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crossword puzzle 1-3

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| **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 stratagies 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 beleifs 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, alcohal 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 unhealthful, 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. |