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Keep walking, stay fit says the health Minister

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Keep walking, stay fit- Indian health Minister



The Union Health Minister Mr Harsh Vardhan has urged citizens to prioritize health and introduce simple exercises like walking to improve lifestyle and healthcare, thus reducing the disease burden of the society.

Flagging off a Max Bupa Walk for Health event held in the national capital, Delhi, the Minister said, "I will be very happy if I can make all the 122 crore Indians walk at least half an hour every day."

Max Bupa Walk for Health is a joint initiative by Max and Bupa, which has been educating families about the benefits of walking to bring about a positive and long-term sustainable behavioral change in their health and overall well-being.

Dr Vardhan said, "Walking, playing sports, eating nutritious food and saying no to tobacco and alcohol can cut down risk of all the major killer diseases, such as heart attacks, stroke, diabetes and cancers. Walking is the easiest exercise that can keep one healthy."

He further stated that we need to focus on integration of all systems of medicine to not just treat but also manage and prevent illnesses. The country's healthcare coverage can be improved if we modernize and use the existing infrastructure in an optimal manner, ensure there is no staff, medicines or equipment shortages.