

MEIN FITNESS

? fYUh]j Y` , Vi b[Yb `ZØf `XUg `U_h]j Y `5 `hYfb

U\ fY`Ub[`k i fXY `i bg`[YgU[hž XUgg `k]f`a]h`ni bY\ a YbXYa
 5 `hYf`i bgYfY `GhY\ VYk Y[i b[Yb `Y]bgW\ fÀb _Yb `i bX
 VYgh]a a hY` , Vi b[Yb `j Yfa Y]XYb `gc ``hYb ``BYi Y` : cfgW\ i b[Yb
 \UVYb `X]YgYb `; `Ui VYb ` [YÀbXYfh `; Ygi bX\ Y]hg! `i bX
 :]hbYggYI dYfhYb `VYhc bYb `bi b `Y]bYb `Z b _h]cbU`Yb `5bgUhn`ni f
 U``[Ya Y]bYb `J YfVYggYfi b[`XYf `5 _h]j]hÀhYb `XYg `hÀ [`]W\ Yb
 @VYVYbgž`i a `X]Y `GY `Vghk]f_gUa _Y]h`ni `ZØfXYfb `fk ck Y ``E``8]Y
 9I dYfh]b `ZØf `U_h]j Yg `5 `hYfbž `6YfbUXYhhY
 C/ Ua d/ , &%+/6f]Ybž`Y]bY `579` ; fci d `9I YfW\gY `@YUXYfg\]d
 GdYW\U`]gh`i bX `bYi Yg `A]h[`]YX `j cb `6CGI f `8Yj Y`cda Yb hž
 XYZ]b]Yfh`GY `Vghk]f_gUa _Y]h`U`g`]b `XYf `@U[Y`ni `gY]bž`U``Y
 5i Z[UVYb `ni `Yf`YX][Ybž`X]Y `G]Y`i bUV\Àb[][`Yf`YX][Yb
 a ØggYb `i bX `k c ``Yb ``` ; Øf`X]Y `k UW\gYbXY `NU\ ``À`hYfYf
 9fk UW\gYbYf`[]Vh`Yg ` _Y]bYb ` CbY!G]nY!:]hg!5 `` `!5bgUhn`ZØf
 6Yk Y[i b[``6YUW\hYb `G]Yž`XUgg `X]Y ` Ua d\Y``]d/



J\ fY`Ub[`k i fXY`i bg`[YgU[h\v XUgg`k]f`a]h`ni bY\ a YbXYa `5`hYf
i bgYfY`GhY\ VYk Y[i b[Yb`Y]bgWf\Ab_Yb`i bX`VYgh]a a hY` , Vi b[Yb
j Yfa Y]XYb`gc``hYb" `B Y i Y` : cfgWx i b[Yb`\UVYb`X]YgYb` ; `Ui VYb
[Y\AbXYfh` ; Ygi bX\Y]hg! `i bX` :]hbYggYI dYfhYb`VYhc bYb`bi b`Y]bYb
Z` b_h]cbU`Yb`5bgUhni f`U`[Ya Y]bYb`J YfVYggYfi b[`XYf
5_h]j]h\hYb`XYg`h\ [`]Wx Yb`@VVYbgz`i a `X]Y`GY`Vghk]f_gUa _Y]h`ni
Z\fbXYfb`fk ck Y``\`8]Y`9I dYfh]b`Z\fb`U_h]j Yg`5`hYfb\`6YfbUXYh\Y
C`6f]Yb\`Y]bY`579` ; fci d`9I YfW\gY`@YUXYfg\]d`GdYW\U`]gh`i bX
bYi Yg`A]h[`]YX`j cb`6CGI f`8Yj Y`cda Ybh\v XYZ]b]Yfh
GY`Vghk]f_gUa _Y]h`U`g`]b`XYf`@U[Y`ni `gY]b\`U`Y`5i Z[UVYb`ni

Yf`YX][Ybž`X]Y`G]Y`i bUV\Àb[][`Yf`YX][Yb`a ØggYb`i bX`k c``Yb " "

