Fit India Movement

News

Fit India Movement launched on the occasion of National Sports Day.

Importance of this movement:

- Fit India Movement should become a national goal.
- With fast moving lifestyles and the advent of mobile phones, these indigenous forms of fitness are fast losing their popularity, but these can be a great way to remain fit.
- The show stressed on the need to give up sedentary lifestyles and be active in daily life.
- Sport activities like kabaddi, kusti, kho-kho and many more games have been improving the fitness quotient among Indians.

Fit India Movement aims to motivate every Indian to incorporate simple, easy ways of staying fit in their everyday life. The highlight of the function was the presence of National Fitness Icons, who have been hand-picked by the Ministry of Youth Affairs and Sports for their continued dedication towards fitness, despite their age.