



LifeSmart

Learn it. Live



TeachSmarts

*The best resources and tips
for LifeSmarts success*

Sept. 29, 2020

September TeamSmarts closes Wednesday

The first TeamSmarts quiz on Health and Safety closes at midnight on Wednesday, September 30. Team Captains will find the quiz under their competitions tab. Monthly prizes are awarded in the TeamSmarts Challenge to the top scoring teams in JV, Varsity, FBLA, FCCLA, and 4-H, HOSA and SkillsUSA. Each top scoring team receives a \$100 award for their team! We look forward to recognizing seven teams each month through February.

October TeamSmarts opens Thursday

The October TeamSmarts quiz on Personal Finance opens October 1 and remains open through October 31. Make plans now to take part with your team!

FCCLA/LifeSmarts Knowledge Bowl

LifeSmarts is a competitive event with Family, Career, and Community Leaders of America (FCCLA). Knowledge Bowl registration is open now, and teams must take the FCCLA TeamSmarts quiz by October 15. To learn more, [click here](#).

FBLA Fall Challenge dates

The FBLA LifeSmarts Competitive Event offers two chances to qualify. The Fall Challenge dates are October 20 – November 13. For additional information, [click here](#).

Today is World Heart Day

Every year, more than 17 million people die from heart disease. As a way to fight this, the World Heart Federation created World Heart Day. It's an event held every year on September 29. LifeSmarts students and teams can learn about cardiovascular disease (CVD) and its warning signs, the steps you can take to fight it, and how to educate and help those around you who may be suffering.

Test your knowledge on heart disease with LifeSmarts questions

Q: Why is high blood pressure considered a major risk factor for developing cardiovascular diseases?

A: High blood pressure is a “silent killer” because it has no symptoms or warning signs that may lead to a heart attack; high blood pressure puts too much force on the blood vessels which can damage them; high blood pressure can also increase the risk of developing cardiovascular diseases caused by hardening of the arteries and blood vessels

Q: Name two foods that are considered to be heart healthy:

A: Berries, soy foods, whole grains including oatmeal, nuts and seeds, olive oil, beans, fish high in omega-3s, brown rice, fruits and vegetables including sweet potato, red bell pepper, asparagus, carrots, spinach, broccoli, tomatoes, oranges, cantaloupe, papaya, and tea

Until next week,

– The LifeSmarts Team

LifeSmarts: Learn it, Live it!

P.S.–Help us continue the LifeSmarts program by giving to LifeSmarts. [Make your tax-deductible donation today!](#)

[LifeSmarts.org](https://www.lifesmarts.org)
