- 12. the sum of your surroundings
- 14. related risks that increase in effect with each added risk
- 15. taking steps to keep something from happening or getting worse
- 16. various methods for communicating information
- 17. people of the same age who share similar interests
- 18. the combination of physical, mental/emotional, and social well-being
- 21. radio, television are all considered this
- 22. a written or spoken media message designed to interest consumers in purchasing a product or service
- 23. communication strategies that can help you say no when you are urged to take part in behaviors that are unsafe or unhealthful or that go against your beliefs