May is National Physical Fitness and Sports Month, designated in 1983 by the President's Council on Fitness to promote healthy lifestyles among all Americans and improve our quality of life. Celebrate this observance by promoting the importance of 60 minutes per day of physical activity for kids. There are countless ways to get moving, and many of them can be done while you stay at home.

**Activity**
Visit [Mommy Poppins](#) and choose an activity to complete with a family member.

**Action**
Submit pictures of people in your program completing the challenge. You can submit your photo on social media by using the tag #CASECHALLENGE or email to vlopezcase@hcde-texas.org

**Accomplishments**
One winner will be randomly selected from all entries received. If your submission wins, your program will receive an item of your choosing from our collection of prizes.