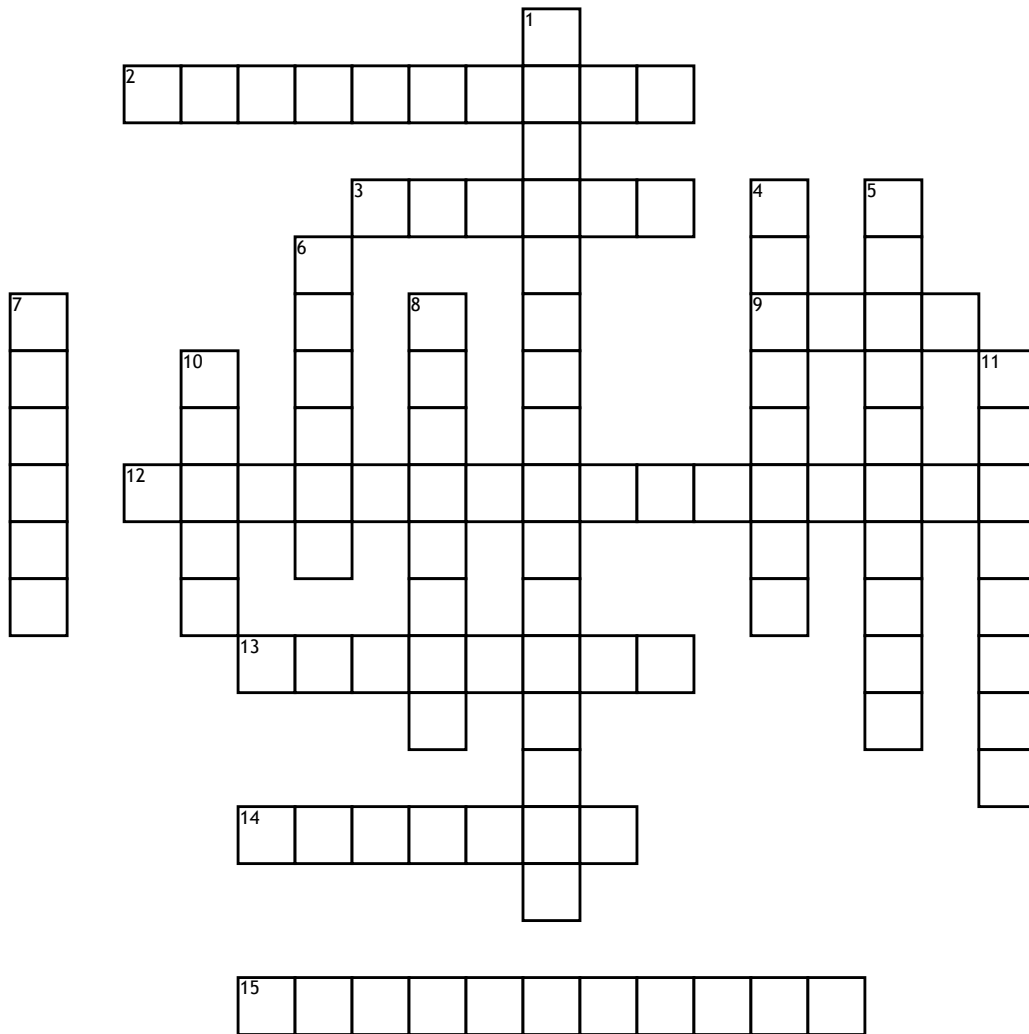


Name: _____

Date: _____

Your Total Health



Across

- 2. taking steps to avoid something
- 3. body's response to real or imagined dangers or other life events
- 9. the chance that something harmful may happen to our health and wellness
- 12. side of triangle: how you handle feelings, thoughts, and emotions

- 13. side of triangle: engaging in physical activity and eating healthy foods
- 14. the collected beliefs, customs, and behaviors of a group
- 15. all the living and nonliving things around you

Down

- 1. the behaviors and habits that help determine a person's level of health
- 4. passing of traits from parents to their biological children

- 5. the conscious active choice not to participate in high risk behaviors
- 6. combination of physical, mental/emotional, and social well-being
- 7. side of triangle: how you relate to people at home, school, and everywhere
- 8. state of well-being or balanced health over a long period of time
- 10. people close to you in age who are a lot like you
- 11. trustworthy and dependable

Word Bank

- | | | | |
|-------------------|-------------|--------------------|----------|
| heredity | risk | prevention | culture |
| stress | physical | social | reliable |
| lifestyle factors | environment | mental / emotional | wellness |
| health | peers | abstinence | |