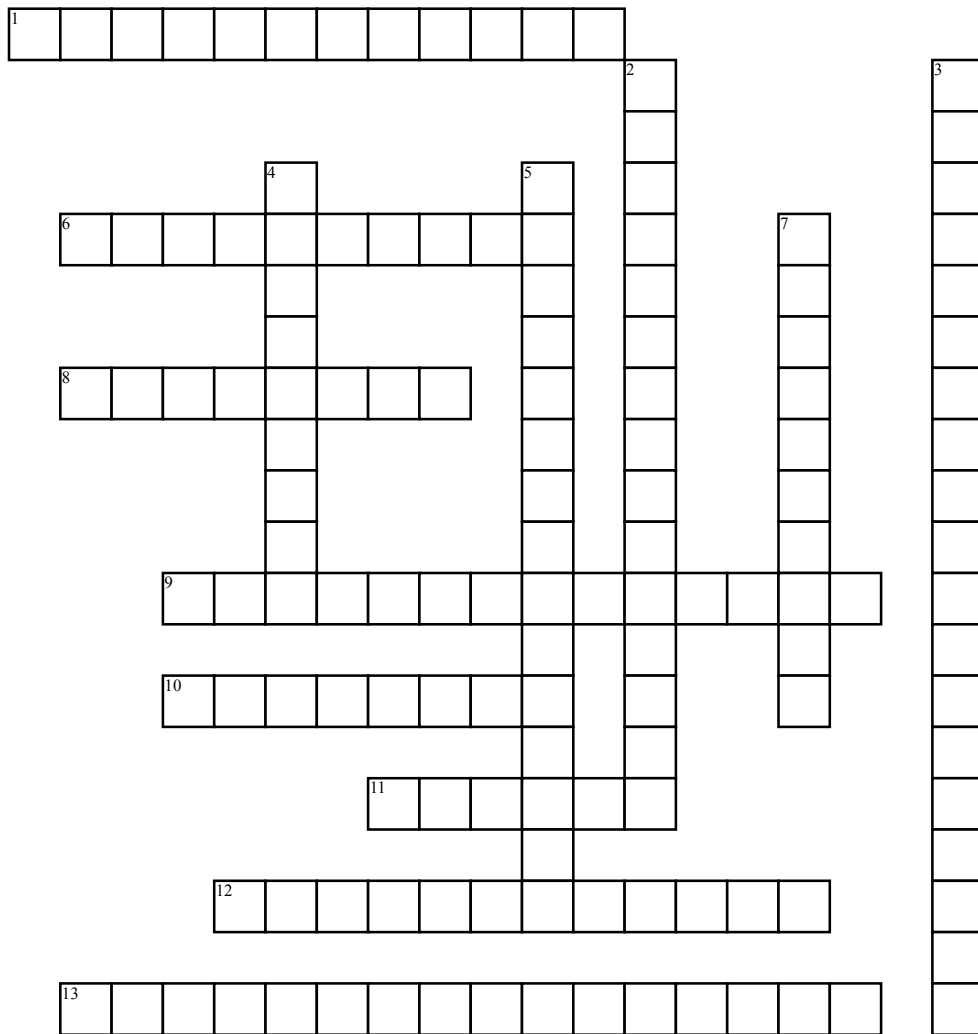Name: _____

Intro Unit health crossword

Across

1. The quality of relationships

6. How a person perceives and values themself

8. Optial level in the six components

9. The way your body functions

10. To speak in favor of

11. A balance of the six components

12. The ability to cope and deal with reality

13. Disease caused in part because of behaviors

Down

2. Having a sense of purpose and direction

3. Keeping air, water, and land clean

4. Nonactive lifestyle

5. Expressing feelings in a positive way

7. Anything that increases the likelihood of injury

Word Bank

physical health

spiritual health

mental health

health

advocate

Risk factor

self-esteem

environmental health

sedentary

life style disease

Emotional Health

social health

wellness