

Fit-key

Health is Wealth



- Only a healthy body can keep the mind healthy. **Healthy minds** dwell in healthy bodies
- Include **exercise** in your daily routine and if possible also include outdoor sports
- Follow a regular fitness regime
- Keep Fit, Stay Alert
- Till date 760 **Fit-key** (volleyball, football, cone, ring, skipping rope, basketballs and hoops) have been installed in rural and corporation schools