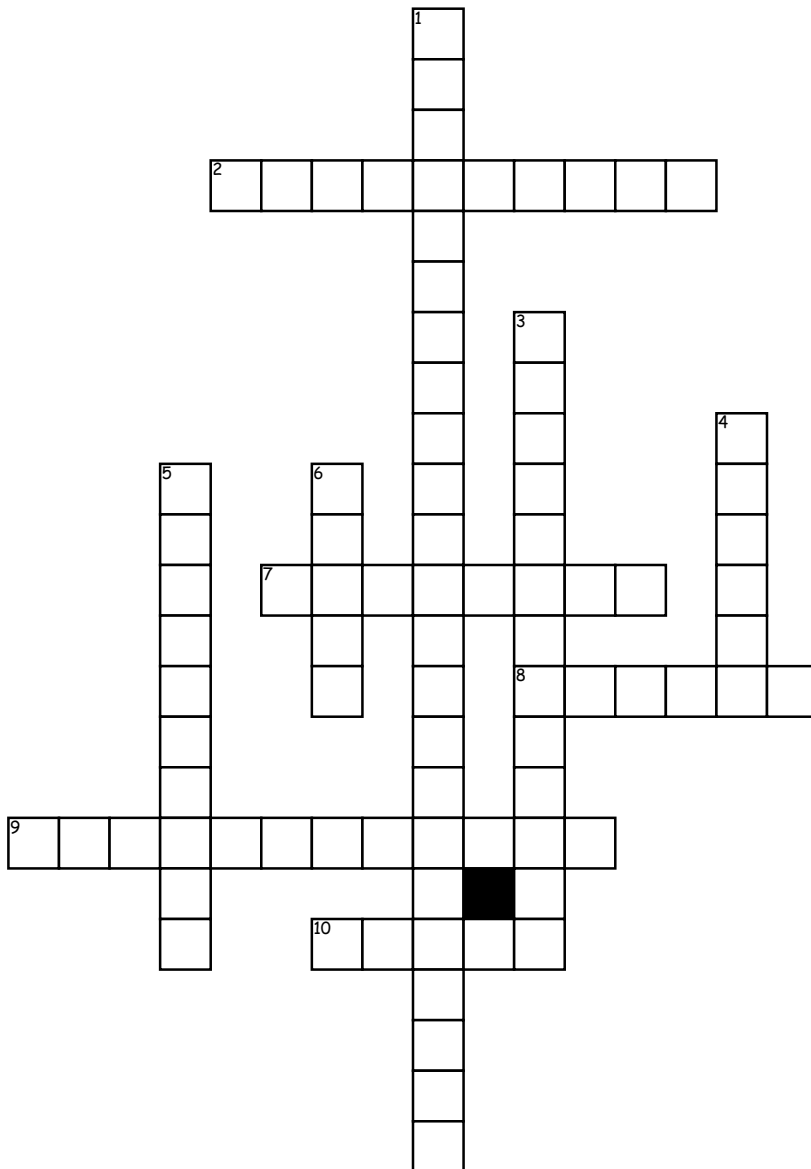


# Health Crossword



## Across

2. taking steps to keep something from happening or getting worse
7. taking action to influence others to address a health related concern or to support a health related belief
8. the reaction of the body and mind everyday challenges and demands
9. specific tools and strategies to maintain, protect, and improve all aspects of your health
10. those things you aim for that take planning and work

## Down

1. the exchange of thoughts, feelings, beliefs between two or more people
3. 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 our values
4. the ideas, beliefs, and attitudes about what is important that helps guide the way you live
5. a multistep strategy to identify and achieve your goals
6. the various methods for communicating information