



## Complete the sentence

### Building your family health portrait

“Self-care has become a new priority – the revelation that it’s perfectly permissible to listen to your body and do what it needs.” — Frances Ryan. Complete the sentences below to discover healthy strategies to help prevent chronic diseases and help you live your best life.

1. Wash hands for \_\_\_\_\_ with soap and clean running water.
2. Knowing your \_\_\_\_\_ is the first step on the road to better health.
3. Your \_\_\_\_\_ play a big role in determining your health.
4. Keeping \_\_\_\_\_ clean is important to avoid getting sick and spreading germs.
5. To make \_\_\_\_\_ you need to understand your current health, your risk for getting certain diseases, and your environment.
6. Fruits, vegetables, whole grains, lean meats and \_\_\_\_\_ dairy products make healthy meals.
7. Adults need at least 150 minutes of \_\_\_\_\_ intensity aerobic activity every week.
8. It is important to visit your doctor regularly for \_\_\_\_\_ services.
9. Use healthy \_\_\_\_\_ to help prevent chronic diseases.
10. Don’t use \_\_\_\_\_ products.
11. \_\_\_\_\_ causes sun damage to skin, not the temperature.
12. Substitute \_\_\_\_\_ for sugary drinks to cut calories.

Puzzle created by Ruth Cremeans, Administrative Support Associate, School of Human Environmental Sciences

Answers: 1. 20 seconds 2. Family health history 3. Genes 4. Hands 5. Healthy 6. Low-fat 7. Moderate 8. Preventive 9. Strategies 10. Tobacco 11. UV rays 12. Water

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