



Nation pedals together every Sunday — from gyms to government offices, a fitness revolution on wheels

Fit India Sundays on Cycle becomes a nationwide fitness movement uniting over 14 lakh citizens across 1,20,000 locations

World Boxing Champion Meenakshi Hooda joins the 45th edition as India's leading gym chains take part in the weekly celebration of fitness

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When World Boxing Champion Meenakshi Hooda arrived at the Major Dhyan Chand National Stadium early this Sunday morning, she found herself among hundreds of cyclists, fitness enthusiasts, and families ready to ride together in the spirit of health and community. “I feel so happy to join today,” she said. “Just like I maintain my fitness through boxing, it is equally important for every woman, especially homemakers and girls who may not play sports, to stay fit. They often get so busy with their daily routines that they forget themselves. This movement reminds everyone that fitness can be simple, joyful, and for everyone.” Her words captured the essence of Fit India Sundays on Cycle, now in its 45th edition. What began in December 2024 with around 500 participants in Delhi and 1,000 locations nationwide has today become a vibrant public movement that brings together more than 50,000 people every week across over 6,000 locations.

The initiative, led by the Ministry of Youth Affairs and Sports (MYAS) in collaboration with the Cycling Federation of India (CFI), Yogasana Bharat, and MY Bharat, has become a flagship community fitness campaign under the Fit India Movement. It embodies the spirit of “Aadha Ghanta Roz – Fitness Ka Dose”, inspiring citizens to dedicate 30 minutes daily to physical well-being.

The growing impact of Fit India Sundays on Cycle was highlighted in the 117th episode of Prime Minister Shri Narendra Modi's Mann Ki Baat, where he appreciated how citizens from all walks of life were uniting every Sunday to celebrate health, joy, and togetherness through fitness.

Under the guidance of the Union Minister for Youth Affairs & Sports and Labour & Employment, Dr. Mansukh Mandaviya, the initiative has evolved into a true Jan Andolan for fitness, bringing together new groups and communities each week. Participants have included Central Armed Police Forces (CAPFs), Doctors, Teachers, Government Employees, Schoolchildren, Members of

Parliament/Member of Legislative Assemblies and public representatives, Lawyers, Postmen, Healthcare Workers, Safai Senanis, State Police Forces, Residents' Welfare Associations (RWAs) amongst others. These diverse groups, spanning professions and generations, have helped the campaign reach every nook and corner of the country, turning local streets and parks into spaces of energy and camaraderie.

Given the ongoing festive season across the country, the previous week's edition of Sundays on Cycle was celebrated in a unique "Cycle from Home" format, inviting citizens to join the movement from their homes, neighbourhoods, and local lanes. The edition saw Union Minister of Youth Affairs & Sports, Dr. Mansukh Mandaviya himself leading from the front as he cycled along with friends and people from his village, inspiring citizens across India to stay committed to fitness even amidst festive celebrations. His personal participation reaffirmed the Ministry's message that fitness is not confined to a venue or event — it is a way of life that can be embraced by every individual, every day, and in every setting.

Over time, Fit India Sundays on Cycle has drawn participation and support from many of India's celebrated athletes, actors, and fitness icons who have joined citizens on the track and on social media to champion the cause. Personalities such as The Great Khali, Jackie Shroff, Ayesha Shroff, Rahul Bose, Sharvari Wagh, Madhurima Tuli, Mia Maelzer, Amit Sial, among others, and eminent athletes like Yogeshwar Dutt, Harmanpreet Singh, Mirabai Chanu, Sumit Antil, Navdeep, Rani Rampal, Salima Tete, Lovlina Borgohain have been part of different editions across cities, bringing their energy and influence to the movement. Their association has helped inspire a wider audience, especially the youth, to view fitness not just as an activity, but as a shared social movement that reflects India's collective spirit of health, strength, and self-belief.

This Sunday's special edition saw the participation of leading fitness chains such as Cult Fit, Gold's Gym, Fitness First, and Fitspire, which came together to amplify the movement's message across more than 50,000 gyms nationwide. Their collaboration brought trainers, gym members, and citizens together for early morning cycling, stretching, and open-air workouts, reinforcing the idea that fitness is not just individual—it is collective.

Fitspire co-founder Hinah Sawhney said, "Fitspire is proud to partner with Fit India Sundays on Cycle. It is not just about exercise, it is about a shared movement that celebrates wellness, discipline, and togetherness. Every pedal and every mindful act brings us closer to a stronger and more inspired India."

The Sundays on Cycle initiative encourages communities to come together every Sunday to cycle, exercise, and engage in open-air fitness sessions. In addition to cycling, the event features activities such as Zumba, rope skipping, and Yogasana, designed to engage all age groups. The participation of medical professionals in the events reinforces the message that preventive health begins with everyday action and that fitness is the foundation of a stronger and more resilient India.

Following 44 successful editions, Fit India Sundays on Cycle has now expanded to over 1,20,000 locations nationwide, engaging more than 14 lakh citizens. Events are organised each week from State and Union Territory capitals to Sports Authority of India (SAI) Regional Centres, National Centres of Excellence (NCOEs), SAI Training Centres (STCs), Khelo India State Centres of Excellence (KISCEs), and Khelo India Centres (KICs).

This week too, the movement saw enthusiastic participation at venues including SAI NCOE Guwahati, SAI STC Raipur & STC Rajnandgaon in Chattisgarh, SAI STC Alleppey, SAI NSRC Kolkata, and SAI STC Dharamshala, with participation of all other SAI NCOEs & STCs across the country. The movement is also championed every week by over 3,500 NaMo Fit India Cycling Clubs, which have become the backbone of this citizen-led fitness wave, ensuring that thousands of people across India take part in the celebration of cycling and health every Sunday.

From the northern hills of Kargil to the coastal stretches of Kerala, from the metros of Delhi and Mumbai to the heartlands of Chhattisgarh and Assam, Fit India Sundays on Cycle continues to unite people in motion. What began as a small step has now become India's largest citizen-driven fitness movement, carrying forward the Prime Minister's vision of a Fit, Energetic, and Atmanirbhar Bharat.

Rini Choudhury/Anjelina Alexander

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