: Øf`X]Y`k UWgYbXY`NU\ ``À`hYfYf`9fk UWgYbYf`[]Vh`Yg`_Y]bYb` CbY!
G]nY!:]hg!5`` !5bgUhn`ZØf`6Yk Y[i b[``6YUWgYb`G]Yž`XUgg`X]Y
i bhYb`\Yfj cf[Y\cVYbYb`6Yk Y[i b[Yb`k]Y`U``Y`6Yk Y[i b[Yb`ZØf`
DYfgcbYb`[Ya UWgYb]bXž`UVYf`b]Wg h`U``Y`A YbgWgYb`ZØf`U``Y
J Yfg]cbYb`U``Yf`6Yk Y[i b[Yb``9g`]gh`k]Wg h][ni `VYUWgYbž`XUgg
g]Wg`Zc`[YbXY`6Yk Y[i b[Yb`ZØf`U_h]j Y`5`hYfg[fi ddYb`U`g`Ua
j cfhY]`UZhYghYb`Yfk Y]gYbž`b]Wg h`ZØf`_ØfdYf`]Wg`[YVfYWg`]Wg Y
A YbgWgYb``8]Yg`]gh`Y]bY`k Y]hYfY` ; fi ddY`À`hYfYf`9fk UWgYbYfž`X]Y
g]hnYb`V`Y]VYb`i bX`g]Wg`Ub`Y]b`j Ø`][`UbXYfYg`HfU]b]b[gdfchc_c``
\U`hYb`a ØggYb"

8]Y` ``? ca dc bYb hYb`U`hYfbXYf`6Yk Y[i b[Yb

I bhYfgi Wg i b[Yb`\UVYb`Yf[YVYbž`XUgg`X]Y`6Yk Y[i b[ga i ghYf`ZØf
U_h]j Y`5`hYfg[fi ddYb`b`YXYa`Dfc[fUa a`i bhYf`Zc`[YbXYb
: U_hcfYb`j Uf]]YfYb`gc``hYb.<`<Yfn!`fY]g`Ui Z`?fUZh`i bX`5i gXUi Yf
gck]Y` ; `Y]Wg`[YK]Wg h`i bX` : `YI]V`]hÀh`f5WgYfa Ub`b`

`<Yfn!`fY]g`Ui Z` ; Ub[hfU]b]b[

<Yfn!`fY]g`Ui Z`6Yk Y[i b[Ybž`X]Y`VYgh]a a hYž`a i `h]d`UbUfY`A i ghYf
\Yfj cf\YVYbž`gc``hYb`Ui Z[UVYbUV\Àb[][Y`6Yk Y[i b[Yb`a]h
Y]bYa`Nk YW`Yfa Ø[`]Wg Ybž`n``6``A UfgWg`YfYb`Ub`Cfhi`bX`GhY``Y
i bX`Jcfk Áfhg!`i bX`FØW_k ÁfhgVYk Y[i b[Yb`fGU`]hhU`YVYbYłž
k cVY]<`<]b!`i bX`<YfVYk Y[i b[Yb`fGU`fcbhU`YVYbYłž`i bX`XUbb
\]bni`[YZØ[h`k YfXYb`8fY\VYk Y[i b[Yb`fE`i YfVYVYbYłž`8f]hhY`
fP`i VnUb`g_mŁ`

J Yfgi Wg Yb`G]Y. `=bZ]b]hm`K`U`_



6Y[]bbYb 'G]Yž]bXYa 'G]Y ni a '5i Žk Åfa Yb 'Ub 'Cfh'i bX 'GhY ``Y
a UfgW]YfYb 'i bX 'XUbb 'Y]b 'dUUf'GWf]hhY 'j cb 'GY]hY 'ni 'GY]hY 'ØVYb"
; Y\Yb 'G]Y 'ZØf 'X]YgYg '6Yk Y[i b[ga i ghYf 'b 'Y]bYa ' ? fY]g 'bUW
fYWW hg 'i bX 'XUbb 'bUW ']b_g'a]h'5VghUbX 'nk]gWYb 'XYb ': YfgYb
i bX 'NY\YbžgWU ui Yb 'G]Y 'bUW '6YXufZ'bUW 'i b hYb 'i bX 'ghfYW_Yb
G]Y 'X]Y '5fa Y 'ni f 'GY]hYžU 'g 'cV 'G]Y 'Ui Z'Y]bYa '8fU\hgY] ``Ui ZYb
k ØfXYb "8Yf 'fY]g 'gc ``hY ']b 'YXYf 'F]W hi b['Y]bYb '8i fW a YggYf
j cb 'Yhk U'* ' ; i » '\UVYb " @YhnhYbX ']W 'A \bY 'h 'X]YgYg [YgUa hY
A i ghYf '5VV]Xi b[' 'cXYf 'l bYbX ']W _Y]hga i ghYf 'Ui ZXYa '6cXYb
K Ybb 'G]Y 'g]W 'k c\ 'Yf 'ZØ\ 'Ybž _ObbYb 'G]Y 'X]Y 'Zc ' [YbXYb 'GWf]hhY
Ui gdfcV]YfYb.

