MEIN FITNESS

) ¨H]ddg¨ni a ¨I a [Ub[¨a]h¨8]UVYhYg¨]b ¨XYb : Yf]Yb

8]Y¨: Yf]YbnY]h¨]gh¨]b¨jc``Ya ¨; Ub[ Y¨i bX¨ZØf¡j ]Y`Y¨A YbgWXYb VYXXYi hYh¨X]Yg¨Y]bYb¨NY]hd¨Ub¨a ]h¨: Ua ]¨]YbhfYZZYbž JYfUbghU`hi b[ Yb¨Ua ¨5fVY]hgd¨Uhnž¨9]b_Ui Zga Ò[ ¨]WX_Y]hYbž FY]gYb¨i bX¨DUfhmg"¨K À\fYbX¨I f¨Ui VgZYghY¨GdU» ¨a UWXYb i bX¨ZfÒ\¨]WX ¨gY]b ¨gc``Ybž Z]bXYb¨GhfYgg! i bX¨5b[gh¨YZØ\¨Y cZh¨9]b[Ub[["¨K Ybb¨G]Y¨Ui WX ¨j Yfgi WXYbž¨a]h¨8]UVYhYg i a ni [Y\Ybž_ÒbbYb¨gU]gcbU`Y¨GhfYggZU_hcfYb¨X]Y ¨; Ygi bX\]h¨⩵fYf¨; Ygi bX\]h¨bcWX ¨gWX⩵]Yf][Yf¡a UWXYb" Ni gÀhn¨]WX ¨ni ¨XYa ¨JYfgi WXž¡f]WXh][¨ni ¨YggYb¨i bX¨⩵fYb 6¨i hni W_Yf¨ni ¨_cbhfc``]YfYbž\UVYb¨G]Y¨a Ò[ ¨]WX Yfk Y]gY k Yb][ Yf¨NY]h¨ni a ¨Gdcfhž Zؽ\]Yb¨a a ¨Y\f¨GhfYgg¨i bX VY_ca a Yb¨b]WX h¨[ Ybi [ ¨GWX ¨UZ" ¸ VYfbY\a Yb¨G]Y¨X]Y ? cbhfc``Y¨ØVYf¨I f¨Ui VgghfYggž¨VYj cf¨Yf¨X]Y¨? cbhfc``Y¨ØVYf G]Y¨ØVYfb]a a h"¨8]YgY¨ZØbZ¨H]ddg¨_ÒbbYb¨⩵bYb¨\Y¨ZYbž / Ua d∧Y``]d/

8]Y¨: Yf]YbnY]h¨]gh¨]b¨jc``Ya ¨; Ub[Y¨i bX¨ZØf¡j]Y`Y¨A YbgWXYb VYXXYi hYh¨X]Yg¨Y]bYb¨NY]hd¨Ub¨a ]h¨: Ua ]¨]YbhfYZZYbž JYfUbghU`hi b[Yb¨Ua ¨5fVY]hgd¨Uhnž¨9]b_Ui Zga Ò[¨]WX_Y]hYbž¨FY]gYb i bX¨DUfhmg"¨K À\fYbX¨I f¨Ui VgZYghY¨GdU» ¨a UWXYb¨i bX¨ZfÒ\¨]WX

gY]b˙gc``Ybž˙Z]bXYb˙GhfYgg!˙i˙bX˙5b[˙gh[˙YZØ\˙Y˙cˑZh˙9]b[˙Ub[˙"

