

Name: \_\_\_\_\_

Date: \_\_\_\_\_

Period: \_\_\_\_\_

# understanding health & Fitness

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

**mental emotional health**  
**stress management**  
**communication**  
**positive way**  
**challenges**  
**exercise**  
**culture**  
**family**  
**nine**

**assessing information**  
**decision making**  
**social health**  
**environment**  
**analyzing**  
**heredity**  
**friends**  
**goals**

**conflict resolution**  
**physical health**  
**goal setting**  
**background**  
**advocacy**  
**positive**  
**refusal**  
**media**