

MEIN FITNESS

H\ YfYgU\ \j UbW_\ \UhXi fW\ GhÀf_Y\ Y]bYb
G]b b [YZi bXYb

H\ YfYgU\ \j Yf_ÒfdYfh<ÀfhYži bX\ XUg\ b]W\ h\ i bVYX]b[h
bi f\ a _ÒfdYf\]W\ Yb\ G]bbYž\ cVk c\ ``a Ub\ g]Y\ Ubg]Y\ h
?ÒfdYfVUi \ j cb\ C\ ma\ d]U!? U\]VYf\ i bX\ G]Y\ gY\ Ybž\ XUgg\ g]Y
Ui W\ X]YgYg\ ?ÀghW\ Yb\ Ub\ fYi nh\ K\ f\ i b\ hYf\ U\ hYb\ i bg
A YbhU\ Y\ GhÀf_Yži bX\ b\ X]YgYa \ : U\ ``]gh\ H\ YfYgU\ \j UbW_\ XUg
Y]bn][\ K\ U\ fY\ "9]bZUW\ U\ g[YXfØW_hžg]Y\ Yf\ YX][h\ X]Y\ 5fVY]h\
G]Y\ VYk\ Y]gh\ X]Ygž\]bXYa\ \g]Y\ Y]b][Y\]\ fYf\ dYfgØb\]W\ ghYb
A ca\ Yb\ hY\]\ fYg\ @VYVYbg\ hY\]h\ G]Y\ bi\ hnhY\]\ fYb\ <Ui\ gUffYgh\ U\ g
A ch\ j\ Uhcfži\ a\ \]\ f\ @VYVb\]b\ C\ fXbi\ b[\ ni\ 'Vf]b[Yb\ "G]Y\ \Uh
Ui W\ 6i\ \]a\]Y\ ØVYfk\ i\ bXYbž\ Y]b\ j\ Yf\ YYfYbXYg\ @Y]XYbž\ XUg
Ui\ g\ Y]b\ Ya\ \HYi\ ZY\ g_fY]g\ VYghY\ hž\ XYf\ c\ bY\ Y]b\ Yb
g][b\]Z\ _Ub\ hYb\ A\ ch\ j\ Uhcf\ gY\ f\ gW\ k\ Yf\ ni\ i\ b\ hYfVfY\ W\ Yb\]ghž
i\ bX\ Y]b\ Ni\ ghJbXž\ / Ua\ d\ \wedge\ Y\ ``]d\ /

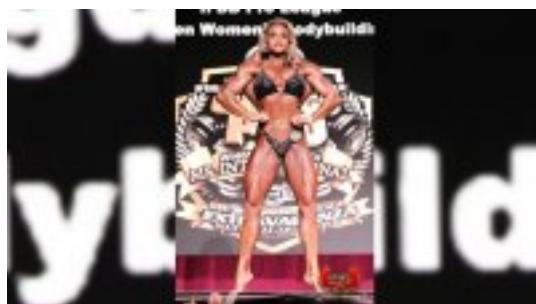


H\ YfYgU\ \j UbW_\ \j Yf_ÒfdYfh<ÀfhYži bX\ XUg\ b]W\ h\ i bVYX]b[h\ bi\ f
]a\ _ÒfdYf\]W\ Yb\ G]bbYž\ cVk c\ ``a\ Ub\ g]Y\ Ubg]Y\ h\ ?ÒfdYfVUi\ \ j\ cb\ C\ ma\ d]U!? U\]VYf\ i bX\ G]Y\ gY\ Ybž\ XUgg\ g]Y\ Ui\ W\ X]YgYg\ ?ÀghW\ Yb
Ub\ fYi\ nh\ "

