

SUN

MON

TUE

WED

THU

FRI

SAT

CARDSfit

March Madness

				1 Swimming & Diving Athens, GA All day	2 Softball vs. Akron Ulmer Stadium 4 p.m. Family Time: Small changes are attainable and easy to follow. Try turning the TV off during dinner or drinking water in place of soda.	3 Women's Tennis vs. Eastern KY Bass-Rudd Tennis Center 9 a.m. Softball vs. Western KY Ulmer Stadium 1 p.m. Women's Basketball BIG EAST Championship Hartford, Conn. TBA Ha
4 Softball vs. Bradley Ulmer Stadium 10:30 a.m. Men's Basketball vs. Seaton Hall Freedom Hall 12 p.m. Softball Red & Black Tournament Ulmer Stadium TBA	5 Women's Basketball BIG EAST Championship Hartford, Conn. TBA	6 Women's Basketball BIG EAST Championship Hartford, Conn.	7 Softball vs. Kentucky Lexington, KY. 5:30 p.m. Men's Basketball BIG EAST Championship New York, NY. TBA	8 Men's Basketball BIG EAST Championship New York, NY TBA Swimming & Diving NCAA Women's Championships Minneapolis, Minn.	9 Men's Basketball BIG EAST Championship New York, NY TBA Track NCAA Indoor Championships Fayetteville, Ark Softball at Maryland Tournament College Park	10 Men's Basketball BIG EAST Championship New York, NY TBA Women's Golf Lady Gator Invitational Gainesville, Fla.
11 Men's Tennis vs. William & Mary Bass-Rudd Tennis Center 1 p.m. Women's Rowing vs. Minnesota Oak Ridge, Tenn. All day	12 Women's Tennis vs. Missouri Columbia, Mo. 5 p.m.	13 Women's Rowing Tulsa Exhibition Oak Ridge, Tenn. All day	14 Softball vs. Marshall Huntington, W.V. 3 & 5 p.m.	15 Swimming & Diving NCAA Men's Championships Minneapolis, Minn. All day Men's Tennis Blue-Gray Invitational Montgomery, Ala. All day	16 Women's Golf at LSU Cleveland Golf Classic Baton Rouge, La. All day Track at Baldy Castillo Invitational Tempe, Ariz. TBA	17 Women's Tennis vs. Virginia Tech Blacksburg, Va. 1 p.m. Men's Tennis at Blue-Gray Invitational Montgomery, Ala. All day Happy St. Patrick's Day
18 Women's Golf at LSU Cleveland Golf Classic Baton Rouge, La. All Day Men's Tennis at Blue-Gray Invitational Montgomery, Ala. All Day	19 Enjoy a snack today! Mix and Match: Apples with cheese Celery with peanut butter Yogurt and granola	20 <h2>National Women's History Month</h2>		21	22 Fact: Fruits and vegetables are easily digested and are a great source of vitamins & minerals.	23 Softball vs. Liberty Ulmer Stadium 10:30 a.m. Softball vs. Northwestern Ulmer Stadium 3 p.m.
25 Softball vs. Michigan Ulmer Stadium 2:30 p.m.	26 Fact: Add color to your diet. This is one way to include more fruits and vegetables that help reduce the risk of cancer.	27 Softball vs. Missouri Ulmer Stadium 5 p.m.	28 Softball vs. Missouri Ulmer Stadium 4 p.m.	29 Go for a walk with your family today and look for signs of Spring!	30 Softball vs. Villanova Ulmer Stadium 4 p.m. And again at 6 p.m. Track at Missouri Relays Columbia, Mo. TBA	31 Women's Tennis vs. Marshall Huntington, W.V. 11 a.m. Men's Tennis vs. Pepperdine Malibu, Calif. TBA

Nutrition Tip

The wide range of vitamins, minerals, fiber and phytochemicals in colorful fruits & vegetables work together to provide many health benefits. By including these colors in your diet, at least 5-9 servings daily, you can help maintain:

- *Healthy Heart
- *Memory Function
- *Vision Health
- *Strong Bones & Teeth
- *Lower risk of Cancers

Fruit Kabobs:

Ingredients: bananas, apples, green grapes, red grapes, pineapple chunks, plain or fruit smooth style yogurt, granola or coconut.

Steps: Prepare the fruit by washing it off, and slicing or cutting fruit into chunks. Spread granola or coconut onto a large plate. Slide pieces of fruit onto skewer until full. Hold kabob at the ends and roll in the yogurt until covered. Then roll it in the granola or coconut and enjoy!

Discussion Topics and Ideas for the Family:

- What can we do to help strengthen our body's defenses against disease?
- What are some ways to prevent disease transmission?
- What is the difference between an illness that is spread from person-to-person and one that is not?
- What are some healthy habits to protect yourself from disease?