K˙Ybb˙G]Y˙Ui˙VˑX˙j˙Yfgi˙VˑXYbž˙a˙]h˙8]UVYhYg˙i˙a˙ni˙[˙Y\Ybž˙_ÒbbYb
gU]gcbU`Y˙GhfYggΖU_hcfYb˙X]Y˙;˙Ygi˙bX\Y]hˑ˙fYf˙;˙Ygi˙bX\Y]h˙bcVˑX
gVˑk˙]Yf][˙Yf˙a˙UVˑYb"˙Ni˙gÀhn`]VˑX˙˙ni˙XYa˙˙J˙Yfgi˙VˑXˑžˑf]VˑXh][˙˙ni
YggYb˙i˙bX˙ˑfYb˙6˙i˙hni˙W_Yf˙ni˙˙_cbhfc``]fYbž˙\UVYb˙G]Y
a˙Ò[˙`]VˑXYfk˙Y]gY˙k˙Yb][˙Yf˙NY]h˙ni˙a˙˙Gdcfhž˙ZØ\˙Yb˙a˙Y\˙f˙GhfYgg˙i˙bX
VY_ca˙a˙Yb˙b]VˑXˑh˙[˙Ybi˙[˙˙GVˑ`UZ"

¸˙VYfbY\a˙Yb˙G]Y˙X]Y˙?cbhfc``˙Y˙ØVYf˙I˙f`Ui˙VgghfYggž˙VYj˙cf˙Yf˙X]Y
?cbhfc``˙Y˙ØVYf˙G]Y˙ØVYfb]a˙a˙h"˙8]YgY˙ZØbZ˙H]ddg˙_ÒbbYb˙ˑbYb
\Y˙ZYbž˙k˙À\fYbX˙X]YgYf˙[˙YgVˑÀZh][˙Yb˙GU]gcb˙XYb˙¸˙VYfV˙]W_˙ØVYf
ˑfYb˙8]UVYhYg˙i˙bX˙ˑfY˙U``[˙Ya˙Y]bY˙;˙Ygi˙bX\Y]h˙ni˙˙VY\U`hYb"

%"˙GYhnYb˙G]Y˙Df]cf]hÀhYb"

BY\a˙Yb˙G]Y˙g]Vˑ˙Y]b˙dUUf˙A˙]bi˙hYb˙NY]hž˙i˙a˙˙ni˙YbhgVˑY]XYbž˙k˙Ug
ZØf˙G]Y˙fˑ˙bX˙ˑfY˙;˙Ygi˙bX\Y]hˑȽUa˙˙k˙]Vˑh][˙ghYb˙]ghž˙i˙bX˙dUggYb˙G]Y
XUbb˙ˑfY˙Df]cf]hÀhYb˙YbhgdfVˑYbX˙Ubž˙Ubghhhˑg]Vˑ˙ni˙˙VY˙UghYbž
]bXYa˙˙G]Y˙j˙Yfgi˙VˑYbž˙Ub˙˙YXYf˙J˙YfUbghU`hi˙b[˙˙hY`˙ni˙bY\a˙Yb˙cXYf
X]Y˙dYfZY_hYb˙;˙YgVˑYb_Y˙ni˙˙Z]bXYb"˙K˙Ug˙a˙a˙ÒggYb˙G]Y˙i˙bVYX]b[˙h
hi˙b3˙Gdcfh\˙]]˙Ζh˙ˑbYb˙VY]gd]Y`˙gk˙Ygg˙b]Vˑh˙i˙f˙VY]a˙˙I˙a˙[˙Ub[˙˙a˙]h
ˑfYa˙˙6˙i˙hni˙W_Yfž˙gcbXYfb˙_Ubb˙Ui˙Vˑ˙GhfYgg˙UVVUi˙Yb˙i˙bX˙G]Y
_ÒfdYf`]Vˑ˙˙i˙bX˙Ya˙ch]cbU`˙Ub_i˙fVY`b"

