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crossword puzzle Chapter 1-3

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| **Across**  **3.** actions that can potentially threaten your health or the health of others  **4.** A person's capacity to learn about and understand basic health information and services, and to use these resources to promote one's health and wellness.  **8.** The exchange of thoughts, feelings, and beliefs between two or more people  **10.** A deliberate decision to avoid high-risk behaviors.  **13.** A goal that you plan to reach over an extended period of time  **16.** Taking action to influence others to address a health-related concern or to support a health-related belief.  **20.** Skills that help you reduce and manage stress in your life.  **24.** Overall state of well-being or total health  **25.** The process of ending a conflict through cooperation and problem solving.  **26.** The reaction of the body and mind to everyday challenges and demands.  **27.** ongoing condition or illness  **28.** Related risks that increase in effect with each added risk.  **29.** Steps that enable you to make a healthful decision.  **30.** A nationwide health promotion and disease prevention plan designed to serve as a guide for improving the health of all people in the U.S.  **31.** Communication strategies 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. | **Down**  **1.** Taking steps to keep something from happening or getting worse.  **2.** Such as radio, television, and Internet  **5.** Deep-seated sense of meaning and purpose in life  **6.** Providing accurate information and teaching health skills to help people make healthy decisions.  **7.** Are the ideas, beliefs, and attitudes about what is important that help guide the way you live.  **9.** The differences in health outcomes among groups.  **11.** The things you aim for that take planning and work  **12.** Specific tools and strategies to maintain, protect, and improve all aspects of your health.  **14.** The personal habits or behaviors related to the way a person lives.  **15.** refers to all the traits that were biologically passed on to you from your parents.  **17.** The combination of physical, mental/emotional, and social well-being.  **18.** people of the same age who share similar interests  **19.** refers to the collective beliefs, customs, and behaviors of a group.  **21.** is the sum of your surroundings  **22.** Various methods for communicating information  **23.** A goal that you can reach in a short period of time. |