




| SUN | MON | TUE | WED | THU | FRI | SAT | |
|---|--|--|--|---|---|--|---|
|  <p>National Bike Month</p> | | 1 Softball vs. Evansville Evansville, Ind. 5 p.m. | 2 Softball vs. Kentucky Ulmer Stadium 5 p.m. | 3 Ride your bike, but do it safely! Wear your helmet and pads. | 4 Track at BIG EAST Championships Storrs, Conn. TBA | 5 Cinco De Mayo Softball vs. Seton Hall South Orange, N.J. 12 p.m. & 2 p.m. Track at BIG EAST Championships Storrs, Conn. TBA | |
| | 6 Softball vs. St. Johns Jamaica, N.Y. 12 p.m. & 2 p.m. | 7 Family Time: Discuss time limits on TV and video games. Assign chores or other activities that will help you to be more healthy, strong and creative. | 8 Fact: Food + Sleep + Physical Activity = Your Energy Equation | 9 National Teacher's Day  | 10 Women's golf at NCAA Regionals All Day TBA Softball at BIG EAST Championship TBA | 11 Softball at BIG EAST Championship TBA Women's Golf at NCAA Regionals All Day TBA | 12 Track at Ohio River Challenge Cardinal Park TBA Women's Rowing at NCAA South/Central Regional All Day Oak Ridge, Tenn. |
| 13 Softball BIG EAST Championship TBA Men's Tennis at NCAA Team Tournament TBA Happy Mother's Day | 14 Men's Tennis at NCAA Team Tournament TBA | 15 Men's Tennis at NCAA Team Tournament TBA | Mental Health Month | | | 18 | 19 |
| 20 Armed Forces Day National Running & Fitness Week  | 21 If you have a yard, pick up sticks or trash | 22 Family Time: Take the time to go over signs and symptoms of a stroke and what to do in case of an emergency. | 23 Women's Golf at NCAA Championships All Day TBA | 24 Women's Golf at NCAA Championships All Day TBA | 25 Track at NCAA Mideast Regional Columbia, Mo. TBA Women's Rowing at NCAA Championships | 26 Track at NCAA Mideast Regional Columbia, Mo. TBA Women's Rowing at NCAA Championships | |
| 27 Women's Rowing at NCAA Championships Knoxville, Tenn. All Day Sunscreen Day | 28 Memorial Day | 29 | 30 | 31 World No Tobacco Day | National Stroke Awareness Month | | |

Fitness Tip

Play and recreation are important for good health. Fun activities help to keep your mind and body active. Look for opportunities to be active and have fun at the same time!

Here are some examples:
 *Schedule a play date with a friend
 *Plan family outings and vacations that include physical activity

Bran Muffin Breakfast Trifle:

3 cups of coarsely crumbled low fat bran muffins (about 3 medium muffins)
 4 cups of assorted fresh fruit chunks
 2 cups nonfat or low-fat vanilla or fruit flavored yogurt

Place half the muffin crumbs in a 2 1/2 quart bowl or air tight container. Arrange 3 1/2 cups of fruit on top. Cover with remaining muffin crumbs. Spoon yogurt over the top. Top with remaining fruit, cover and refrigerate for at least 6 hours or overnight.

Signs & Symptoms of a Stroke:

- ***Hemiparesis**— weakness on one side of the body or **hemiplegia** paralysis on one side of the body.
- ***Aphasia**— difficulty with speech and language or **dysphagia** trouble swallowing.
- * Decreased field of vision and visual perception.
- *Loss of emotional control and changes in mood.
- *Cognitive changes or problems with memory, judgment and problem-solving.
- *Behavior changes or personality changes, improper language or actions.

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.