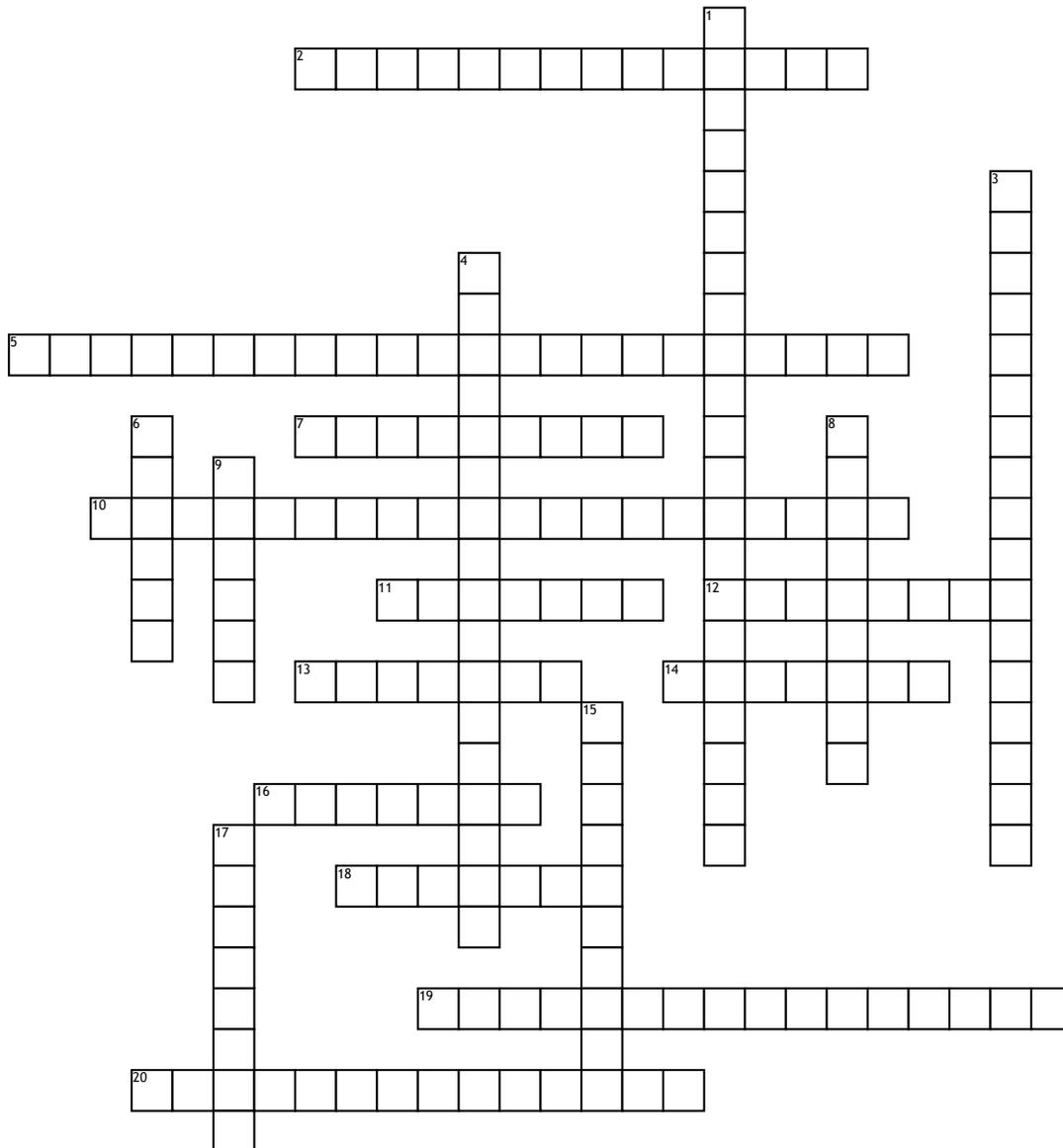


Name: \_\_\_\_\_

Date: \_\_\_\_\_

# health



## Across

- 2. the process of making and maintaining choices related to work
- 5. managing stress
- 7. the process of providing or obtaining the food necessary for health and growth
- 10. the process of using our minds
- 11. keeps your and teeth strong, helps your muscles
- 12. activity using physical effort, to improve health and fitness
- 13. the type of nutrient found in meats

14. what is the real problem or decision that needs to be made ?

- 16. maintaining health and preventing disease especially through cleanliness
  - 18. follow the crowd (even if it's wrong )
  - 19. the process of making choices to improve your body
  - 20. the process of creating and maintaining healthy relationships through the choices we make
- ## Down
- 1. the process of making choices that improve the quality of life, and the universe

3. the process of accepting our worth

- 4. the process of discovering meaning and purpose in life
- 6. a disease caused by an uncontrolled division of abnormal cells in a part of the body
- 8. message is clear (i feel message )
- 9. the state of being free from illness or injury
- 15. "bully" type, disrespectful, uncaring
- 17. to teach or promote information or an idea