

# India's first fitness reality show on TV

By : INVC Team Published On : 8 Oct, 2018 01:26 AM IST

## INVC NEWS

Mumbai , India will now have its first fitness TV reality show, Indian Fitness League, IFL, the toughest, the fittest, where the participants can showcase their true fitness potential. The 6-part reality show episode series is on air on D Sport. The show aims to document the journey of the fittest Indians and promote physical fitness as a way of life. The show will present the participants taking on tough and gruelling tasks to establish their physical prowess.



“Our intent with IFL is to convert fitness into a sport, paving the way for a successful career in fitness for participants. The way IPL changed lives of many upcoming cricket players from small towns, we hope IFL will do the same for every fitness enthusiast in the country “said Tarun Gill, Founder and Producer, IFL. “We auditioned in various Indian cities to pick up the best fitness talent India has to offer. Shopkeepers, fruit vendors, farmers, school teachers and even athletes appeared in the auditions to test their fitness mettle and make it to the IFL teams “added Tarun Actor Suniel Shetty, one of the fittest actors of Bollywood is part of the show and said “Happy to be part of IFL. And would like to congratulate the team for pulling off such a fantastic show on fitness” With eight teams and forty participants, the IFL format promises to be engaging, testing participants on not just physical fitness but mental toughness as well, which could be a treat for viewers.

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