K]f`i b\Yf\U\hYb`i bg`A Yb\hU`Y`Gh\Af_Yži bX`]b`X]YgYa`i: U``]gh
H\YfYgU`f UbW_`XUg`Y]bn][`K U\fY`9]bZUW\`Ui g[YXf\W_hž`g]Y
Yf`YX][h`X]Y`5fVY]h`G]Y`VYk Y]gh`X]Ygž]bXYa`g]Y`Y]b][Y`\fYf
dYfg\Ob`]W\`ghYb`A ca`Yb\hY`]\fYg`@VVYbg`hY`h`G]Y`bi`hnhY`]\fYb
<Ui`gUffYgh`U`g`A ch]j`Uhcfž`i a`]\f`@VVYb`]b`CfXbi`b`ni`Vf]b`Yb`

G]Y`\Uh`Ui`W\`6i`a`]Y`ØVYfk`i`bXYbž`Y]b`j`Yf\YYfYb`XYg`@Y]XYbž`XUg
Ui`g`Y]b`Ya`HYi`ZY`g_fY]g`VYghY\hž`XYf`c\`bY`Y]b`Yb`g][`b`Z]_Ub\hYb
A ch]j`Uhcf`gY\`f`gW\`k`Yf`ni`i`b\YfVfYW\`Yb`]ghž`i`bX`Y]b`Ni`ghUbXž
i`b\Yf`XYa`j`]Y`Y`fUi`Yb`a`?ÓfdYfgdcfh`Y]XYb`6cXmVi`]X]b`]\Uh
a`]W\`Ui`g`XYf`6i`a`]Y`\YfUi`g[Y\c`h`ž`gU`hY`g]Y`?W\`_Ubb`Yhnh
YggYbž`k`Y`]W\`6cXmVi`]XYf`V]b`?W\`YggY`Ui`g`Y]b`Ya`VYgh]a`a`hYb
;`fi`bX`

K`Ufi`a`]W\`XUg`gU`Yž`_ca`a`hj`cb`a`Y\fYfYb`j`YfgW\`YXYb`Yb
9`Ya`Yb\hYb`]\fYg`@VVYbgž`X]Y`H\YfYgU`a`]h`a`]f`[YhY`h\Uh`8`Ug
YfghY`]ghž`k`]Y`g]Y`]\fY`9gggh\Obi`b`[VYg]Y`h\Uh`6i`a`]Y`]gh`Y]b`Y
j`Yf\YYfYb`XY`?fUb_\`Y]h`9g`VYghY\h`Ui`g`Y]b`Ya`HYi`ZY`g_fY]gž`XYf
c\`bY`Y]b`Yb`g][`b`Z]_Ub\hYb`A ch]j`Uhcf`gY\`f`gW\`k`Yf`ni`Xi`fW\`VfYW\`Yb
]gh`A`f`]gh`b`YhnhYf`NY]h`gY\f`VYk`i`ggh`[Yk`cfXYbž`k`]Y`j`]Y`Y
:`fUi`Yb`a`?ÓfdYfgdcfh`XUfi`b\Yf`Y]XYb`/H\YfYgU`f`Ub`W\`]gh`XU
_Y]b`Y`5i`gbU\`a`Y`



A`]h`ZfYi`bX`]W\`Yf`Yb`Y\`a`][`i`b`j`cb`K`]b`[g`c`Z`GhfYb`h\`

K`Ug`a`U`[gh`Xi`XUfUbž`a`i`g_i`Óg`ni`gY]b`3

5V[YgY\Yb`XUj`cbž`XUgg`]W\`6i`a`]Y`\Uh`hYž`k`Uf`Yg`[i`hž`Y]b`N]Y`ni
\UVYb`?W\`k`c`hY`Ui`W\`Ub`XYfg`gY]b`?W\`[`Ui`VY`XUfUbž`Yg`ni
k`U`[Ybž`Ub`XYfg`ni`gY]b`

