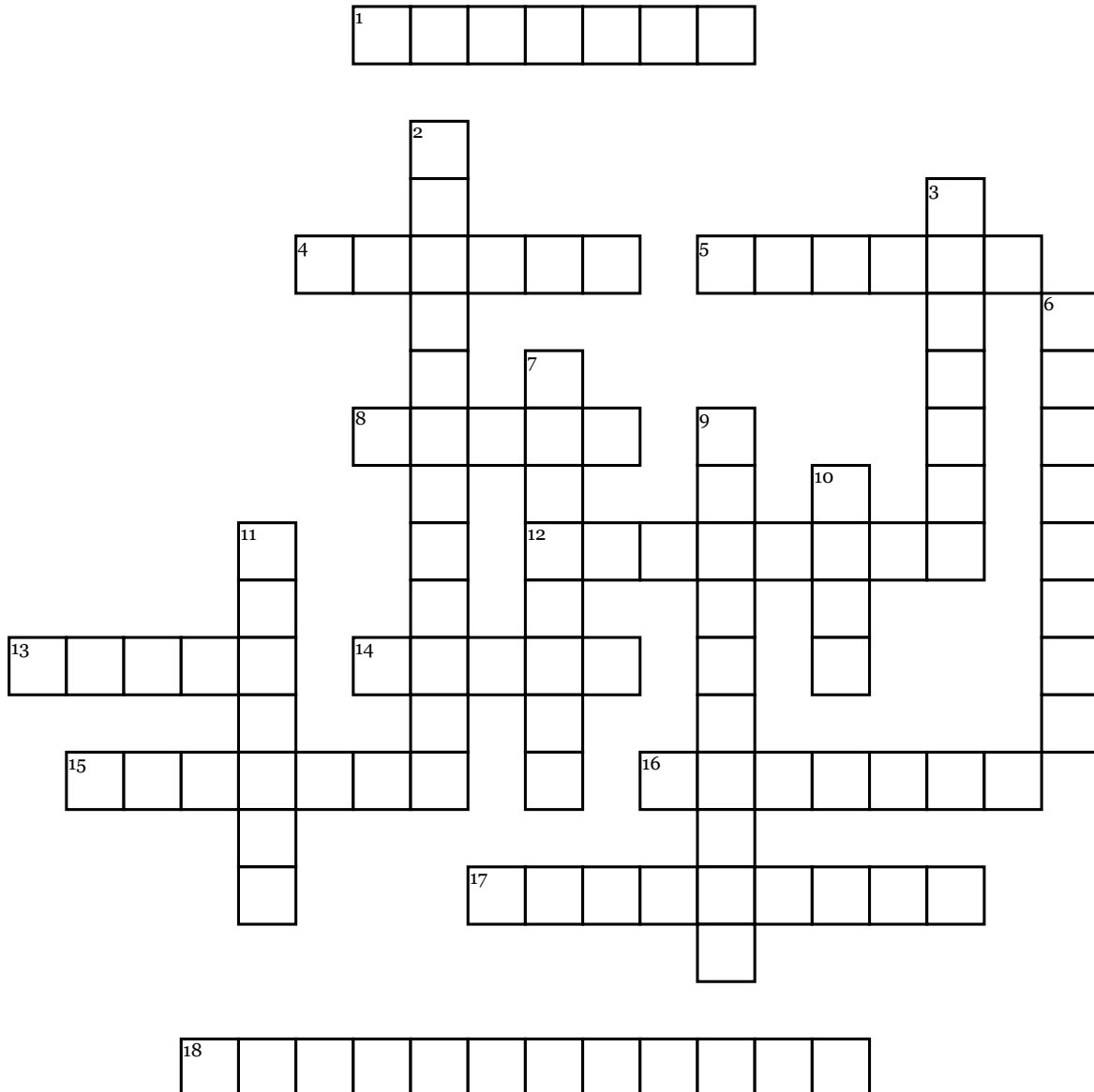


Test Your Wellness



Across

- 1. A unit of energy in food.
- 4. This can give you a rush of energy when it's needed most, for instance competing in sports, working on an important project, or facing a dangerous situation.
- 5. This type of wellness is the ability to relate to and connect with other people in our world.
- 8. The minimum number of how many times a week you should exercise.
- 12. _____ raises both your energy levels and heart rate by about 10 to 20 percent.
- 13. Found only in plant food.
- 14. What should you drink alot of.
- 15. Beliefs and behavior shared by a group of people.

- 16. This can cause lung cancer.
- 17. One of the best defenses against skin cancer.
- 18. High blood pressure is also called.

Down

- 2. A major source of energy in the diet. They are found naturally in foods such as breads, cereals, fruits, vegetables, and milk and dairy products.
- 3. This can promote weight management, reduce the risk of heart disease, diabetes, cancer, and osteoporosis, lovwe blood pressure, increase energy, improve your mood, and decrease stress.
- 6. Making and maintaining _____ changes to improve our health and wellness is almost always easier if we have encouragement and support from our friends, family or co-workers
- 7. _____ is much more than merely physical health, exercise or nutrition.
- 9. The study of designing equipment and devices that fit the human body and its movements.
- 10. Eating proper foods and proper amounts of food.
- 11. Get up and _____ every 30 to 60 minutes.