BUVˑXYa˙˙G]Y˙X]Y˙k˙]Vˑh][˙ghYb˙Df]cf]hÀhYb˙ZYgh[˙Y`Y[˙h˙\UVYbž
ZU\fYb˙G]Y˙a˙]hXYa˙˙Zcfhž˙k˙Ug˙G]Y˙k˙]f_`]VˑX˙a˙˙ÒVˑhYb˙a˙Ò[˙Yb˙ni˙˙hi˙b
[˙Y[˙Yb˙k˙Ug˙Xi˙˙XYb_ghXi˙˙gc``hYˑa˙˙UVˑYb"˙;˙YVYb˙G]Y˙g]Vˑ˙X]Y
9f`Ui˙Vb]gžˑ9]b`UXi˙b[˙YbˑcXYf˙5bΖf[˙Yb˙UVni˙`Y\bYbž˙k˙Ybb˙G]Y˙NY]h
VfUi˙VˑXYbž˙i˙a˙˙g]Vˑ˙i˙a˙˙Yhk˙Ug˙UbXYfYgˑni˙˙_Øa˙a˙Yb˙˙cXYf
Y]bZUVˑX˙˙bi˙f˙i˙a˙˙g]Vˑ˙ni˙˙YbhgdUbbYb"

&"˙AˑUVˑXYb˙G]Y˙Y]bYb˙D`Ub"˙˙

J˙Yfk˙YbXYb˙G]Y˙Y]bY˙?U`YbXYf!5ddž˙i˙a˙˙ˑfY˙HU[˙Y˙ni˙˙d`UbYb"˙G]Y
k˙]ggYb˙Ui˙Z˙Y]bYb˙6˙]W_ž˙k˙c˙i˙bX˙k˙Ubb˙G]Y˙gY]b˙a˙˙ÒggYbžˑgcXUgg
G]Y˙gck˙c\`˙¸˙VYfVi˙VˑX˙i˙b[˙Yb˙U˙g˙Ui˙Vˑ˙9]`j˙Yffa˙Y]XYb˙_ÒbbYb"˙A˙]h
X]YgYa˙˙5bgUhni˙˙_ÒbbYb˙G]Y˙g]Vˑ˙Ui˙Vˑ˙i˙a˙˙ˑfYb˙8]UVYhYg

_Øa a Yfbž`]bXYa ˙G]Y˙NY]hˇⱫØf˙6Yk Y[˙i b[˙Y]bd`UbYbža YX]n]b]gVⱮ Y
HYfa]bY˙Y]b\U`hYb˙i bX˙g]Ⱨ ˙XUfUb˙Yf]bbYfbž⩽fYb˙6˙i hni W_Yf˙ni
hYghYb˙cXYf˙A YX]_Ua YbhY˙Y]bni bY\a Yb"

6`cW_]YfYb˙G]Y˙Ui Ɱ ˙X]Y˙NY]hˇⱫØf˙g]Ⱨ ˙gY`Vghž˙XUa]h˙G]Y˙[YfbY
`YgYbža YX]h]YfYb˙cXYf˙k Ug˙Ui Ɱ ˙]a a Yf˙⩽bYb˙\]ˋŽⱨˇGhfYgg
UVni VUi Yb˙cXYf˙bYi Y˙9bYf[ ]Y˙ni ˙hUb_Yb"˙˙

' "˙: Y]Yfb˙G]Y˙]b˙A U» Yb"˙

Nk]gⱮ Yb˙: Ua]`]YbⱫ]YfbžˇHfYⱫⱫYb˙a]h˙: fYi bXYb˙ni a ˙A]hhU[YggYb
i bX˙gØ» Yb˙@YW_YfY]Yb˙VY]˙XYf˙5fVY]h˙_ÒbbYb˙X]Y˙: Y]YfhU[Y˙Y]bY
j Yf˙cW_YbXY˙5i gk U\`˙Ub˙_c\`Yb\mXfUhˀ i bX˙ni W_YffY]Ɱ Yb
@YVYbga]hhY`b˙gYfj]YfYb"˙A cXYfUh]cb˙]gh˙XYf˙GⱮ ˙ØggY˙/
6YcVUWⱮ hYb˙G]Y˙⩽fY˙6˙i hni W_Yf! i bX˙?c\`Yb\mXfUhUi ⱫbU\a Y"