K]Y '\U{1D6A}Uh'X]W\ XUg'6cXmVi]`X]b[!J]fi g'[Yd UW_h3

\W\ k Uf'&\$\$%k Y[Yb 'Hfi b _Yb\Y]h'Ua 'GhYi Yf'i b hYf'<Ui gUffYgh"
A Y]bY'9`hYfb '\Uh\Yb 'Y]b 'U'hYg'K Y]XYf!GmghYa 'ja ' ?Y``Yfž'i bX]W\ Z]b['Ubž'XUa]h'\Yfi a ni gd]Y`Yb"8Ubb'gU\ .]W\ 'Y]b
CI m[Yb !A U[Un]b 'i bX'gU[hYž']W\ 'a ØW\ hY'gc 'Ui ggY\Yb" \W\ VY_Ua 'Y]bYb 'cV ']b 'Y]bYa 'Øfh']W\ Yb ':]hb Ygggh X]c 'i bX 'j Yfgi W\ hY a]W\ "5`g']W\ 'UbZ]b[ž'bUW\ K Yhh_Aa dZb 'ni 'ZfU[Ybž'gU[hY 'a]f Ya UbXž']W\ 'gc ``Y 'ni 'YZZ<Uf'Ub [Y\Yb"9f'\Uh\Y'gY]b 'Y][YbYg :]hb Ygggh X]c 'i bX 'Yf'k Uf'XYf'Y]bn][Y 'Hmd ']b 'XYf'GhUXhž'XYf'Yhk Ug ØVYf'XYb 'Gdcfhi bX'XYb 'K Yhh_Ua dZk i gghY"9f'gU[hY 'a]fž']W\ a ØggY'YggYbž'i bX'XUg'k c ``hY']W\ 'b]W\ h'\ØfYbž'U'gc 'j Yf']Y» ']W\ ']\b i bX'XUW\ hYž']W\ 'a UW\ Y 'Yg'gY'Vgh"K A\ fYbX ']W\ 'i b hYf'<Ui gUffYgh ghUbXž'_c bbhY']W\ 'U``Y 'G\ck g'fYW\ YfW\]YfYb 'i bX'_c bnYbf]YfhYa]W\ 'Ua 'HU['bUW\ 'XYa '9bXY'a Y]bYg'<Ui gUffYghg'Ui ZY]bY" \W\ \UVY'XUg'gY'Vgh[YnY][h'8Ubb' _Ua Yb 'k]f'a]h'YZZ'ni fØW_ 'i bX 'k]f VYfY]hYhYb 'i bg'Ui Z'X]Y 'A f" 'D]hhgVi f[\ :][i fY'&\$\$, 'j cf" '8UbUW\ Y]b][hYb 'k]f'i bg'XUfUi Zž'ni a '6cXmVi]`X]b['Ui Zni ghY][Yb" \W\ bU\ a '&\$\$- 'ZFY]ž'XUa]h']W\ 'YggYb 'i bX 'k UW\ gYb '_c bbhY" &%\$ \UVY']W\ 'a]h'a Y]bYa ' , ' !À\ f][Yb'; fc» j UhYf'a Y]bY'YfghY 6cXmVi]`X]b[!G\ck '[Ya UW\ h"

8Ug'k Uf'Yg'XUbbž'Xi 'k Ufgh'gØW\ h][3

¶"

K Ubb' _Ua Yb '8fc[Yb 'Ui Z'XYb 'A Uf_h3

B]W\ h'Ub[Y 'XUbuW\ " \W\ 'V]b ']b 'Y]b 'dUUf'A cbUhYb 'j cb '%&\$ 'Ui Z%', \$ [Ygh]Y[Yb"5`gcž'Už'Yg'k Uf'Y]bY'Y]W\ hY'9bhgW\ Y]Xi b[ž'8fc[Yb 'ni bY\ a Yb"

5`g'k ØfXY'a Ub 'Y]bY 'Gi W\ h'[Y[Yb 'Y]bY 'UbXYfY 'hUi gW\ Yb 3

B]W\ h'gdYn]Y``8fc[Yb"8Ug'; UbnY ' 'XYf '@VVYbggh]ž'XYf K Yhh_Ua dZ 'UVYfž'Už'8fc[Yb '[Y\ ØfYb 'XUni "9g'[]Vh'VYgh]a a hY 8]b[Yž'X]Y 'G]Y 'b]W\ h'bY\ a Yb"8U'a i gg'a Ub 'gW\ 'Ui 'gY]b" \W\ _c bbhY'a Y]bY 'K Y]v']W\ _Y]h%) '¶'fY' 'Ub['c\ bY 'DUi gY 'VYk U\ fYb"

