KENDRIYA VIDYALAYA ARUVANKADU

First Anniversary of Fit India Movement and 2nd Editionof

Fit India School Week

Daily Reports

<u>Day – Two</u>

<u>10-12-2020</u>

Fit India Movement

Activitities

Free Hand Excercises

Fun and Fitness Aerobic Dance forms

Bope skipping, Zig Zag Shuttle Run

Fit India school week celebration 2nd day program was conducted very successfully and completed. Students of Kendriya Vidyalaya, Aruvankadu performed various activities mentioned in their house and sent the photos and Videos to our Vidyalaya. The performances of photo have been compiled and sent to your kind notice.

Freehand exercises have a tonic effect on the muscles and internal organs. They tone up the circulatory system and are beneficial in safeguarding the general health of the body. Advanced freehand exercises shape and muscularize the body.

Push-Ups - Chest, Shoulders, Triceps Dips Between Chairs Or On A Bench - Chest, Shoulders, Triceps Handstand Push-Ups - Shoulders and Triceps Squats – Thighs

Most of these exercises can be done in our home or hotel room when you are out of town. There is never an excuse not to exercise or "tone up!"

<u>Glimpses of Second Day Fit India Celebration - 2020</u>



Easy Free Hand Exercise



Rope Skipping



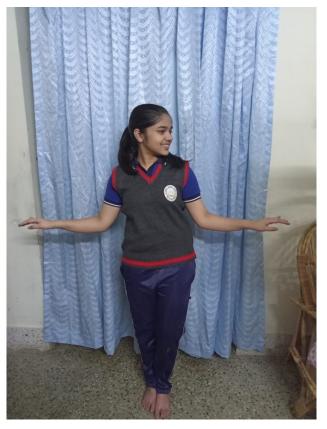
Shuttle Run



On the Spot Knee up Exercise



Running



Aerobic Dance





Squat Exercise

BY

Kendriya Vidyalaya, Aruvankadu.