**Fit India Movement:**

* The proliferation of technology made our lives much easier and much better, but at the same time, it made many people turn to a sedentary lifestyle. Earlier people used to walk to schools or offices. But now, technological innovations decreased the necessity of physical activities. Technologies like food ordering apps, cab booking services, washing machines and online shopping enabled us to get things done without much physical activity. So, there is a need to take effective steps to turn to an active lifestyle to protect our health. So, ‘Fit India Movement’ was launched at the right time and encourages people to maintain a healthy lifestyle.