G]Y 'k UfYb 'c ZZYb g]W h`]W h`[i h`VYfUhYb 'i bX '\UVYb 'Yg 'f]W h][
[Ya UW h" K Ug ']gh'a]h'XYb 'A AXW Yb'X]Y 'Yg 'b]W h'f]W h][
a UW Yb 3

G]Y '\U'hYb 'b]W h` 'Y]bg 'i bX 'Zf]h[" "j]Y ``Y]W h'nk Y] 'U\ fY'Z'XUb b
ZU``Yb 'g]Y 'Y]b ZUW 'UV"

B i b'g]Y 'ZU``Yb 'b]W h'UV" 'G]Y ' [Y\ Yb 'Y]b ZUW ']b 'Y]b Y 'Ub XYfY
F]W h i b ['i bX 'ZUb [Yb 'Ub'Z'XYa 'gW A V][Yb '9bXY 'XYf '8]b [Y
ni 'X]Yb Yb"

8 Ug 'gh]a a h'Zb Y\ a Y]W h'Ub " 'Gc 'k Y]h'gc ``hY 'Yg 'b]W h'_ca a Yb"

Dcfbcg'GYgg]cbg'ZC b'm: Ub g' 'fYXYgh'Xi 'XUj cb 3

U" 'W 'VY\ Ub X'Y 'XUg 'k]Y 'Y]b ' ; YgW AZh" '8 i 'VY_ca a gh'_Y]b Y
nk Y]hY '7 \ UbW " 'K Ybb 'G]Y 'Y]b '6cXmVi]'XYf 'gY]b 'k c ``Yb'Z'a ØggYb
G]Y 'g]W k]Y 'Y]b Yf 'j Yf \ U'hYb " 'A]f ' [YZÀ ``h'b]W h'Z'k Ug 'Y]b][Y 'X]YgYf
A AXW Yb 'hi b'ZUVYf ']W h' j YfghY \ Y" '9g ']gh'Y]b ZUW '_Y]b
6cXmVi]'X]b [" 'W '_Ub b 'X]YgY'; fYbnY 'b]W h'ØVYfgW fY]hYb'Z'k Y]'
]W h 'Y]b ' ; YgW AZh' \ UVY"

A Ub W Y 'A AXW Yb 'ØVYfgW fY]hYb 'X]YgY'; fYbnY 'n]Ya ']W h
'Y]W h" 'GW Y]b h'g]Y 'b]W h'ni 'ghØfYb'Z'UVYf 'a Ub 'k Y]» 'b]Y'Z
k ca]h'g]Y 'g]W gdA hYf 'VYgW AZh][Yb " 'W '_Ub b 'X]f 'bi f
gU[Yb'Z'XUgg 'Xi ']b 'Y]b Yf 'A]bi hY 'Ui Z'XYf '6Ø\ bY 'ghY \ gh'i bX
U'g 'B A W ghYg 'k Y]» h'Xi 'Z'XUgg 'Y]b 'DcfbcghUf 'b YVYb 'X]f
ghY \ h"

8 Ug ']gh'hUhgA W ']W h'dUgg]Yf h" 'W 'k i gghY 'b]W h'Z'XUgg 'g]Y 'XUg 'V]g
bUW 'XYf 'G\ ck 'hUh'Z'UVYf 'Yg 'k Uf ']b hYfYggUb h"

I bX 'XYf 'F Y]n 'XYg '6cXmVi]'X]b [g 'ZØf ': fUi Yb 3 'K Ufi a 'b]W h
Y]b Y 'XYf 'Ub XYfYb '5VhY] 'i b [Yb 3

