

Sports Minister releases Fit India mobile app

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The app is free of cost but will prove invaluable for our fitness: Anurag Thakur

To celebrate second anniversary of Fit India Movement and as part of Azadi ka Amrit Mahotsav, the Minister of Youth Affairs and Sports, Anurag Singh Thakur launched the Fit India Mobile Application at Major Dhyan Chand National Stadium, New Delhi on National Sports Day, on 29 August.

The unique feature of the Fit India App is to empower each individual to check his/her fitness score based on a set of age specific fitness tests and get specific recommendations on how to improve their fitness level through physical activities including yoga protocols.

Animated Videos have been provided to make individuals understand about the procedure for conducting the fitness tests themselves. These features are based on the Age-appropriate fitness protocols launched by Prime Minister.

The "Fitness Protocol" feature allows the user from different age groups to do various exercises which help them in being able to keep up with basic fitness levels. The protocol covers exercises that are universally followed and duly ratified by health experts.