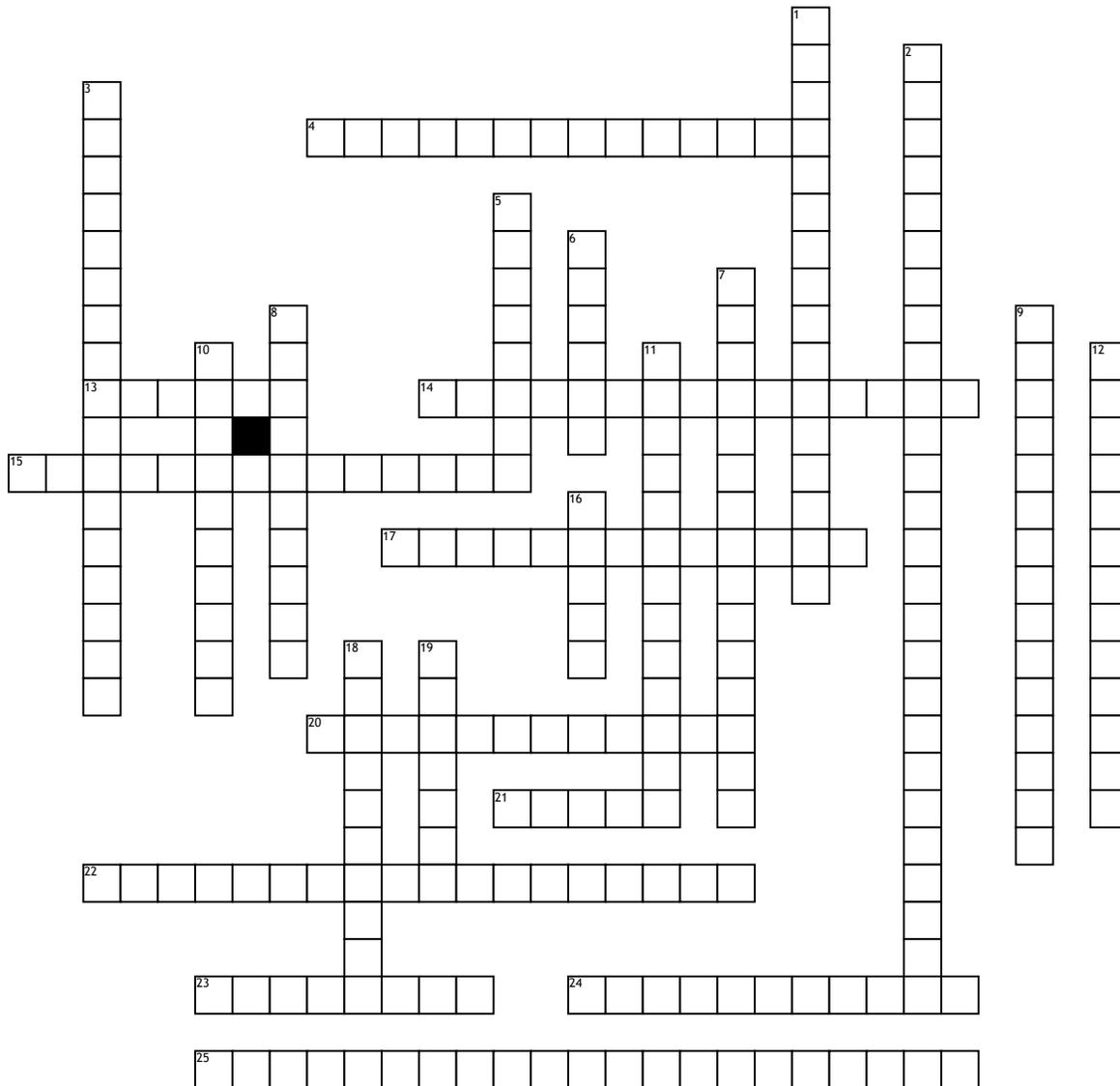


crossword puzzle 1-3



Across

4. An on going condition or illness such as heart disease,obesity, and cancer.

13. The reaction of the body and mind to everyday challenges and demands.

14. Includes providing accurate health information and teaching health skills to help people make healthy decisions.

15. refers to a persons capacity to learn about and understand basic health information and services,and to use these resources to promote one's health and wellness.

17. Are actions that can potentially threaten your health or the health of others.

20. Are specific tools and strategies to maintain,protect,and improve all aspects of your health.

21. People of the same age who share similar interests.

22. The process of ending a conflict through cooperation and problem solving.

23. An overall state of well-being of total health.

24. Is the sum of your surroundings.

25. Skills that help you reduce and manage stress in your life.

Down

1. Are the personal habits or behavior related to the way a person lives.

2. The exchange through thoughts,feelings and beliefs between two or more people.

3. Health outcome among groups.

5. Taking action to influence others to adress a health related concern or to support a health related belief

6. The combination of physical, mental/emotional, and social well being.

7. Are related risks that can increase in effect with each added risk.

8. Is a deliberate decision to avoid high risk behaviors,including sexual activity and use of tobacco, alcohol or other drugs.

9. A deep seated sense of meaning and purpose in life.

10. Such as radio, television, and the internet.

11. Are communication stratagies that can help you say no when you are urged to take part in behaviors that are unsafe or unhealthy, or that go against your values.

12. A north wide health promotion and disease prevention plan designed to serve as a guide for improving the health of all people in the United States

16. Are the various methods for communicating information.

18. Taking step by step to keep something from happening.

19. Refers to the collective beliefs,customs,and behaviors of a group.