=W '\UVY 'Yg 'a]f ' [YXUW h" '8 UZØf 'k Uf ']W h'ni ' [fc » " '8 Ubb 'XUW hYb
k]f'Z]W h'k A fY 'ni ' [fc » 'ZØf 'K D8 " 'W 'k Uf 'b]W h'Q ni ' < Ui gY " 'W 'V]b
6cXmVi]'XYf " 'W 'V]b 'ghc 'n 'XUfUi Z" 'W '\UVY '6] 'XYf 'j cb 'a]f'Z'U'g ']W h

* \U{fY} U\h{k} Uf\i bX\|a]\W{b\Y}bYa \j YfVi bXYbYb\`nk Y]hY][Yb
6UXYUbni [\VYi [hY \W{UVY}\j Yfgi \W{hZUi ZH}_Hc_\ni \d{cghYb\z{i} bX
g]Y \UVYb\Yg[Y\`Og\W{hZk Y}\`Yg\?]bXYf\k Uf"

5VYf\8I\k Ufgh\Yg

\W{k Y}\z{Yg\]gh\j Yff\W{h}

? YbbYb\X]\W{X}Y@\Yi hY]b\XY]bYf\GhUXh3

\U"

K c\k c\bYb\G]Y3

6i h\Yf\ZDYbbgm\j Ub]Yb\`9g\]gh\i b[YZ\A\f\(\)\A]bi hYb\j cb\`D]h\gVi f\ \\\
Ybh\Zf\h

9]b\`V]gg\W{Yb\`? `Y]bghUXh!: YY\]b[3

\U"\`XYf_Ybb\h{i} bg\`8]Y@\Yi hY[f\]f\]Yb\i bg\]Ui ZXYf\GhU\`Y\`a]h
B\Ua Yb\`8Ub\U\`ZfU[Y\]W\`Y\Z\Z\k Yf\XUg\]gh\i bX\k]f\k]ggYb\Yg
b\W{h}

K Uf\XUg\g\W{cb\`]a a Yf\gc3

5a\`5b\ZUb[\`k UfYb\X]Y@\Yi hY\i b\`OZ]\W{K Ybb\`]W\`c\`bY\`Y\Z
i b\hYfk Y[g\k \A\`fY\`a \OgghY\`]W\`a]W\`j YfghY\W{Yb\`

8]Y\`O\`V\`]\W{Yb\`][bcfUb\hYb\`? ca a Yb\hUfY"

\`f[YbXk Ubb\k i fXY\`Yg\`n]Ya\`]\W{g\W{`]a a "5\`g\` Ugh\`gd\`f\U\`]\W{Ua
\`f\h\`]\W{Yb\`7c\`Y[Y\`O\`VYf\`XUg\`6fY\W{Yb\`j cb\`Bcfa Yb\`K]Y\`a Ub\`a]h
A cVVYfb\i bX\`gc\`W\`Yb\`GU\W{Yb\`i a [Y\`h\`5\`g\`]\W{Yg\`ni a \`YfghYb\`A U\`
hUh\`k Uf\`]\W{b\`XYf\`NY]hi b[\`i bX\`XYf\`5fh\`_Y\`gU[hY\`g\W{fY\W{`]\W{Y
8]b[Y\`O\`VYf\`a]W\`K \`A\`fYbX\`]\W{Xcfh\`k Uf\`hUh\`]\W{Yhk Ug\`Dc\`g]h\`j Yg
Z\`f\`?]bXYf"

K]Y\`UVYb\`G]Y\`XUg\`O\`VYf\`i bXYb3

¬W 'V]YV'XfUb"¬W '[Yk Ubb'k Y]hYf"¬W '_Ua ']a a Yf'k]YXYf']b 'X]Y
NY]hi b[']W k ØfXY'g]Y'a]h: fYi bX']W _Y]h'hØhYb"GW ']Y» ']W
U_nYdh]YfhYb'g]Y'a]W "

B i bž'XU'G]Y'i bX'>YZZ'HY]`XYf`c_U`Yb'; Ya Y]bgW UZh'g]bX
i bX'gY\ f'VY`]YVh'g]bXž'k]Y'g]Y\ h'Y]b' hmd]gW Yf'HU[']b
6i h`Yf'Ui g3'¬W '_Ubb'a]f'j cfghY``Ybž'XUgg']\ f'n]Ya ']W
VYgW ÅZh][h'gY]X"

