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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. |