LIFESMARTS SEPTEMBER 2020

SUN	MON	TUES	WED	THURS	FRI	SAT
		1	2	3	4	5
		World Health Organization	Seven; daily	Everyone; everyone from time to time	It reverts to your resting rate	Physical activity includes exercise and other activity involving bodily movement
6	7	8	9	10	11	12
Emotional, environmental, financial, intellectual, occupational, physical, social, spiritual	Person to person	An increase in the number of expected cases	Once a day; every day	Most milk bought in grocery stores is pasteurized	State Department	Zoonotic; zoonoses
13	14	15	16	17	18	19
Sneezing	Prescription	Strength	US Food and Drug Administration; FDA	Active ingredient	OTC; over-the-counter	Drug Facts Label
20	21	22	23	24	25	26
People aged 18-25, young	Lithium ion	Electricity	Z 5 False	CPSC; Consumer Product	Heat	Negative
adults				Safety Commission		
27	28	29	30			
Battery	Lower it; may help you get a discount	Wireless Emergency Alert	72 hours; 3 days			