**Home Page – Introduction**

Fit4Fun was conceived to channelize our little energy bundles into fun and healthy activities that will keep them away from addictive, harmful screen-time and give their overwrought parents a much deserved break! The activities have been devised by fitness experts for children between the age groups of 5 and 12 and are bound to be exciting and interactive enough to keep them looking forward to the sessions. Hopefully these sessions, spanning 11 days, will trigger the desire to be active for the rest of the day as well!

**Why and what of the event**

As Covid19 has taken over the world, kids are stuck at home. Most of them are feeling restless cooped up indoors during the lockdown, and parents are struggling to keep them engaged, safe and healthy. These kids have been denied their normal routine of sports and outdoor activities and thus have a lot of pent up energy that needs a release.

Fit 4 Fun was conceived with the intention of helping to channel this energy through a physical fitness regime for a period of 11 days by engaging kids in a series of FUN physical activities.

Creating an exercise routine not only takes care of physical fitness, it is also proven to contribute positively to mental wellness.

(Information bubble on the side of the content could have this:

As per WHO guidelines, children need at least 60 minutes of moderate to high-intensity exercise per day, and therefore, a physical fitness activity is recommended.)

**About Aura**

One of India’s most awarded event and experiential agencies with 18 years of excellence. Our client base includes A RICH REPERTOIRE OF INDIA'S BEST BRANDS - National And Multi National with a formidable collection of expertise drawn from diverse industries. Simply put, ORGANISING is what we do best!