

# February 2007

## Fitness Month

### CARDSfit

#### Fitness Tip

Remember that your heart is a muscle. Just like you need to exercise your leg and arm muscles, you need to exercise your heart too! Aerobic exercise, like walking, running, & swimming, is a great way to keep your heart in shape!

#### Baked Dijon Chicken:

1 pound boneless, skinless chicken breasts or turkey breast tenderloins, all visible fat removed

1 tablespoon Dijon or coarse-grained mustard

2 teaspoons lemon or lime juice

1/2 teaspoon bottled minced garlic

1/8 teaspoon black pepper

Preheat oven to 375 degrees. Rinse chicken or turkey and pat dry.

In a small bowl, stir together remaining ingredients. Arrange chicken or turkey in a single layer in a glass baking dish. Spread mustard mixture over the top of each piece. Bake, uncovered, 15 to 20 minutes, or until chicken or turkey is tender and no longer pink.

#### Microwave Method:

Prepare recipe as directed above except arrange chicken or turkey in a single layer in a baking dish, placing thicker portions toward the outside edge of the dish. Cover with wax paper and cook on 100% power (high) 3 to 4 minutes. Give dish a 1/2 turn. Re-cover and cook on high 3 to 4 minutes, or until chicken or turkey is tender and no longer pink.

# National Heart Month

| SUN  | MON   | TUE   | WED   | THU  | FRI   | SAT   |
|--|---|---|---|--|---|---|
|  |   |   |   | 1  | 2<br>Men's Tennis vs. Morehead State 10 a.m.<br>And Murray State 6 p.m.<br>Bass-Rudd Tennis Center<br>Women's Tennis vs. Troy 2 p.m.<br>Bass-Rudd Tennis Center | 3<br>Men's Basketball vs. Villanova Philadelphia, Pa. 12 p.m.<br>Women's Basketball vs. DePaul<br>Freedom Hall 12 p.m.<br>Swimming & Diving |
| 4<br>Women's Tennis vs. SMU Bass -Rudd Tennis Center 10 a.m.   | 5<br>Women's Golf Baja Invitational Encenada, Mexico  | 6<br>Women's Basketball vs. Notre Dame South Bend, Ind. TBA   | 7<br>Men's Basketball vs. Georgetown<br>Freedom Hall 7 p.m.   | 8 <b>Fact:</b><br>In a lifetime the average person walks about 70,000 miles. That's about 18,000 steps per day!  | 9<br>Men's Tennis vs. Texas Tech Seattle, Wash. 12 p.m.<br>Women's Tennis vs. Notre Dame South Bend, Ind. 3 p.m.<br>Softball Tournament at FIU Miami, Fla. TBA  | 10<br>Men's Basketball vs. USF<br>Freedom Hall 3 p.m.<br>Women's Basketball vs. Syracuse<br>Freedom Hall 7p.m.                              |
| 11<br>Men's Tennis vs. Middle Tennessee State Seattle, Wash. 10 a.m.<br>Women's Tennis vs. Middle Tennessee State Bass-Rudd Tennis Center 2 p.m.                       | 12<br>Men's Basketball vs. Pittsburgh Pittsburgh, Pa. 7 p.m.  | 13<br>Women's Basketball vs. Connecticut Storrs, Conn. 7:30 p.m.  | 14<br>Swimming & Diving BIG EAST CHAMPIONSHIP Long Island, NY.<br><br><i>Happy Valentine's Day</i>  | 15<br>Swimming & Diving BIG EAST CHAMPIONSHIP Long Island, NY.   | 16<br>Women's Tennis vs. Minnesota Minneapolis, Minn. 5 p.m.<br>Softball vs. Fresno State Fresno, Calif. 9 p.m.   | 17<br>Men's Basketball vs. Marquette Milwaukee, Wis. 9 p.m.   |
| 18<br><b>Be kind. Do someone a favor today!</b>  | 19 <b>Fact:</b><br>Each additional mile walked or run by a sedentary person would give him/her an extra 21 minutes of life! | 20 <b>President's Day</b><br>Women's Tennis vs. Kentucky Bass-Rudd Tennis Center 7 p.m.<br>Women's Basketball vs. St. Johns Freedom Hall 8 p.m. | 21<br>Men's Basketball vs. St. Johns Freedom Hall 7 p.m.  | 22<br><b>Family Time:</b><br>Try discussing how you feel when you are worried, angry or under pressure. Then as a family come up with ways to work on controlling those feelings together. | 23<br>Women's Tennis vs. Auburn Bass-Rudd Tennis Center 1 p.m.<br>Softball vs. Kansas Ulmer Stadium 4 p.m.  | 24<br>Softball vs. Kent State Ulmer Stadium 3 p.m.  |
| 25<br>Softball vs. Iowa Ulmer Stadium 10:30 a.m.<br>Men's Basketball vs. Connecticut Hartford, Conn. 12 p.m.<br>Women's Tennis Ohio State 1 p.m.<br>Write State 7 p.m. | 26<br>Women's Basketball vs. West Virginia Freedom Hall 7 p.m.  | 27  | 28  | <h1>Black History Month</h1>   |   |   |

All University of Louisville Home games -Red Health Recipes & Snacks-Blue Family Discussion Topics- Green Facts of the Month -Purple Activities-Pink All University of Louisville Game Subject to change please check <http://uoflsports.cstv.com> for updates.