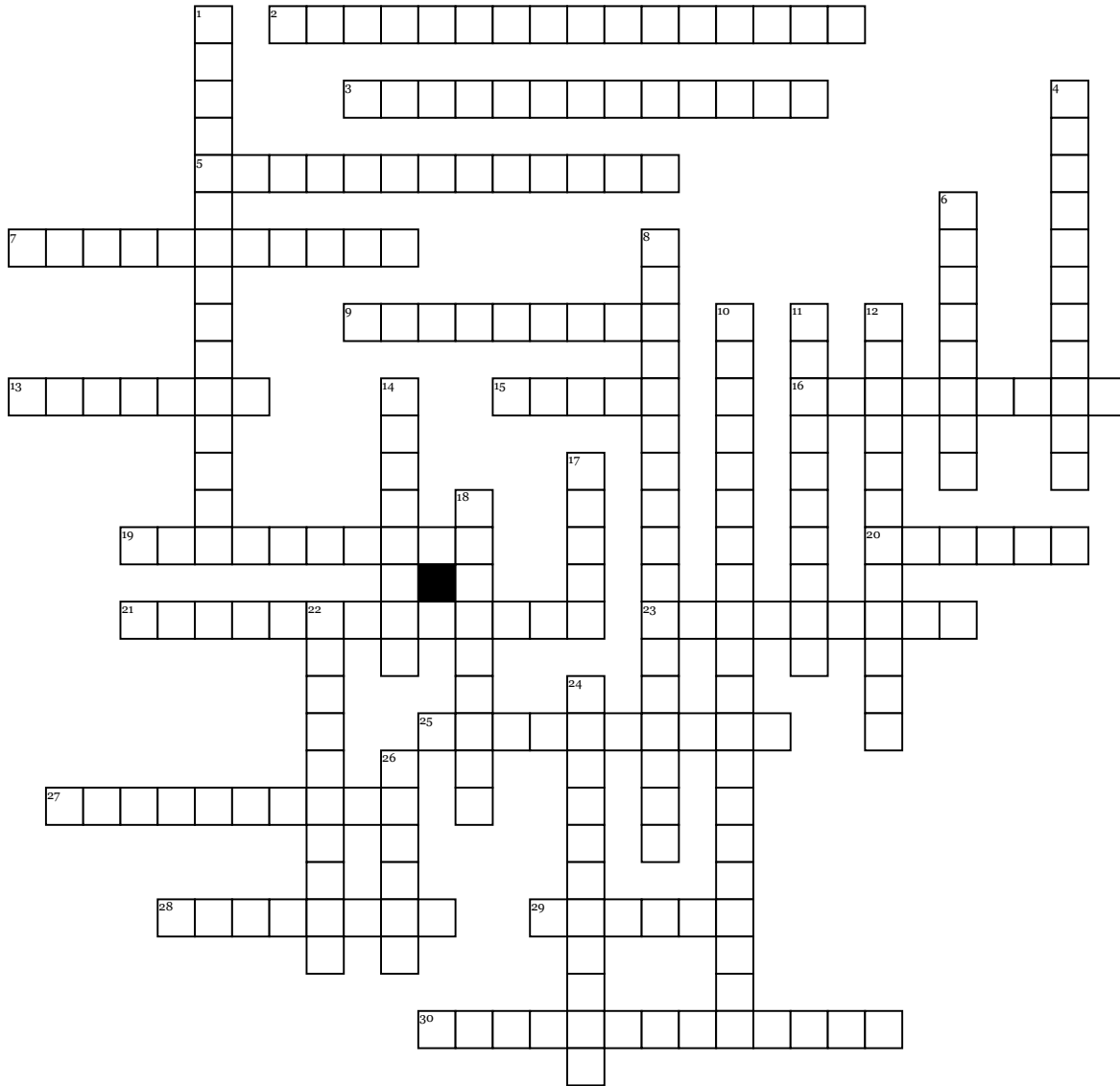


JM Crossword Puzzle



Across

- 2.** Your sense of yourself as a unique individual
- 3.** Actions that can potentially threaten your health or the health of others
- 5.** A goal that you plan to reach over an extended period of time
- 7.** a written or spoken media message designed to interest consumers in purchasing a product or service
- 9.** Someone whose success or behaviors serves as an example for you.
- 13.** The collective beliefs, customs, and behaviors of a group
- 15.** The various methods for communicating information
- 16.** The distinctive qualities that describe how a person thinks, feels, and behaves.
- 19.** a deliberate decision to avoid high-risk behaviors, including sexual activity and the use of tobacco

- 20.** The reaction of the body and mind to everyday challenges and demands
 - 21.** communication strategies that can help you say when you are urged to take part in behaviors that are unsafe or unhealthy
 - 23.** A firm observance of core ethical values
 - 25.** How much you value, respect, and feel confident about yourself
 - 27.** Having enough skill to do something
 - 28.** A company's or a store's written agreement to repair a product or refund your money if the product doesn't function properly
 - 29.** The ideas, beliefs, and attitudes about what is important that help guide the way you live
 - 30.** A goal that you can reach in a short period of time
- Down**
- 1.** related risks that increase in effect with each added risk
 - 4.** The sum of your surroundings

- 6.** Taking action to influence others to address a health-related concern or to support a health-related belief
- 8.** To strive to be the best you can
- 10.** Non Hostile comments that point out problems and encourage improvement.
- 11.** Radio, television, and the Internet
- 12.** specific tools and strategies to maintain, protect and improve all aspects of your health
- 14.** An overall state of well-being or total health.
- 17.** People of the same age who share similar interests
- 18.** The ability to adapt effectively and recover from disappointment, difficulty, or crisis
- 22.** a multi step strategy to identify and achieve your goals
- 24.** A complex set of characteristics that makes you unique
- 26.** The combo of physical, mental emotional, and social well-being.