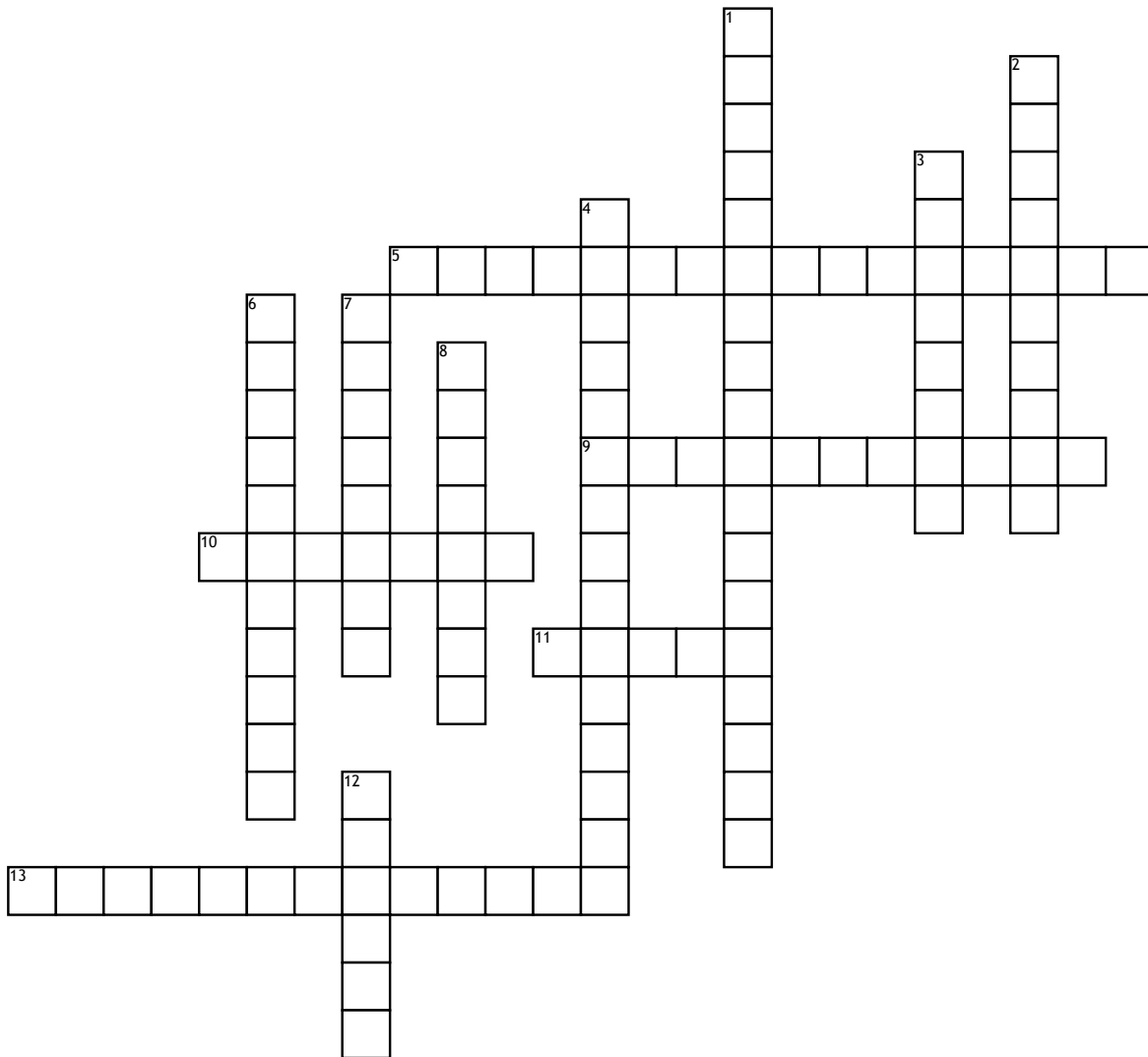


# Health and Wellness



**Across**

- 5. Volunteer programs whose goal is to improve the community, and the life of its residents
- 9. The stage of life between childhood and adulthood
- 10. The time when you start developing physical characteristics of adults of your gender
- 11. People in your age group

13. Actions that might cause injury

**Down**

- 1. A way of life the includes little physical activity
- 2. The conscious, active choice not to participate in high risk behaviors
- 3. Chemical substances, produced in glands, that help regulate many body functions

- 4. Related risks that increase in effect with each added risk
- 6. Planned actions taken before an event to increase the chances of a safe outcome.
- 7. The state of well-being, or total health
- 8. A personal feeling of belief
- 12. A combination of physical, mental, emotion and social well-being