

## Fit India

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If you want to be active;

Till the end of your life.

If you don't want diseases;

Weak bones and troubled life.

Take a cue, an early one;

Wake up early and go for run.

**Work hard, get out of the pit**

**This is new India, Lets be Fit.**

Don't be lazy sitting on a couch;

Try something crazy, food for your thought.

Touch your toes or jumping jacks;

Pilates, crunches and some planks;

Push ups, trade-mill, bicycles;

Burn the fat at your will.

**Work hard, get out of the pit**

**This is new India, Lets be Fit.**

Be Creative, involve family and friends;

Go for trek, Yoga or play kabaddi;

Picnic, outdoor, under the sun;

Get out of comfort zone; have some fun.

Live life to the fullest with some action;

Enjoy each moment, with health, fitness and motion.

**Work hard, get out of pit**

**This is new India, Lets be Fit.**

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This is original work of author.

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