- Hf]b_Yb˙G]Y˙j cf˙Y]bYa ˙: Ua]`]YbYggYb˙cXYf˙Y]bYf
  5fVY]hgⱫⱫYf˙Y]bYb˙[Ygi bXYb˙GbUW_ži a ˙⩽fYb˙<i b[Yf˙ni
  gh]``Yb"
- K À\`Yb˙G]Y˙Cdh]cbYb˙a ]h˙b]YXf][ Ya ˙6˙i hni W_Yfgd]Y[ Y`ž
  gcⱫYfb˙j Yf☐Ø[VUfž˙i bX˙XYb_Yb˙G]Y˙XUfUbž˙X]Y
  ?c\`Yb\mXfUhY˙]b˙; YhfÀb_YbžˀY]bgⱮ ˙]Y» ˙]Ɱ ˙5`_c\c`žˀni
  nÀ\`Yb"
- 6f]b[Yb˙G]Y˙Y]b˙X]UVYhYgⱫfYi bX`]Ɱ Yg˙; Yf]Ɱ h˙ni ˙Y]bYa
  Dch`i W_ž˙XUa]h˙G]Y˙a]bXYghYbg˙Y]bY˙[i hY˙Cdh]cb˙\UVYb"

8Yb_Yb˙G]Y˙Ui Ɱ ˙XUfUbž˙XUgg˙Yg]b˙CfXbi b[˙]ghž˙Y]bY˙DUfhmˇcXYf
J Yf¡Ubgqh`Uˋhi b[ ˙ⱫØ\nY]h][ ˙ni ˙j Yf`UggYbž˙k Ybb˙G]Y˙X]Yg˙VYbÒh][Yb"
K Ybb˙G]Y˙a ØXY˙cXYf˙Àb[gh`]Ⱨ ˙g]bX˙cXYf˙Y]bⱫUⱮ ˙bi f˙j ca ˙9ggYb
i bX˙Hf]b_Yb˙k Y[_ca a Yb˙a Yb˙a ØggYbžˇXUb_Yb˙G]Y˙⩽fYˀ Ugh[YVYfb
i bX˙[Y\Yb˙G]Y˙bUWⱮ ˙<Ui gYži a ˙Ui Ⱨg]Ɱ ˙gY`Vgh˙Ui Ɀni dUggYb"

("˙<U`hYb˙G]Y˙g]Ⱨ ˙Ub˙⩽f˙HfU]b]b[gdfc[fUa m "˙

6Yk Y[i b[˙]gh˙a a Yf˙Y]b˙k]Ⱨ h][Yf˙6YghUbXhY]`˙XYg˙8]UVYhYg!
A UbU[Ya YbhgžˇVVUgcbXYfg˙UVYfžˀk Ybb˙G]Y˙[Yghf Ygghg]bX˙cXYf
g]Ɱ ˙Àb[gh]Ɱ ˙cXYf˙XYdfYggj ˙ⱫØ\`Yb"˙A UⱮ Yb˙G]Y˙Y]bY
J YfdⱫ]Ⱨ hi b[˙ni ˙⩽fa ˙HfU]b]b["˙K Ybb˙G]Y˙GⱮ k]Yf][_Y]hYb

\UVYbž≐\fY˙[Yk c\bhY˙¸ Vi b[gfci h]bY˙Ui ZfYW\hni Yf\U`hYbžgc``hYb G]Y˙: c`[YbXYg˙j Yfgi W\Yb.

