

**GOVERNMENT OF INDIA
MINISTRY OF HEALTH AND FAMILY WELFARE
DEPARTMENT OF HEALTH AND FAMILY WELFARE**

**LOK SABHA
UNSTARRED QUESTION NO.3542
TO BE ANSWERED ON 21ST MARCH, 2025**

REGULATION OF FITNESS INDUSTRY

3542. SHRI MANICKAM TAGORE B:

Will the Minister of **HEALTH AND FAMILY WELFARE** be pleased to state:

- (a) whether the Government has any plans to regulate the health and fitness industry given the rising number of unregulated trainers, services and products in the country, if so, the details thereof;
- (b) whether in light of the growing health and fitness industry in the country, the steps taken by the Government to ensure that consumers are not misled or exploited by the unqualified trainers or ineffective fitness products;
- (c) whether the increase in view of health-related issues due to sedentary lifestyle in the country, the Government proposes to promote accessible and affordable fitness programmes for all segments of society particularly those in rural areas; and
- (d) whether any initiatives being undertaken by the Government to educate the public about the risks associated with unregulated fitness services and products and promote awareness about safe practices, if so, the details thereof?

ANSWER

**THE MINISTER OF STATE IN THE MINISTRY OF HEALTH AND FAMILY
WELFARE
(SHRI PRATAPRAO JADHAV)**

(a) to (d): No such proposal to regulate the health and fitness industry is under consideration in the Ministry. However, to regulate food products with specific health and nutritional benefits, Food Safety and Standards Authority of India (FSSAI) has notified the Food Safety and Standards (Health Supplements, Nutraceuticals, Food for Special Dietary Use, Food for Special Medical Purpose, and Prebiotic and Probiotic Food) Regulations, 2022, under the Food Safety and Standards Act, 2006. The regulations cover five major categories of Food i.e Health Supplements, Nutraceuticals, Food for Special Dietary Use (FSDU), Food for Special

Medical Purpose (FSMP) and Probiotic & Prebiotic Food.

Department of Sports has informed that they have been been actively spreading awareness about fitness through various activities and campaigns in association with various stakeholders under the Fit India Movement including those in rural areas. Major activities initiated under the Fit India banner include online/ offline activities in the categories of Plog Run, School Certification system, Youth Club Certification system, School Week celebrations, Cyclothon, Yoga Day celebration, Freedom Run, Champion Talks, Dialogue series, Indigenous Games series, Fit India Thematic Campaigns, and Prabhat Pheris. Further, Fit India age-appropriate fitness protocols for various age groups have also been introduced to encourage people to work towards physical fitness. Fit India Movement has created awareness among crores of Indians through these programmes and activities