%" ; Y\Yb 'G]Y 'a]h'XYb < ÅbXYb 'Ub 'XYb < ØZhYbžU 'g 'k ÅfYb 'A fY
< ÅbXY ']b 'A fYb 'J cfXYfhUgW Yb
&" ; Y\Yb 'G]Y ']b 'Y]bYf '@b]Y 'a]h'5VghUbX 'nk]gWYb 'XYb ': Ø» Yb
' " ; Y\Yb 'G]Y 'c\ bY '5VghUbX 'nk]gWYb 'XYb ': Ø» Yb 'fJ cb ': YfgY
ni 'NY\YŁ
(" 9f\ Ø\Yb 'G]Y 'X]Y ' ; YgW k]bX][_Y]h'Yb hgd fYWW YbX
) " K]YXXYf \c 'Yb 'G]Y 'X]Y 'C dh]cbYb '58 'Y 'bUW '6YXufZ
fØW_k Åfhg

GY\Yb '\Y]» h[`Ui VYb

8U'A U_i 'UXY[YbYfUh]cb '\Åi Z]['a]h'ni bY\ a YbXYa '5'hYf 'Ui Zhf]hhž
_ObbYb 'g]W ' ; Vi b[Yb 'U 'g 'bØhn ']W 'Yfk Y]gYbžX]Y 'X]Y 'GY\gW ÅfZYž
X]Y 'j]gi Y ``Y '5V\Åb[][_Y]h'j ca ' ; 'Y]W 'Yk]W 'hi bX 'gc [Uf 'XUg
5i [YbhfU]b]b['ZØfXYfb 'f6YUhh]Yž FcgYŁ' J Yfgi W Yb 'G]Y 'ni bÅW ghž
U ``Y 'cVYb '[YbUbbhYb '_Ufx]cj Ug_i 'ÅfYbžXYb ' ; Ub['j YfVYggYfbXYb
' ; Vi b[Yb 'a]h'GccbYbVf] ``Y 'ni 'ØVYbž i a 'XYb ' ? ØfdYf 'gc 'ni
hfU]b]YfYbžXUgg 'Yf 'k Yb][Yf 'j ca 'GY\Yb 'U 'g 'j]Y 'a Y\ f 'j ca
dfcdf]cnYdhj] Yb ' ; YZØ\ ``i bX 'XYf 'A i g _Y 'fY _fi h]Yfi b['i bX 'GmbYf[]Y
UV\Åb[h'

