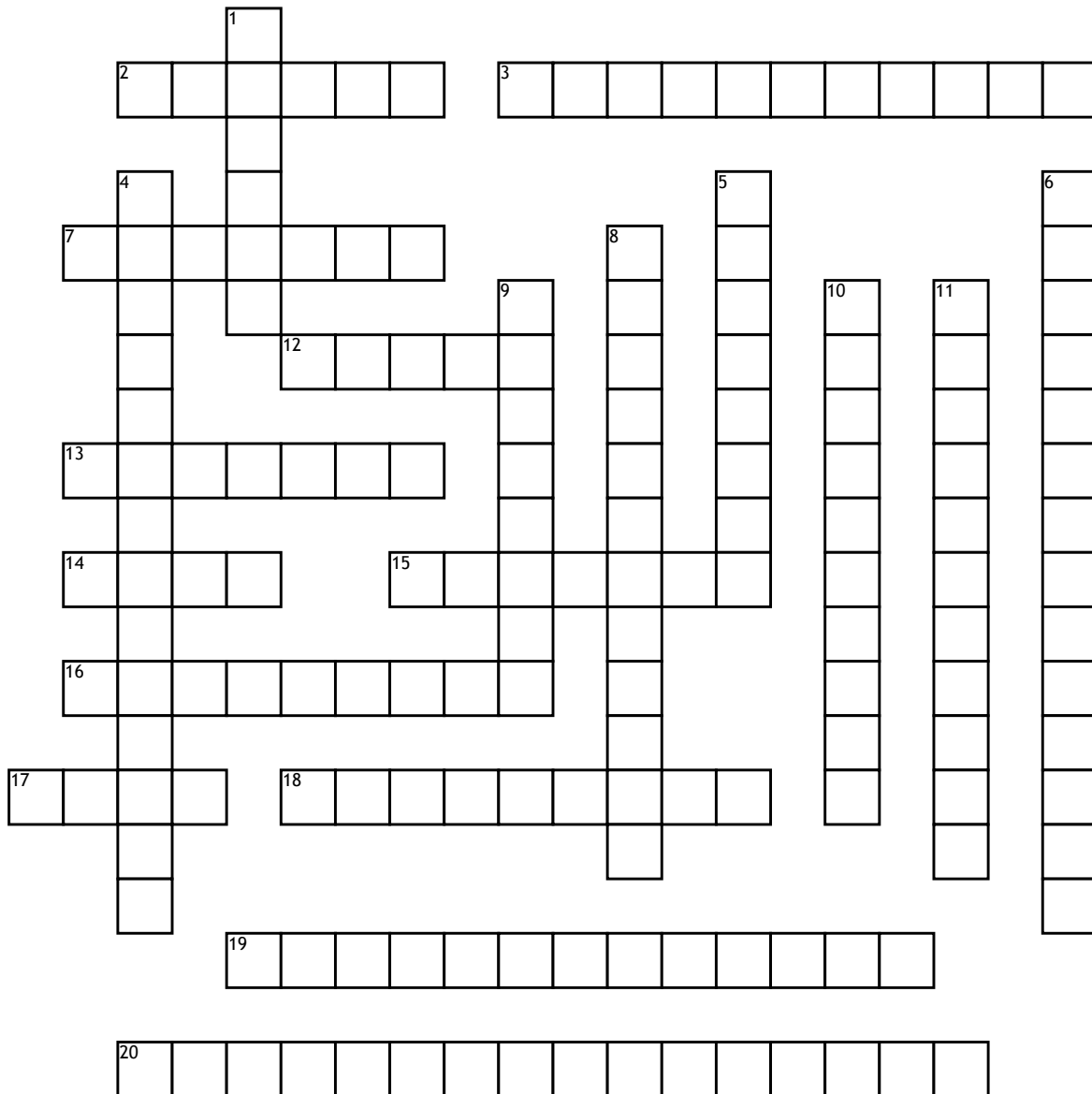


# Wellness & Decision Making



**Across**

- 2. The general condition of a person in their aspects of physical, mental, emotional, and social well being
- 3. The undesired outcome of a choice or decision
- 7. The desired outcome of a choice or decision
- 12. A disease lasts for just a short time; can begin rapidly & has intense symptoms
- 13. A condition that is characterized by lasting a long time
- 14. Measure of the potential consequences of an action or decision
- 15. A medical condition in which excess body fat has accumulated
- 16. the actions or reactions of an object or person, usually in relation to the environment & culture

- 17. specific, measurable and time-targeted objectives you wish to achieve
  - 18. A measure of the number of deaths in a given population
  - 19. The measure of a person's ability to perform daily activities with minimal restrictions, modifications, or assistive devices
  - 20. Conditions that result from poor choices like smoking, poor diet, or drug use.
- Down**
- 1. beliefs or ways of living that direct or influence our decision making process
  - 4. Ability to obtain, understand and apply basic health information to make positive choices

- 5. Active support of an idea or cause etc.; especially the act of pleading or arguing for something
- 6. ability to recognize how decisions you make effect you and those around you
- 8. Conditions related to too much activity or overuse of one's joints, muscles, or body
- 9. A concept that includes the general state of the body, health, fitness, and mental / emotional development
- 10. ability to exercise beneficial decisions to maintain a healthy lifestyle and avoidance of lifestyle diseases
- 11. Conditions related to a lack of physical activity or not enough of one's joints, muscles, or body