K]f'\UVYb'i bgYf'Y][YbYg':]hbYggghi X]c'fk Uf'Ub g'9']hY':]hbYggŁž
XUg'k]f'VYhfY]VYb'i bX'V]YhYb'DYfgcbU' HfU]b]b['i bX'C b']bY!
7cUW]b['Ub'"K]f'UfVY]hYb'Ui W'Ub'Y]bYa ':]a 'bUa Ybg'`YbgY]hg
XYg'6cXmVi]X]b[g"9g']gh'Y]b'i bUV\Àb[][Yg':]a dfc Y_hž'XUg'Y]b
Y]b\Y]a]gW Yg'A ÅXW Yb'ØVYfbca a Yb'\Uh'G]Y'_Ua 'a]h'XYf'XYY
Ui Z'i bg'ni 'i bX'k]f'k UfZYb'g]Y'\Yfi a "K]f'\UVYb'Yg'i a '&\$&\$
\Yfi a 'YfbYi h'VYgi W hž'U'g'k]f'X]Y'YfghYb'8fY\UfVY]hYb'[Ya UW h
\UVYb'"K]f'g]bX'ni 'Xf]hh']a ':]a "9g``Y\fh'A ÅXW Ybž'a ÅW h]['i bX
gW Øb'ni 'gY]b'i bX'k Y['j cb'XYb'G]hni b[Yb'i bX'XYb'8fc[Yb"

9]bY'YX'Y'GUW Yž'g]W Yfž'K Ug']gh'a]h'? `Y]Xi b[3'¬W '['Ui VYž
]W '\UVY']f[YbXk c'[Y'YgYbž'XUgg']\ f'Y]bY'H!G\]fh!:]fa U
\UVh"

8Ug'hi b'k]f' <Uf'Ub g'9']hY'7i ghca g'"K]f'\UVYb'Yg'i fgdfØb[']W
[YghUfYhž'i a 'XYb'A]hh'Y'ga Ubb'cgni k YfXYb"5'g'k]f'a]h'XYa
:]hbYggghi X]c'UbZ]b[Ybž'\Uh'Yb'k]f'Y]bYb'; Y'X[YVYf"5bghUhh'XUgg
k]f']\b'ni fØW_nU\`Ybž'k c``hY'Yfž'XUgg'k]f'Yg'k Y]hYfnU\`Yb"5'gc
_Ui ZhYb'k]f'nk Y]DfYggYb'i bX'[UVYb'X]YgY'; Y`Y[Yb\Y]h'Y]bY
?]bXž'XUg'k]f'_YbbYb'i bX'XUg']bg':]hbYggghi X]c'_ca a h"9f'k Uf
Y]b'[i hYf'& b[Yž'XYf'Y]bY'7\UbW'VfUi W hY'"K]f'gU[hYbž'Ugg'Yg
i bg'j Yfgi W Ybž'i bX'Yg'[]b[``cg"

5fVY]hYb'G]Y'b]W h'Ui W']b']f[YbXY]bYf': i b_h]cb'ZØf'>U_Y
K ccX3

¬W '\UVY'&\$% ni a 'YfghYb'A U'ZØf'>U_Y[YUfVY]hYhž'U'g']W 'Y]b
K]b[g'cZGhfYb[h\!: chcg\ccch]b['[Ya UW h'\UVY"8Ubb'hfUZ]W ']\b
&\$%* 'k]YXYfž'U'g']W 'DfcZ'k i fXY"¬W 'UfVY]hY'gY]h'&\$%+ž'U'g']W

a Y]b 'DfcZ!8YVØh[UVžU`g`j c``[YgdcbgYfhYf'5h\`Yh'ZØf']\b"

< Ugh`Xi`a]h`U``XYb`A ÁXW\Ybž`X]Y`6i ZZ`8mbUghm[Ya UW\h
\UVYbž]b`XYf`A i gWY`A Ub\g]cb`[Yk c\b\h3

