

Gym is an activity for everyone, whether you play sports or not , whether you wanna get rid of belly fat or being skinny, one must all hit the gym, it's just not a mere activity, make it a lifestyle.

**“Use the 21/90 rule: It takes 21 days to create a habit. It takes 90 days to create a lifestyle.”**

Do turn up and involved here at IIT Hyderabad and make the most out of it,something you'll do for your body, and eventually for your personality.