

Name: _____

Date: _____

Understanding Wellness

A H N X V G R L P M B A W V M J A P G C W T Z P
Z T T F Z W B J Y T I D E R E H L A D Z A I X B
C L H Y S E A Q F G E G B N J N I O A T A B E A
Z A C D D K D Y B G C R X S D P G E M H K A M L
U E B I E R X Z Y I C W V Z D E S H E E O H O K
A H E F I L F O Y T I L A U Q E B S D U A M T W
Z L L U W B P U O N T A E Y T E S W I N N T I N
W A R A C R W A E R U T L U C G J E A H V E O E
E I E R M U U N I T N O C S S E N L L E W N N T
L C E M B V W J T T N E M N O R I V N E B F A N
L O P W J M B T O G X W P L J Y D Z I R I L L M
N S C R B F N D N C F R I S C R D R X E X F H E
E A R S E O J K F S Z F H A I E H M N C Q T E N
S N M V G V U K J U E K R Y K D V P U Z P L A T
S X W D I Z E W J E V E S U F N T L K G A R L A
E Y I X X Z O N X M T B A I K E L P O B X L T L
Z Z D Z M J L P T I M L C O O G I H X M C L H H
L T F Z N L E U L I D T R P Y F S U G R P V U E
B Y X N P C P H G N O Z A C T I O N P L A N V A
E Z D B T U T X K Y K N L C I R L S C K V Y N L
P E I A C L H E A L T H G F V I F V A L U E S T
Y C N V A H T L A E H L A C I S Y H P Q Z S Z H
J C S E A A U S J R H S Y E Q K C O U M O Q E A
Y G H D S R I S K F A C T O R J I U B B B T Y F

Wellness Continuum
Physical Health
Mental Health
Risk Factor
Wellness
Values
Habit

Emotional Health
Quality of life
Social Health
Environment
Heredity
Health
Media

Health Literacy
Life expectancy
Action Plan
Prevention
Culture
Gender