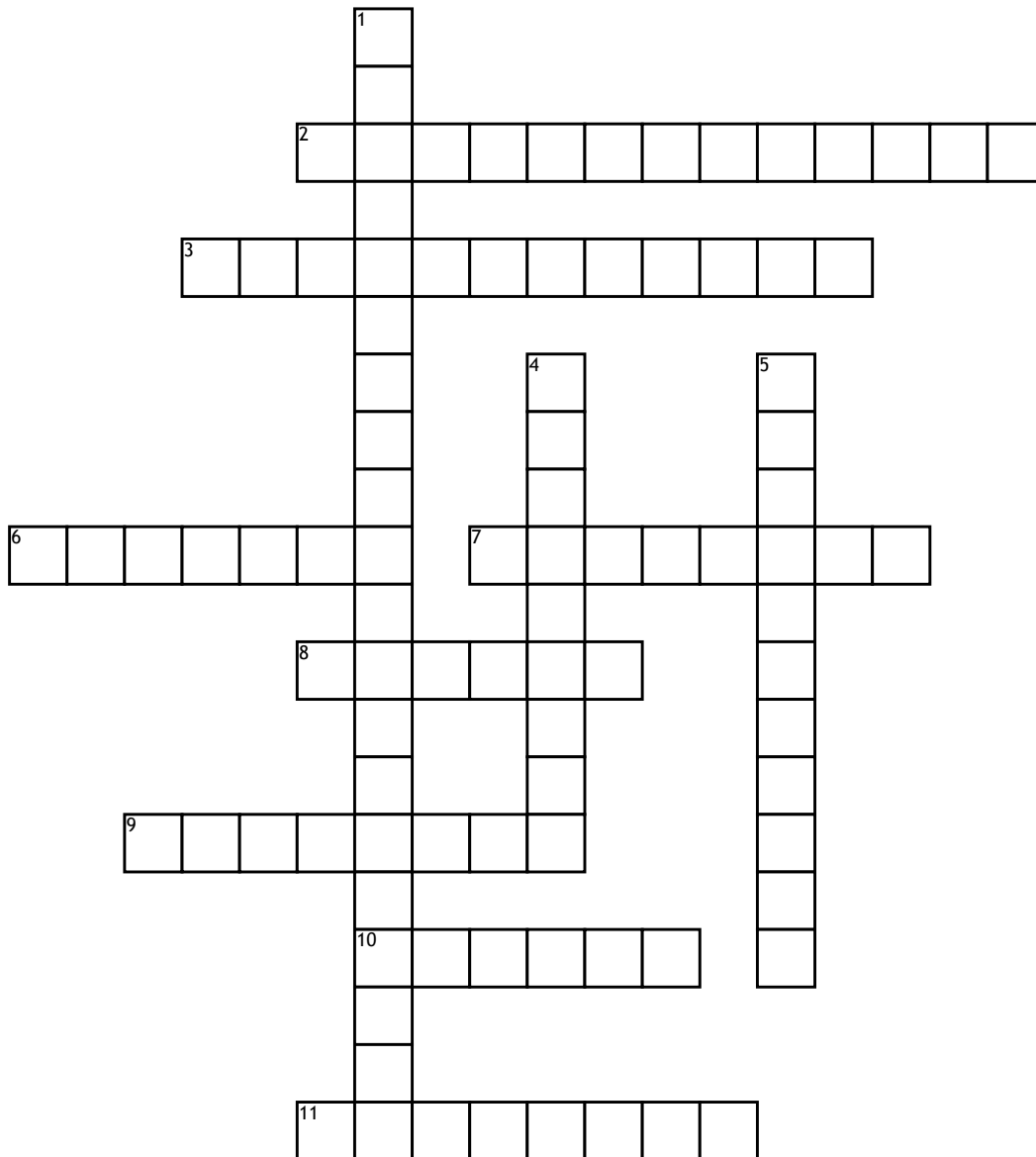


Name: _____

Date: _____

Chapter 1: Health & Wellness



Across

2. Saying no to things that you don't want to do and avoiding dangerous situations.
3. Comparing products and services based on their value and quality
6. Someone who is always clean and well groomed
7. The passing of traits from a parent to their offspring
8. The condition of physical, mental, emotional and social well-being.

9. Includes your state of mind that affects the decisions you make

10. Dealing with problems and emotions in an effective way.

11. Balance of all four parts of health

Down

1. Taking care of yourself before you have an accident or get an illness
4. The set of behaviors by which you live
5. All living and non living things around you