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Expectations from Budget 2019- Akshay Verma

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Akshay Verma, Co-Founder, FITPASS



There is a fitness crisis in our country. 1 in 3 Indians is medically unfit. And we need to fix this urgently. As part of our ongoing consultations with the Ministry of Finance, it is our recommendation that for Budget 2019 the government encourages people to invest in their own fitness.

Expenses on fitness services/memberships should also be included under Section 80D to extend tax benefits like those currently given for medical expenses. So, instead of only helping people with tax benefits once they fall sick, we make fitness accessible and affordable for millions of Indians to stay healthy and contribute productively to the growth of the nation.