\W\`hUh°

K]Y`k Uf`XUg3

9g`k Uf`gY\ f`[i h`[YZØ\ fh''5``Y`A ÁXY`g`k i fXYb`gY\ f`[i h
dfÀgYbh]Yfh`G]Y`\UVYb`g]W\`k]f_`]W\`i a`X]Y`5h\`YhYb`[Y_\Øa a`Yfh`
Gc`k i fXY`]W\`gW\`Y»`]W\`]b`X]Y`: Ua `]Y`Ui Z[Ybca a`Yb``5``Y`U`hYb
: c`[Yb`g]bX`Ui ZXYa`Mc`Hi VY!`?UbU`j cb`K`]b`[g`c`Z`GhfYb`[h\`
j YfZØ[VUFž`k Ybb`G]Y`g]W\`Ub\gY\Yb`a`ØW\hYb"

K Ug`]gh`X]Y`U``[Ya`Y]b`Y`6c`hgW\UZhž`X]Y`G]Y`XU`Ui ggYbXYb3
K Ug`gc``hY`XYb`@Yi`hYb`Ub`Δ`bYb`i`bX`Δ`fYf`8`UfghY``i`b`[`XYf`
6c`XmVi`]`XYf]b`Ui`ZZU``Yb3

8`Ugg`]W\`dfU_h]n]YfYž`k`Ug`]W\`dfYX][Y``6c`XmVi`]`X]b`[`gd]Y`h`Y]b`Y
Fc``Yž`XU`]W\`X]YgY`Fc``Y`gd]Y`Y``K`Ybb`@Yi`hY`ni`i`bg`]bg
:]hb`Yggghi`X]c`_ca`a`Ybž`k`c``Yb`k`]f`]\b`Yb`\\Y`ZYb``8`]UVYhYg
i`a`_Y\`fYbž`A`YbgW\`Yb`j`cb`A`YX]_Ua`YbhYb`UVVf]b`[Yb`[`XUg`]gh`X]Y`
[fc»`Y`GUW\`Y``F`]W\`h`[`dfÀgYbh]Yfhž`k`YfXYb`X]Y`@Yi`hY`G]Y`k`Y`[`Yb`
Δ`fYg`K`]ggYb`g`Ui`Zgi`W\`Yb`"

K]Y`\\Uh`g]W\`XUg`k`Δ`fYbX`7CJ`=8`UV[`Ygd]Y`h3

K`]f`g]bX`b]W\`h`]b`X]Y`B`Y`[Uh]j`]hÀh`[YfUhYb``K`]f`\\UVYb`XUg`
:]hb`Yggghi`X]c`k`Δ`fYbX`7CJ`=8`[YØZZb`Yh`[Y\`U`hYb``K`]f`\\UVYb`i`bg`
b]W\`h`gU`[Yb`UggYbž`k`Ug`k`]f`hi`b`gc``Yb``5`bghUhha`]h`Y]b`Ya`<Ui`Z`Yb`
FY`[Y`b`ni`Y`YVYbž`UVYb`k`]f`Y]b`ZUW\`XUg`[Yh`Ubž`k`Ug`j`YfbØb`Zh`[
k`Uf``Y`XYf`\\Uh`gY]b`Yb`Y`[Yb`Yb`d`YfgØb`]W\`Yb`A`YW\`Ub]ga`i`gž`k`Ug`
f]W\`h`[`i`bX`ZU`gW\`]gh``8`i`k`Y]`hž`k`Ug`]b`X]Y]b`Ya`?cdZ`k`]f_`]W\`
f]W\`h`[`]gh``I`bX`XUg`]gh`b]W\`h`a`a`Yf`VY`Y]Vh``W\`\\UVY`Y]b`Y`A`Yb`[`Y`
GUW\`Yb`[Ydc`ghYhž`ØVYf`X]Y`b]W\`h`[YgdfcW\`Yb`k`i`fXY`X`Yf`6`Yhfi`[ž`
X]Y`@Ø`[Ybž`X]Y`A`Ub]di`Uh`cbž`XYb`A`]ghž`k`]Y`g]Y`[Y\`Ybž`X]Y`
?cffi`dh`cb`]W\`\\UVY`c``ck`Yf`[Yk`ccb`Ybž`UVYf`XUbb`a`i`gghY`]W\`

