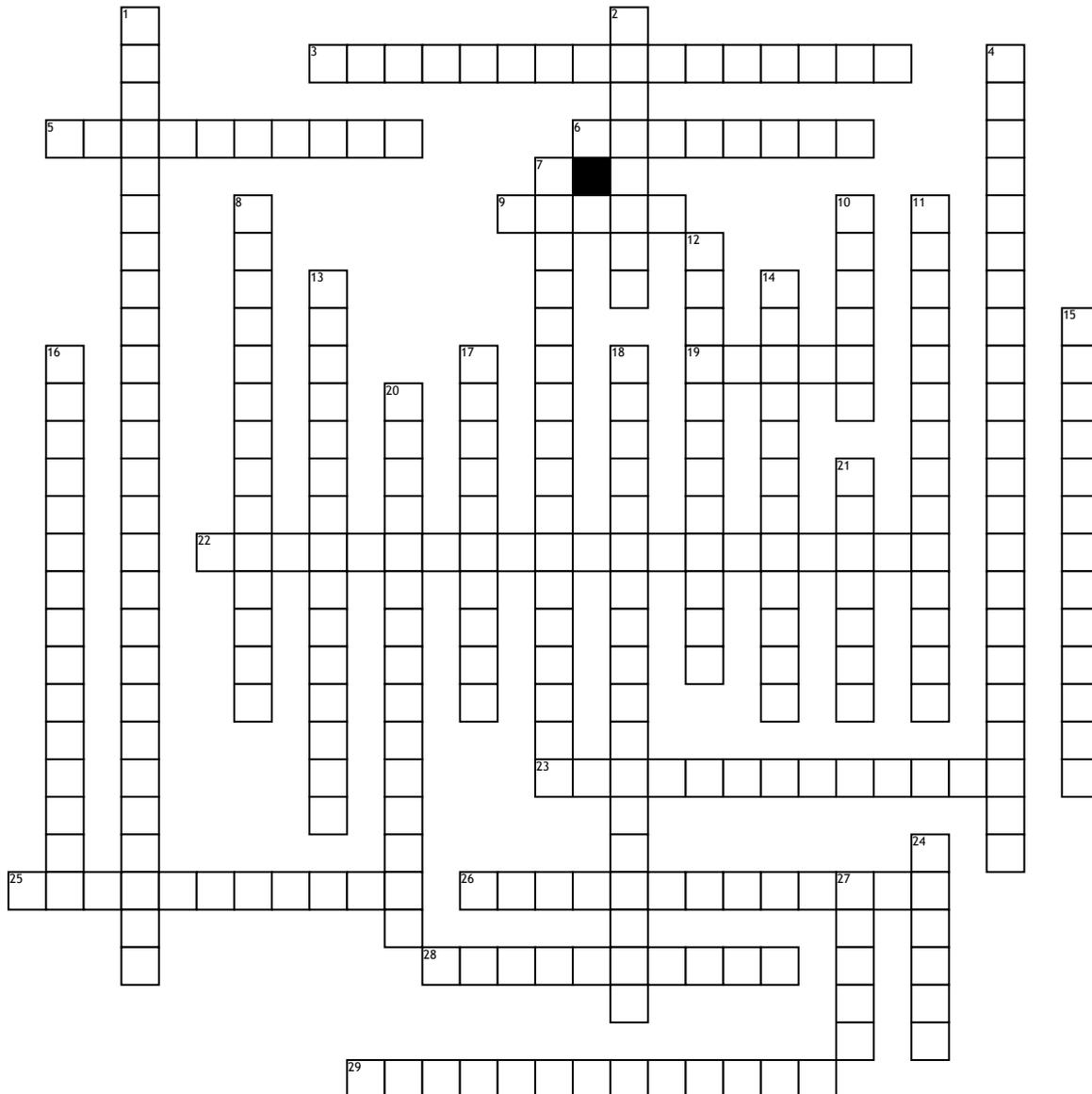


Crossword Puzzle Chapter 1-3



Across

3. personal habits or behaviors related to the way a person lives
 5. taking steps to keep something from happening or getting worse
 6. an overall state of well-being or total health
 9. various methods for communicating information
 19. things you want to accomplish
 22. steps that enable you to make a healthful decisions
 23. goal that you can reach in a short period of time
 25. your surroundings
 26. national wide health promotion and disease prevention plan designed to serve as a guide to improve health all around the United States
 28. is radio, television, and the internet

29. actions that can potentially threaten your health or the health of others

Down

1. the exchange of thoughts, feelings, and beliefs between two or more people
 2. traits that were biologically passed on to you from your parents
 4. skills that help you reduce and manage stress in your life
 7. differences in health outcomes among groups
 8. person's capacity to learn about and understand basic health information
 10. reaction of the body and mind to everyday challenges and demands
 11. an ongoing condition or illness
 12. goal that you reach over an extended period of time
 13. related risks that increase in effect with each added risk

14. specific tools and strategies to maintain, protect, and improve all aspects of your health

15. communication strategies that help you say no in a bad situation
 16. accurate health information and teaching health skills to help people make healthy decisions
 17. decision to avoid high-risk behaviors
 18. process of ending a conflict through cooperation and problem solving
 20. a deep-seated sense of meaning and purpose in life
 21. the collective beliefs, customs, and behaviors of a group
 24. the combination of physical, mental/emotional, and social well-being
 27. people close in age who share similar interests