

# FIT INDIA

Fitness is not just a word but a necessary condition for a healthy and prosperous life.

Instead of using tablets

If we feel sick internally , sometimes it may recovered by doing some yoga exercises.

Instead of sitting in a same place

Walk 2km atleast thrice in a week.it balances our stress life and pull outs the lazyness.

Instead of roaming on a bike

Run atleast 1km daily which increases the stamina and breath control.

Instead of watching tv

Do meditation 5min in a day which electrifies our nervous system.

Instead of using mobile

Play outdoor games which will increase the team spirit.

A healthy person – A healthy family

A healthy family – A healthy society

A healthy society – A healthy nation

A healthy nation – A healthy world

Thank you

Jai hind....!!

LFC M MOHIDDIN

AP18SDA398150

