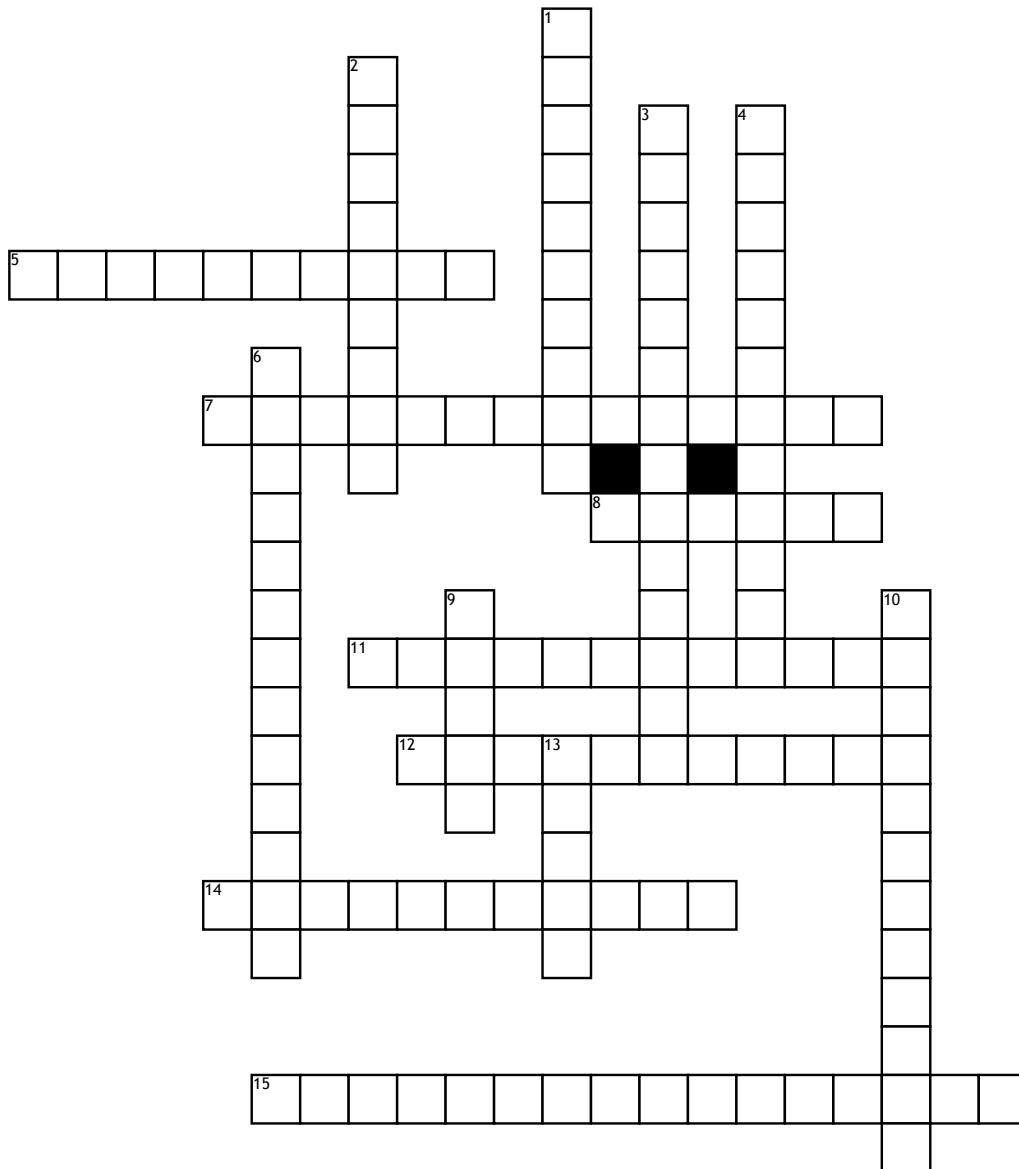


Health and Wellness Exam Review



Across

5. practicing health and safety habits to remain free of injury or disease.
7. the process of treating a substance with heat to destroy or slow the growth of pathogens
8. combination of physical, mental/emotional, and social well-being
11. minerals that help maintain the body's fluid balance
12. failure by a health professional to meet accepted standards

14. the sale of worthless products or services that claim to prevent diseases or cure other health problems
15. any activity that uses large muscle groups, is rhythmic in nature, and can be maintained continuously.

Down

1. process by which your body gets energy from food
2. substances in food that your body needs to grow, to repair itself, and to supply you with energy

3. disorder in which some form of purging or clearing of the digestive tract follows cycles of overeating
4. the scientific study of patterns of disease in a population
6. the starches and sugars present in foods
9. vegetarian who only eats plants
10. a condition characterized by a decrease in bone density
13. people of the same age who share similar interests