J Yfgi W Yb 'G]Y 'G]hnybXY 'j]gi Y ``Y 'i bX 'j Ygh]Vi 'ÅfY
J YfZc ' [i b[



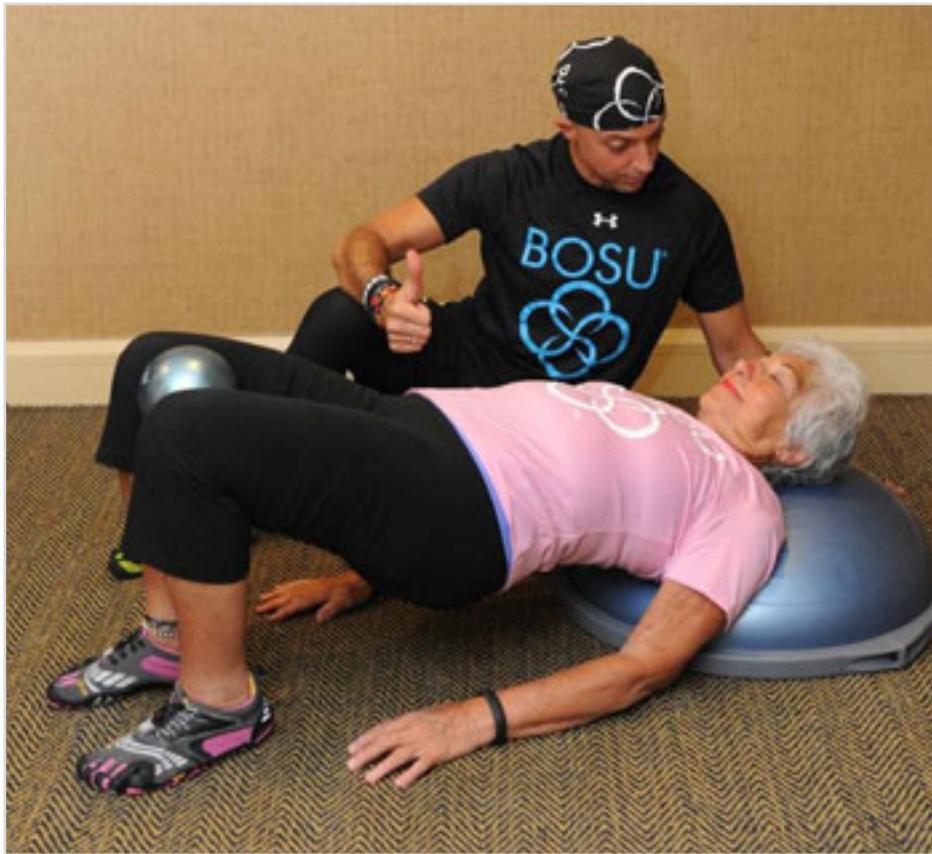
GhY``Yb`G]Y`g]W\`j cf`XYb`6C GI f`6U`UbW\`HfU]bYf`i bX`gYb_`Yb`G]Y
]\`b`U``a `A\`]W\`]b`Y]bY`g]h\YbXY`Dcg]h]cb`UV``GYh\Yb`G]Y`g]W\`Z\`f
Y]bY`[f\O» YfY`<YfUi g\ZcfXYfi b[`j ca `A]h\Y`di b_h\k Y[\z i a `X]Y
A i g_Y`b`XYg`?Yfbg`VYggYf`ni `VYUbgd\fi W\Yb``6Y[]bbYb`G]Y`a]h
Ui g[YghfYW\hYb`5fa Yb`j cf`XYf`6fi gh`i bX`bY\`a Yb`G]Y`YK Y]`g
Y]bYb`5fa`ni f`GY]hY`i bX`bUW\`]bhYb\`k cVY]`G]Y`XYf`6Yk Y[i b[
bi f`a]h`XYb`5i [Yb`Zc`[Yb`fb\`bY`XYb`<U`g`ni `VYk Y[Yb\`
DfcV]YfYb`G]Y`X]Y`Zc`[YbXYb`GW\`f]h\Y`Ui g\z\`k Ybb`G]Y`g]W\`k c\`
Z\`Yb.

%` < U`hYb`G]Y`Y]bYb`k Y]W\`Yb`A YX]n]bVU``i bX`ØVYfhfU[Yb`G]Y
XYb`6U``U``a `A\`]W\`Ui Z`X]Y`g]W\`VYk Y[YbXY`<UbX
&` 6U`UbW\`YfYb`G]Y`Y]bYb`%`DZ` bX!6Yi hY``@]bgYb`Ui Z\`fYa
?cdZ\`i a `X]Y`GhUV`]g]Yfi b[`XYg`B UW\`Ybg`ni `Z\`fXYfb
' `` : c`[Yb`G]Y`XYa`6U``i bX`A`fYf`g]W\`VYk Y[YbXYb`<UbX`a`]h
XYb`5i [Yb`i bX`XYa`<U`g\z`i a `XUg`J`Ygh]Vi `UfgmghY`a`ni
h\Y]b]YfYb\`i bX`\`U`hYb`G]Y`XYb`@]bgYbVYi hY``Ui Z\`fYa
?cdZ

? fUZhY '5i gXUi Yf

? fUZhhfU]b]b['ZØf'k]WX h][Y ? ØfdYfhY]`Y'k]Y'A i g_Y`b'XYg? Yfbg'i bX
XYf'6Y]bY']ghZØf'X]YgY'6Yj Ø`_Yfi b[g[fi ddY'j cb'[fØ» hYf
6YXYi hi b["K Ybb'XUg'; `Y]WX [Yk]WX h]a 'GhY\Yb'Ui g'XYf
; `Y]WX i b['YbhZYfbh'k]fX'i bX', Vi b[Yb'Ui ZXYa '6cXYb'Ui g[YZØ\fh
k YfXYbži a 'XUg'6Y]b! i bX'? YfbgmghY a 'ni 'hfU]b]YfYbž'k]fX'X]Yg
gcZcfh'a Ø[`]WX 'fHgUb[£"

