

Name: _____ Date: _____ Period: _____

What is Health

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

fivedimensions
abstinence
emotional
decision
synergy
social
risk

healthtriangle
proactive
advocacy
physical
balance
mental

communication
lifestyle
attitude
strength
action
health

goalsetting
spiritual
teamwork
wellness
choice
habit