- J YfY]bVUfYb˙G]Y˙Y]b˙HfU]b]b[˙a]h˙Y]bYa ˙: fYi bX˙cXYf ?c``Y[Yb˙i bX˙\Y`ZYb˙G]Y˙g]W\˙[ Y[ YbgY]h][ žUi Z˙XYa f]W\h][ Yb˙K Y[ ˙ni ˙V`Y]VYb"
- HfYZZYb˙G]Y˙g]W\˙ni ˙Y]bYa ˙GdUn]Yf[Ub[žUbghUhh˙Ya UbXYb ni a ˙?UZZYY˙ni ˙hfYZZYb"
- HY]˙Yb˙G]Y˙XUg˙HfU]b]b[˙]b˙%$!a]bØh][Y˙?Àa dZY˙Ui Zž˙k Ybb X]Yg˙X]Y˙5bdUggi b[˙Ub˙≐fYb˙NY]hd`Ub˙Yf`Y]W\hYfh"
- GdfYW\Yb˙G]Y˙a]h˙Y]bYa ˙DYfgcbU`˙HfU]bYf˙cXYf ¡ Ygi bX\Y]hgW\cUW\˙XUfØVYfž˙k ]Y˙G]Y˙≐fYb˙HfU]b]b[ ˙gd`Ub UbdUggYb˙_ÒbbYbž˙V]g˙X]Y˙: Yf]Yb˙j cfVY]˙g]bX"

) "˙GY]Yb˙G]Y˙j cfVYfY]hYhž˙k Ybb˙G]Y˙fY]gYb"

K Ybb˙≐fY˙I f`Ui Vgd`ÀbY˙F Y]gYb˙VY]b\U`hYbž˙dUW_Yb˙G]Y ni gÀhn`]W\Y˙A YX]_Ua YbhY˙i bX˙Ni VY\Òf]YbžZU``g˙G]Y˙g]W\˙Ui g ]f[ YbXY]bYa ˙: fi bX˙j YfgdÀhYb"˙6Yk U\fYb˙G]Y˙g]Y˙]b˙Y]bYf <UbX[ YdÀW_hUgW\Y˙Ui Zž˙X]Y˙G]Y˙]a a Yf˙XUVY]˙\UVYbži bX˙k YfZYb G]Y˙Ui W\˙Y]b˙dUUf˙X]UVYhYgZfYi bX˙]W\Y˙GbUW_g˙\]bY]b"˙6f]b[ Yb˙G]Y Ui W\˙F YnYdhY˙ZØf˙≐fY˙A YX]_Ua YbhY˙i bX˙J YfVfUi W\ga UhYf]U`]Yb a ]hž˙ZU``g˙X]YgY˙j cb˙ni ˙<Ui gY˙k Y[[YZØ`h˙k YfXYb˙a ØggYb"˙

C Vk c\`Yg˙i bk U`fgW\Y]b`]W\˙]ghž˙XUgg˙G]Y˙g˙VfUi W\Ybž]gh˙Yg Y]bY˙[i hY˙≐XYYž˙Y]bYb˙8]UVYhYg!5fnhž˙Y]b˙?fUb_Yb\Ui g˙i bX˙Y]bY BchZU``j Yfgcf[i b[˙Ub˙≐fa ˙N]Y`cfh˙ni ˙Z]bXYbžVYj cf˙G]Y˙XUg˙<Ui g j Yf`UggYb"

A ÒW\hYb˙G]Y˙≐fYb˙?i bXYb˙\Y`ZYbž˙Xi f˙W\ 9fbÀ\fi b[ gYfn]Y\i b[ ˙i bX˙J Yf\U`hYbgÀbXYfi b[[YgØbXYfY˙i bX˙bUW\ \U`h][ YfY˙@YVYbga ]hhY`˙ni ˙k À\˙`Yb3 A Y`XYb˙G]Y˙g]W\˙ZØf˙XUg˙579˙:]hbYgg˙Bi hf]h]cb˙GdYWJU`]gh Dfc[fUa ˙Ub˚˙

˙˙"

8 YhU]`g

6 Ygi VX Yb ˙G]Y ˙i b g˙Ui Z ˙a Y]b! Z]hb Ygg"b Yh