J Yfgi WX Yb 'G]Y. 'Gi d]b Y'5XXi WbYX '6f]X[]b[



8Yf'6CGI f '6U'UbWX 'HfU]bYf'V]YhYh'b]WX h'bi f'?'ca ZcfhZØf
. Vi b[Yb'Ui ZXYa 'FØW_Ybž'gcbXYfb'Yfa Ø[`]WX h'Ui WX ž'XUgg?cdZ
i bX'<Yfn'fY'Uh]j 'Ui ZXYa '[`Y]WX Yb'B]j YUi 'V'Y]VYbž'k cXi fWX
X]YgY', Vi b['ZØf'a Y\ f'A YbgWX Yb'ni [Àb[`]WX Yf'i bX'_ca ZcfhUV'Yf
k]fX'"@Y[Yb'G]Y'g]WX 'ni bÀWX gh'a]h'XYa '?cdZ'Ui Z'XUg
6CGI f !@c[c'Ui ZXYb 'FØW_Yb'i bX'`Y[Yb'G]Y'X]Y': Ø» Y'VYe i Ya
\ØZhVfY]h'Ui ZXYb '6cXYb'"@Y[Yb'G]Y'Y]bYb'k Y]WX Yb'A YX]n]bVU''
nk]gWX Yb'X]Y?b]Y'i bX'XfØW_Yb'G]Y']b'j cfg]WX h]['ni gUa a Ybž'i a
]Nb'Ub'Cfh'i bX'GhY'`Y'ni '\U'hYb'"N]Y\Yb'G]Y'XUg'6YW_Yb'i bX'X]Y
<\ØZh_bcWX Yb'ni f'8YW_Y'i bX'gYb'Yb'G]Y'g]Y'Ui Z'XYb'6cXYb'UVž

k cVY]`G]Y`]bg[YgUa h`XfY]`GÀhnY`a]h`Yk Y]`g`UW\h`K]YXYf\c`i b[Yb
Ui gZØ\ fYb" J Yfgi W\Yb`G]Y`ZØf`Y]bY`ni gÀhn`]W\Y`<YfUi gZcfXYfi b[
X]Y`Zc`[YbXYb`GW\ f]hhY.

%" N]Y\Yb`G]Y`VY]a`YfghYb`GUhn`X]Y`NY\Yb`]b`F]W\hi b[
GW\]YbVY]b`f? bÒW\Y`XcfgU`ZYI]cbŁ"
&" F]W\hYb`G]Y`VY]a`nk Y]hYb`GUhn`X]Y`NY\Yb`j cb`XYb
GW\]YbVY]bYb`k Y[`f? bÒW\Y`D`UbhUfZYI]cbŁ"
' "@UggYb`G]Y`ZØf`XYb`Xf]hhYb`GUhn`ZØf`YXY`K]YXYf\c`i b[
Y]bYb`? bÒW\Y`ni a`8cfgU`ZYI i`bX`Y]bYb`i`»`ni a
D`UbhUfZYI ž`UVk YW\gY`bX`ZØf`YXY`K]YXYf\c`i b[
(" J Yfgi W\Yb`G]Y`Y]bY`Y]bVY]b][Y` VYfVfØW_i b[`a`h`cXYf
c\`bY`A`YX]n]bVU`nk]gW\Yb`XYb`?b]Ybž`i a`X]Y`6Y]b!ž`<Øzh
i`bX`?Yfba`i`g_i`Uhi`f`ni`ghÀf`_Yb"