ØVYf'a Y]b'; YgWXÀZh'bUWXb_`Yb"·W'a i gghY'Ui ZØfYbž@Yi hY'ni
YbhZFYa XYb"

K Ug']gh'a]h'6cXmVi]`X]b[3'K ØfXYb'G]Y'X]Y'8]b[Y'UbXYfg
Ub[Y\Yb3

8 Ug']gh'Y]bY'gY\ f'gWXk]Yf][Y': fU[Y"·9g'_ca a h'Ub'Y]bYb'Di b_hž'Ub
XYa 'k]f'Yg'i bg'b]WXh'a Y\ f'·Y]ghYb' _ØbbYb"·8]Y'JcfVYfY]hi b['Ui Z
Y]bY'Xi fWXgWXb]hh]WX Y'Dfc!G\ck '_cghYh'i b[YZÀ\ f') "\$\$\$'I G!8c'·Uf
'Yg']ghigWXk Yf'ZØf'X]Y'@Yi hYž'g]Y'ni 'VYnU\`Yb"·?cghYb hYWXb]gWX
a i gg'Yhk Ug'[YhUb'k YfXYb"·K]f'g]bX'X]Y'Y]bn][Yb'DfcZ]gdcfh'Yfž
X]Y'ZØf'Gd]Y'Yb'VYnU\`Yb"·DUmldYf!J]Yk '\]Zh'i bX'Yfa Ø[`]WX h'XYa
Di V`]_i a 'Y]bYb'Y]bZUWX Yb'Ni [Ub["·5VYf']f[YbXk c'a i gg'XUg
; Y'X'\Yf'_ca a Yb"·9g']gh'ZUgh'k]Y'Y]bY'[Ya Y]bbØhn][Y
Cf[Ub]gUh]cb/]a '5`[Ya Y]bYb' []Vh'Yg'_Y]b'; Y'X"·W'k Y»'b]WX hž
cV'Yg'Ya U'g'[Ybi [; Y'X'[YVYb'k]fX'·J]Y'Y]WX h'k YfXYb'X]Y'Hcd')
cXYf'%'[YgdcbgYfh3'·&"\$\$\$'ZØf'XYb'YfghYb'D'Uhn'fY]WX Yb'b]WX h
Ui g'·K]f'a ØggYb'ZØf'7cUWX]b[ž'DcgYbž: `]Y[Ybž<chY'ž'9ggYbž
7\cfYc[fUd\]Yž'Dcg]b[!5bnØ[Yž'6fA' bi b[ž<UUfYž'A U_Y!i d'i gk"
VYnU\`Yb"·9g'gi a a]Yfh'g]WX"

; YVYb'G]Y'i bg'·A fYb'·YhnhYb'; YXUb_Yb.'K Y'WX Y'6chgWX UZh
a ØWX h'Yb'G]Y'i bg'·A b'hYf'UggYbž'X]Y'·A fY'F c'·Y'U'g'A YbgWX
XYZ]b]Yfh3

Hi ž'k Ug'X]WX '[`ØW_']WX 'a UWX h'·A UWX 'k Ug'X]f'GdU»'a UWX h'·@VVY
c\bY'FYi Y'·Hi b'G]Y'U'Ygž'k Ug'G]Y' _ØbbYbž'i a 'dcg]hj' i bX
a ch]j]YfYbX'ni 'gY]b"·I bgYf'N]Y'·]gh'Ygž'U'Yb'ni '\Y'ZYbž'VYggYf'ni
k YfXYbž'i bX'g]Y'j cf'i bg'ni 'ghY'Yb"

E i Y'Y. 'a i gWXUbxZ]hbYgg

8 YhU]g

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