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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. |