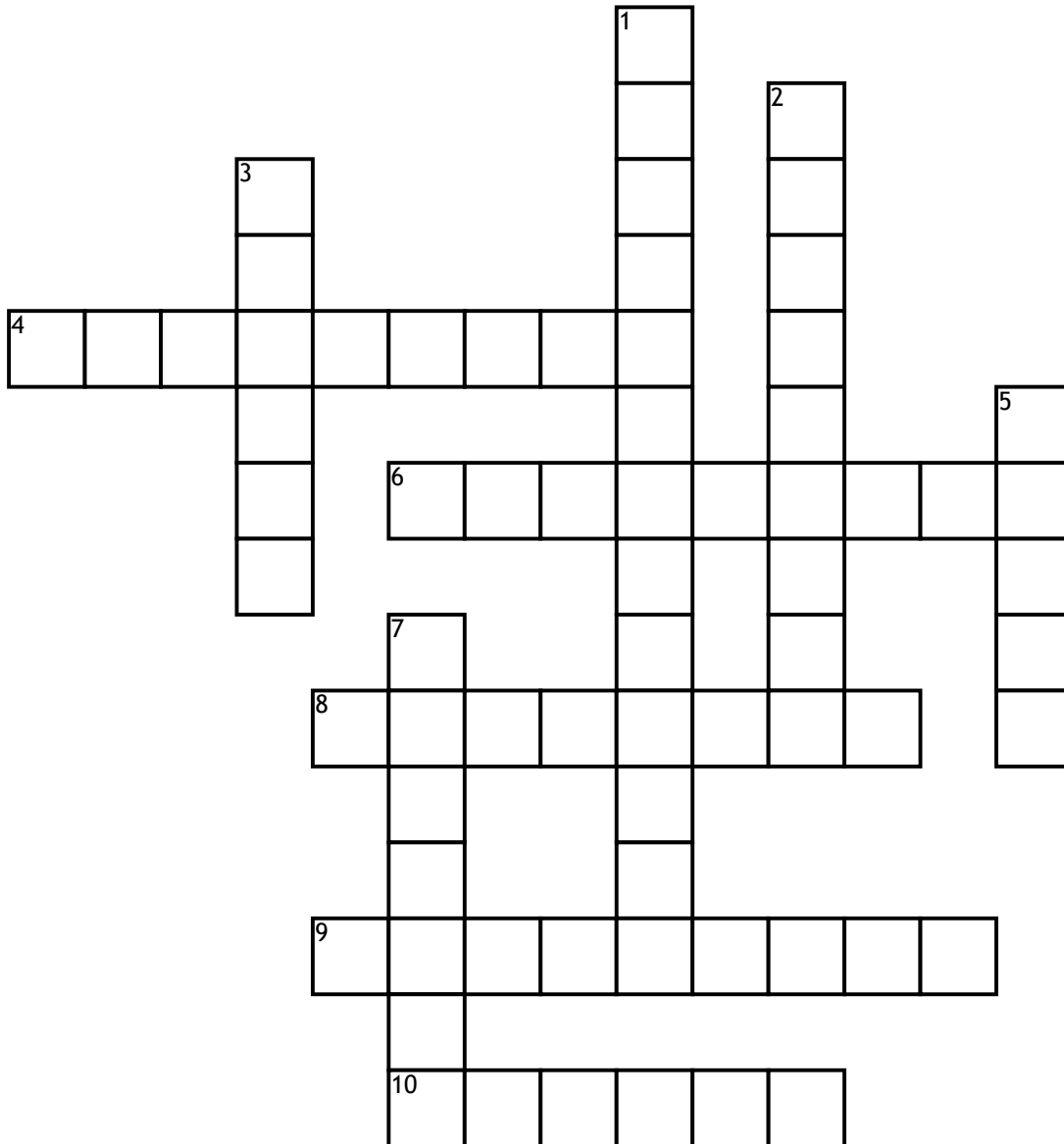


# Well-Being & Fitness



**Across**

- 4. The choices we make about how we live and behave that impact on our health
- 6. Control of personal behaviour relates to which elements of health
- 8. Smoking contains what highly addictive drug.
- 9. An individual that does very little or no physical activity is said to lead what type of lifestyle
- 10. Meeting new people, performing as part of a team and a sense of belonging all benefit your ..... health.

**Down**

- 1. Alcohol affects an individuals reaction time, coordination and .....
- 2. A natural chemical messenger believed to regulate your mood
- 3. Eating healthy will boost an individuals ..... levels.
- 5. A balanced life includes Work, Rest and.....?
- 7. The ability to meet the demands of the environment