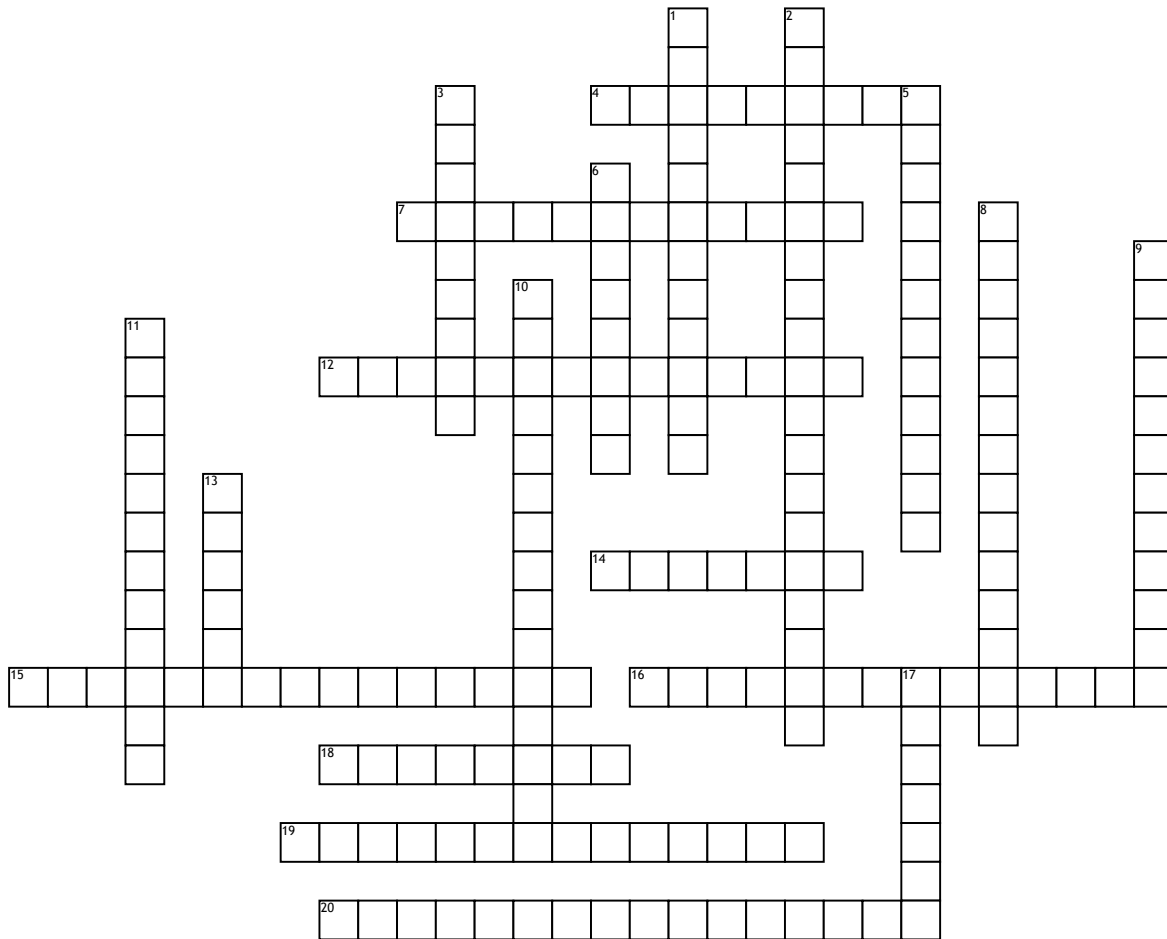


Health And Wellness (Chapter 1)



Across

- 4. a chart showing the progress of an activity.
- 7. restoring itself at a faster rate.
- 12. study of scientific and medical aspects of exercise and athletes.
- 14. the excessive amount of fat in the body.
- 15. Providing health information in such a way that it influences people to take positive action about their health
- 16. constant fatigue, stiffness, and lack of coordination.

18. measurement of heat.

- 19. activities that one can enjoy throughout life.
- 20. factors related to related to the way people live.

Down

- 1. the amount of air you can take in with a simple breath.
- 2. ability to use your senses to their optimal, or fullest level.
- 3. inactive living.
- 5. your feelings about yourself, and the ability to like yourself.
- 6. a way of living each day that includes choices and decisions based on healthy attitudes

- 8. includes the care of your body and your body's ability to meet the demands of daily living.
- 9. you begin to react more quickly to stimuli.
- 10. the absolute minimum amount of energy required to keep up the life process in your body.
- 11. involves the way you get along with others.
- 13. Virtually everything you do in the course of a day effects this in some way
- 17. more than something you do. what you are.