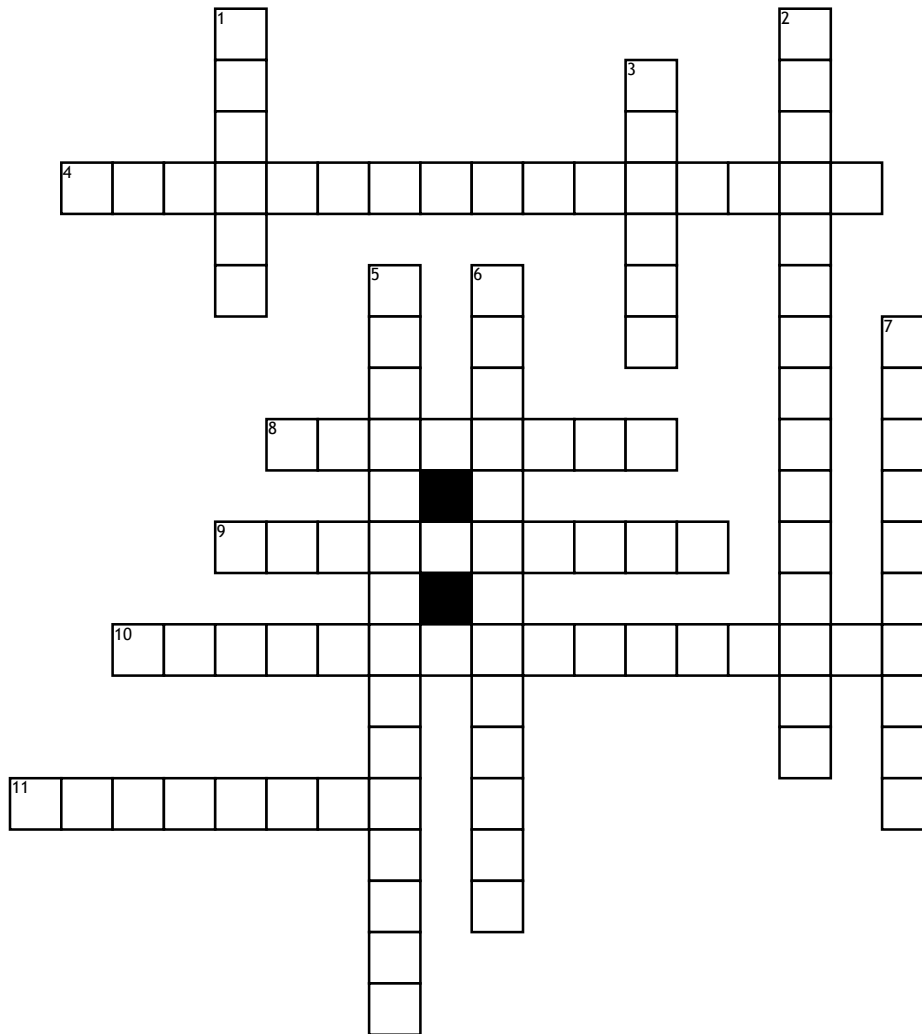


Name: _____

Date: _____

independent living



Across

- 4. behavior patterns people use to protect their self esteem
- 8. cleaning and caring for the body
- 9. physician that specializes in the care of feet
- 10. body is able to fight illness, infection and repair damage
- 11. the inability to get the amount of sleep you need when needed

Down

- 1. bodies reaction to the events in your life
- 2. condition of your body
- 3. colorless film of bacteria on teeth
- 5. a measure of the condition of your heart and lungs
- 6. doctor who specializes in skin
- 7. emotional state that ranges from mild, short unread feelings of sadness

Word Bank

- | | | | |
|------------------|-------------------|-------------------|------------------|
| insomnia | physical wellness | defense mechanism | aerobic capacity |
| physical fitness | stress | dermatologist | depression |
| grooming | plaque | pediatrist | |