

FIT INDIA FREEDOM RUN: **SKIPPING CHALLENGE**

Exercise does not only change your body; it even changes your attitude and mood.

Amongst all the exercises, skipping rope is the best, easily accessible and cost-friendly. Skipping is great cardio, aerobic exercise. Skipping rope helps to tone your calves, tighten your core, build stamina and improve your lung capacity. Skipping rope alone won't help you to reduce weight loss skipping rope can be a part of a diet and exercise routine which boosts your metabolism. It even has various other benefits such as cardiovascular fitness, Leg strength, Stamina, Coordination, Bone strength, Balance, Agility, Full body workout and endurance.

Keeping this thought in mind, Parivartan, the NSS unit of Mata Sundri College for Women organized the 'Skipping Challenge'. The event was held on 7th of September, 2021. It was celebrated under Swachhta Pakhwada.

Volunteers were asked to shoot videos of them skipping and click pictures of them too. An alternative for those who didn't have skipping rope was to make videos while doing jumping jacks, which is a similar muscular exercise to skipping.

Volunteers had to upload their videos while skipping via the google drive link provided to them. A total of 34 volunteers participated in this with full zeal and zest.