

Name: \_\_\_\_\_ Date: \_\_\_\_\_ Period: \_\_\_\_\_

# Understanding Your Health: Chapter 1

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

Sedentary Lifestyle  
Lifestyle Factors  
Risk Behaviors  
Adolescence  
Prevention  
Wellness  
Health

The Health Triangle  
Cumulative Risks  
Mental Health  
Precautions  
Attitude  
Balance  
Peers

Community Service  
Physical Health  
Social Health  
Abstinence  
Hormones  
Puberty