

Covid19: Fit India Movement brings together top health experts for live fitness sessions on social media

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Renowned health and fitness experts Mickey Mehta, Luke Coutinho, meditation coach Ronak Gajjar, nutritionist Heena Bhimani and several others are coming together under the aegis of the Government of India's flagship fitness movement, Fit India, to ensure that Indians have access to the best health, fitness and wellness sessions from the comfort of their homes during the lockdown owing to Covid19.

The live sessions titled Fit India Active Days will be live from April 4, Saturday, at 9.30 am everyday on Facebook and Instagram handles of the Sports Authority of India, Fit India, Goqii and Shilpa Shetty App.

Speaking about this initiative Shri. Kiren Rijju, Union Minister of Youth Affairs and Sports says, "I think it is a great opportunity for everyone to get first-hand training and tips from these top-notch health and fitness experts. These experts have all come together for the Fit India Active Days live series as a gesture to do their bit to keep India fit during these tough times. I would urge every family to make the most of this. In these times we must all take greater care to stay fit and improve our immunity."

The first Live session of the series on April 4 is by Luke Coutinho, who will speak on the topic of 4 pillars of immunity and family fitness. Speaking about his session, Luke said, "Immunity is a subject ignored all over the years. It is your body's intelligence. What I'm gonna teach people tomorrow is how to boost your immunity by – the food that you eat, exercise, sleep and dealing with emotions and stress."

And if the body is fighting fit, can the mind be ignored? Meditation coach Ronak Gajjar points this out and adds, "No one is talking about how to take care of the mind, how to stay alone. When we do these live sessions on meditation and different kind of sound healing therapy, people will realize how important it is take care of your mind. My session will have a blend of theory and pranayama and yoga practices," he said.

Speaking of the importance of the initiative, Bhumika Uniyal, who will give a session on Vinyasa Yoga, says, "This is a brilliant initiative by the Government of India and is the need of the hour. I am honoured to be associated with the Fit India Movement, to connect and practice with people across the country via the live session."

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