



FIT INDIA MOVEMENT

PREAMBLE

“Fitness has always been an integral part of our culture. But there is indifference towards fitness issues now. A few decades back, a normal person would walk 8-10 km in a day, do cycling or run. But with technology, physical activity has reduced. We walk less now and the same technology tells us that we are not walking enough”

---Narendra Modi, PM, India

The Fit India Movement aims to encourage Indians to include fitness activities and sports in their daily lives to pave way for a healthy and fit lifestyle. Prime Minister Shri Narendra Modi launched the Fit India Movement on the occasion of National Sports day at the Indira Gandhi Indoor Stadium in New Delhi on August 29, 2019. The Prime Minister observed that the root cause of most lifestyle diseases are lifestyle disorders and there are many diseases that can be overcome by making small changes in our lifestyle. PM Modi stated that lifestyle diseases like diabetes and hypertension are increasing in India. Hence, the Prime Minister said that Fit India should be seen as a household movement, a daily routine and must be cultivated from school and college levels.

Click on the following link for Fit India Movement at Sir MVIT
[Fit India Movement at Sir MVIT](#)

The Ministry of Youth Affairs and Sports under the aegis of the Fit India Movement has developed *Age Appropriate Fitness Protocols named as G.O.A.L.S.* (Goals for Active Life Style) for different age groups categorized as 05-18 years, 18-65 years and 65+ years. These protocols have been launched by the Honorable Prime Minister in the ‘Fit India Dialogue’ programme held on 24th September 2020 while celebrating the 1st Anniversary of Fit India Movement. These protocols consist of fitness tests based on various fitness components and suggested activities to improve the same.

These protocols are available to download on the following link:

<https://sites.google.com/view/fitindiaoff/home>

