

'FIT INDIA MOVEMENT' KICKED OFF ON NATIONAL SPORTS DAY

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Towards fitness:Narendra Modi during the launch of 'Fit India Movement'. Actor Shilpa Shetty was also present.PTI

Launching the 'Fit India Movement,' Prime Minister Narendra Modi on Thursday said healthy individuals, families and society would be the ones to make "new India," "fit India" and urged people to make fitness their lifestyle.

Marking the National Sports Day on the birth anniversary of hockey legend Major Dhyan Chand, Mr. Modi launched the "people's movement" for promoting fitness, a government statement said.

The PM also congratulated sportspersons who had won medals for the country. "Their medals are not only the result of their hard work but reflection of a new zeal and new confidence of a new India," Mr. Modi said.

"Success is related to fitness, success stories of all of our icons from any field of life have a common thread — most of them are fit, have a focus on fitness and are fond of fitness," the PM said.

Technology has "robbed us of our daily fitness routines and today we are unaware of our traditional practices and lifestyle which could keep us fit," he added. He also said lifestyle changes can prevent diseases like diabetes and hypertension.

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