6U`UbW\`i`bX`:`YI`]V`]hÀh

Gck c\```Y]W\ [Yk]W\h`U`g`Ui W\`:`YI`]V`]hÀh`g]bX`ZØf`U_h]j Y`5[Yfb
k]W\h][``9]bY`?ca`V]bUh]cb`k`À\`fYbX`XYg`HfU]b]b[g`\`]Zh`ni gÀhn`]W\
VY]`XYf`GY`Vghk`]f_gUa`_Y]h`i`bX`\`]Zh`VY]`XYf`GhY]`Yfi`b[`XYf
U``[Ya`Y]bYb`6Yk`Y[i`b[gZ`b_h]cbU`]hÀh`f`bYfb]YfŁ"; `Y]W\ [Yk]W\h
i`bX`6Yk`Y[i`b[gi`a`ZUb[`XYg`6]bXY[Yk`YVYg`\`Àb[Yb`\`Ài`Z[
j`cbY]bUbXYf`UVž`i`a`J`Yf`Yhni`b[Yb`ni`j`Yfa`Y]XYbž`n`6`VY]a
;`fY]ZYb`bUW\`Y]bYa`9b`Y`_]bX`cXYf`VY]a`5i`ZghY\`Yb`j`cb`Y]bYa
Ghi`\"`8U\`Yf`Yfk`Y]gh`g]W\`XUg`[`Y]W\`nY]h][Y`HfU]b]b[`X]YgYf
?cbnYd`hY`U`g`Z`b_h]cbY`"

J`Yfgi`W\`Yb`G]Y. `DYXU`]b[`6UW\`ghfc`_Y`7\`Ygh`i`bX`G\`ci`XYf
8mb`Ua`]W: `YI`]V`]hm



GhY``Yb`G]Y`g]W h a]h`XYb` : Ø» Yb`ni gUa a Ybži a `XUg` ; `Y]W h [Yk]W h j cb`5bZUb[`Ub` \ YfUi gni ZcfXYfb` J Yfk YbXYb`G]Y`Δ fYb`b]W h Xca]bUbhYb`5fa ži a ` _Y[Y`ZØfa][Y`6Yk Y[i b[Yb`XYf`GW h i `hYf Ui gni ZØ\ fYbži bX`ghfYW_Yb`G]Y`Δ fYb`5fa `bUW h cfbYžcVYb`i bX XUbb`bUW h \]bhYb` D`UbhUfZYI]YfYb`G]Y`k A\ fYbX`XYf`6Yk Y[i b[XYb`? bØW h Y`Ui Z`XYf`[Y[YbØVYf`]Y[YbXYb`GY]hY``K]YXYf\c`Yb`G]Y a]h`XYa `UbXYfYb`5fa ``K]YXYf\c`Yb`G]Y`X]Y`6Yk Y[i b[`a]h VY]XYb`5fa Ybži a `Y]bY`2 ZØbi b[`XYf`[YgUa hYb`6fi gh`ni `ZØfXYfb` DfcV]YfYb`G]Y`X]Y`Zc`[YbXYb`GW h f]hY`Ui gžk Ybb`G]Y`g]W h k c\` ZØ\`Yb.

%" : c`[Yb`G]Y`XYf`g]W h VYk Y[YbXYb`<UbX`a]h`XYb`5i [Yb i bX`XYa `?cdZ

&": Ø\ fYb[G]Y'X]Y'GYei Ybn'a]h'Y]bYf[GccbYbVf]``Y'Xi fwX
'": Ø[Yb[G]Y'X]Y'8cfgU`ZYI]cb'XYg?bØWY`g`Ui Z'XYf
[`Y]WYb[GY]hY'k]Y'X]Y'g]WVYk Y[YbXY'GWX i`hYf\]bni ž
k A\fYbX[G]Y'X]Y'D`UbhUfZYI]cb'XYg[Y[YbØVYf]Y[YbXYb
?bØWY`g`VY]VY\U`hYb

5i Z'XYa'; YV]Yh'XYf'5i gV]Xi b['j cb'U_h]j Yb'5[Yfb'\Uh'g]W j]Y'
Ybhk]WY'h"K A\fYbX[g]WY]b][Y'XYf'j cf\Yf[Y\YbXYb', Vi b[Yb
ZØf'; YVfYW]WYU'g'ni`ZcfhgWf]hh]WYfk Y]gYbž_ØbbYb'g]Y'Ui W
V'c»Y'9Ya YbhY'Y]bYg'5i Zk Afa Ybg'ZØf'X]Y'ØVYf') \$!A\f][Yb'gY]b"
K Ybb[G]Y'Y]bYa 'HfU]b]b[gdfc[fUa a 'Zc'[Ybž'XUg'X]Y
5i Za Yf_gUa _Y]h'i bX'XUg'; `Y]W [Yk]W h'nk]gW Yb'<Yfn!
?fY]g`Ui Zlž?fUZh' i bX'; `YI]V')]hAhgVYk Y[i b[ga i ghYfb
VYfØW_g]W h][hž_ØbbYb[G]Y'GY'Vghk]f_gUa _Y]h'gW UZZYb' i bX'Y]b
[`ØW_]W YfYgž[YgØbXYfYg'i bX'ZjhYfYg@YVYb'ZØ\fYb"'

J Yfk Y]gY.

