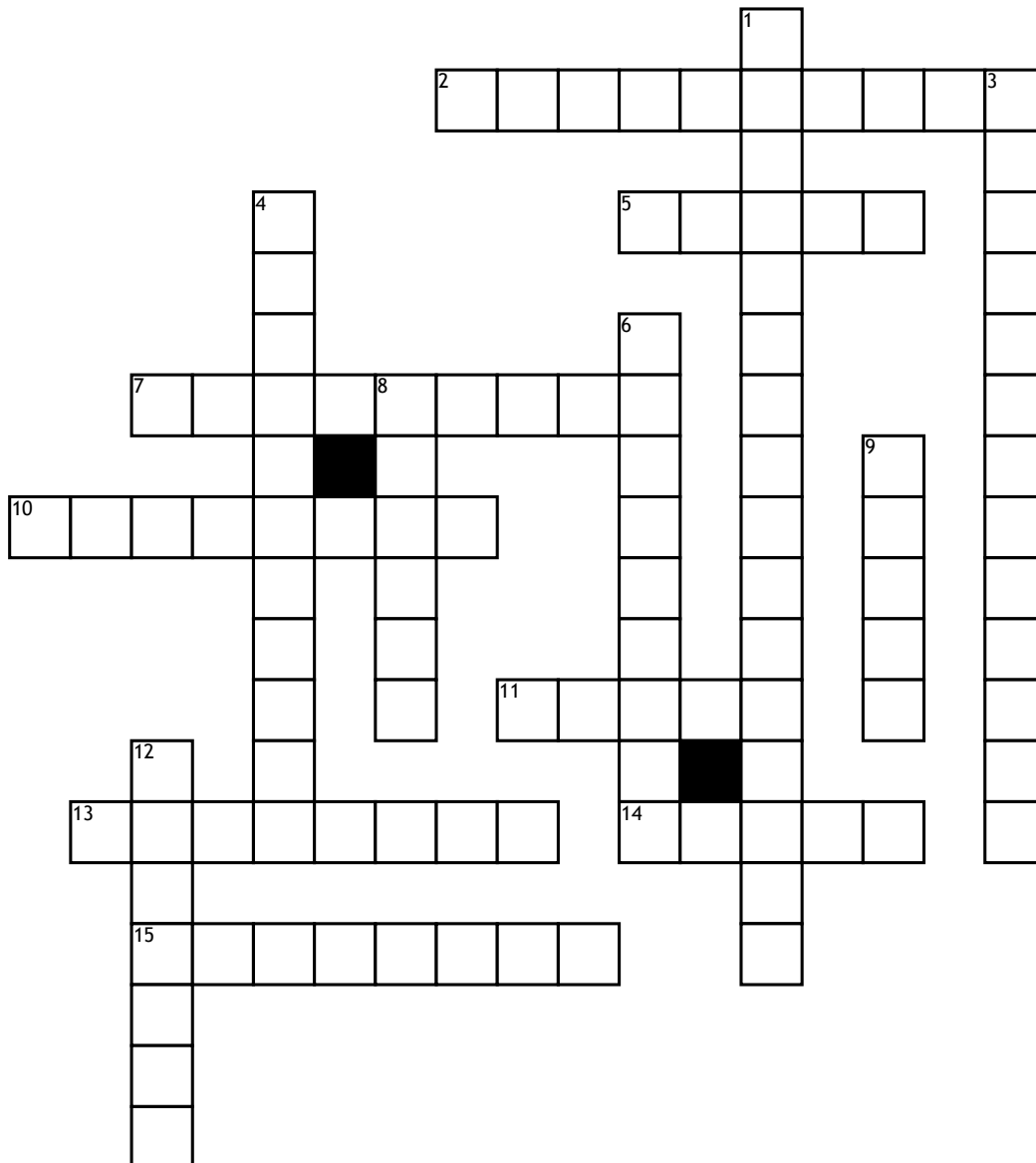


Name: _____

Date: _____

Frazier's Health Class - Wellness



Across

2. Conflict _____ helps us solve problems with our friends or family
5. Which fitness test assesses your aerobic capacity?
7. Who is Mr. Frazier's favorite College Football Team
10. Another word for a problem
11. Honor, _____, Patriots
13. The Health _____ consists of social, mental/emotional, and physical health

14. How many hours of sleep do you need every night?

15. What is another exercise you can do to help improve your curl up score?

Down

1. We do push ups to improve our _____?
3. What is Mr. Frazier's favorite NFL Team
4. Facebook, Twitter, and Instagram are all examples of what?

6. Our mental health is extremely important, we first have to _____ our feelings to make progress improving our overall health

8. Which side of the health triangle would contain our relationships with friends at school

9. Physical strength and force is the definition of what?

12. Where did Mr. Frazier go on vacation last summer?