F H'5W_Yfa Ubbž'5"7\YUX'Yž'B"GUbX\i ž@'A UXgYbž'9< K U[bYf/
>D'@c; YfZc'f&\$'\$' l" B i hni b['XYg'7ca a i b]hm, Vi b[gdfc[fUa a g
i bX'YbXYfi b['XYf'; Ygi bX\Y]hg_cghYb'ZØf'A`hYfY'9fk UWgYbY"
5a Yf]Ub]gW Yg'x i fbU'ZØf'DfA'j Ybh]j a YX]n]b'&) fl lž'&' &/
bXUg\ /&' +"

6@6YUhh]Yž'B"K \]hY'Uk "ž'A "'A Yhh'Yf/ '8 "'Hi fbYf'f&\$'\$' l" 9]bY
J]g]cb'ZØf'A`hYfY'9fk UWgYbY' i bX'; Ygi bX\Y]hgZØfXYfi b["
5a Yf]Wb'x i fbU'cZ< YU'h\ Dfca ch]cbž%', "Bcj Ya VYf'#
8 YnYa VYf'f&lž'&\$'\$' &\$("

6Yfb]Yfž'>8'DYff]b'f%-- , l" 9]bZi gg'XYg?ccfX]bUh]cbghfU]b]b[g
Ui Z'X]Y'Dfcdf]cnYdh]cb'Zi b_h]cbY'']bghUV]Yf?bØWY'"'H\Y'x i fbU'
cZCfh\cdUYX]W/ 'Gdcfhg'D\mg]WU' H\YfUdmž'&+ f(lž'5df]'&* (!&+("
5i gni [. ' 8]Y'9f[YVb]ggY'Y[Yb'bU\Yž'XUgg'; `Y]W [Yk]W hg! i bX
?ccfX]bUh]cbghfU]b]b['Y]b][Y'A U' bU\ a Yb'ni f
< U'hi b[ggW k Ub_i b['j YfVYggYfb'_Ubb"

< ck Y'ž'F Hž?Yfbž'A @i bX '@mi Vca]fg_mž'G"''&\$'\$+' B i hnYb'ZØf'X]Y
; Ygi bX\Y]h'A YhUUbU'mh]gW Y'6Ygh]a a i b['XYf'5i gk]f_i b[Yb

XYg'K c\`VYZ]bXYbg'Ui Z'cVY_h]j Y'; Ygi bX\Y]hgYf[YVb]ggY" < YU'h\ DgmWXc`c[m'F Yj]Yk \z\% f%&\z, ' !%' * "

?i VnUb g_m@8 \`H\i fghcb\z F 7`&\$\$+``9a ch]cbU`Y`J]hU`]h\h\i bX j cfZU``VYX]b[hY`_cfcbUfY < Yfn_fUb_\Y]h`J cfhY]`Y`Y]bYf[Ygi bXYb dgmWX]gWX Yb : i b_h]cb``5fWX jj`Z\O`5``[Ya Y]bY`DgmWX]Uhf]Yz`*(`f%&\z \% - ' !%(\$%"

FcgYz8 ``f&\$\$' \z": U`gWX i hn"``9]b i a ZUggYbXYg HfU]b]b[gdfc[fUa a `Z\O`5; `Y]WX [Yk]WX h\i bX`A cV]`]h\h`A YbgWX`]WX Y ?]bYh]_``7\Ua dU][b\z =@ HgUb[K K B i bX < i]!7\Ub`7K Mf&\$\$' \z5i gk]f_i b[Yb`j cb`HU] 7\]`Ui ZX]Y`[Ya Y]bgUa Y`Dfcdf]cnYdh]cb`i bX`GhUV]`]h\h[fYbnYb VY]`hYfYb`DfcVUbXYb\z A YX" `GW" `Gdcfh\OVi b[")`f%&\z \%- * &! % - +%"

=b]f]Yfh\j cb`**579**

8 YhU]`g

6 Ygi WX Yb`G]Y`i bg`Ui Z`a Y]b!Z]hbYgg"bYh