

MEIN FITNESS

8 Ug·Wx]b Yg]gWx Y'; Y\ Y]a b]g·XYg
 ; Yk]Wx hgj Yf`i ghg·Yb h\ Ø`h

<UVYb·G]Y·ØVYf·XUg·Wx]b Yg]gWx Y'; Yk]Wx hgj Yf`i gh[Y\ Y]a b]g
 [Y\ Øfh3·J]Y``Y]Wx h\ UVYb·G]Y·XUj cb ·[Y\ Øfhž·UVYf·Y]b
 V]ggWx Yb `a Y\ f·5i Za Yf_gUa _Y]h`a UWx h·G]Y`j]Y``Y]Wx h`bc Wx
 a Y\ f·XUa]h`j YfhfUi h"·XYf·k Y»·ž·XUgg·: Yhh·Y]V][_Y]h·Y]b
 [fc» Yg·DfcV`Ya ·]b·5a Yf]_U·]ghž`i bX·k U\ fgWx Y]b·]Wx ·]gh·XUg
 6YghYž`k Ug·YXYf·ØVYf[Yk]Wx h][Y·A YbgWx `hi b`_Ubbž`Yg`ni
 `Yi [bYb·5VYf·ZØf`Ya UbXYbžXYf·Ui Z`gY]bY'; Ygi bX\Y]h`i bX
 gY]b`@YVYb·UWx hYhž`_Ubb`Yf`j YfgWx]YXYbY·A Yh\cXYb`ni a
 5VbY\ a Yb`]b·6YhfUWx h`n]Y\ Yb", VYf[Yk]Wx h\ Uh`Yhk Ug`a]h
 XYa`@YVYbggh`·i bX·XYf·5_h]j]hÀh`ni `hi b"·8Ua]h·G]Y·dYfZY_h
]b`·cfa`_ca a Ybž`a ØggYb·G]Y·X]YgYb·5gdY_h`·fYg`@YVYbg
 ÀbXYfb`·b`X]YgYa·5fh]_Y`·_YbbYb·G]Y·X]Y·6Y[Y]ghYfi b[·ZØf
 / Ua d^Y`·]d/



<UVYb·G]Y·ØVYf·XUg·Wx]b Yg]gWx Y'; Yk]Wx hgj Yf`i gh[Y\ Y]a b]g
 [Y\ Øfh3·J]Y``Y]Wx h\ UVYb·G]Y·XUj cb ·[Y\ Øfhž·UVYf·Y]b·V]ggWx Yb
 a Y\ f·5i Za Yf_gUa _Y]h`a UWx h·G]Y`j]Y``Y]Wx h`bc Wx ·a Y\ f·XUa]h
 j YfhfUi h"

·ž·XUgg·: Yhh·Y]V][_Y]h·Y]b`[fc» Yg·DfcV`Ya ·]b·5a Yf]_U·]ghž

i bX'k U\fgWY]b']W']gh'XUg'6YghY'k Ug'YXYf'ØVYf[Yk]W h][Y
A YbgW'hi b'_Ubb'Yg'ni ``Yi [bYb''5VYf'ZØf'Ya UbXYb'XYf'Ui Z
gY]bY; Ygi bX\Y]hi bX'gY]b'@YYb'UW hYh'Ubb'Yf'j YfgW]YXYbY
A Yh\cXYb'ni a'5VbY\ a'Yb']b'6YhfUW h'n]Y\Yb"

, VYf[Yk]W h\ Uh'Yhk Ug'a]h'XYa '@VYbghh]`i bX'XYf'5_hlj]hAhni
hi b"8Ua]h'G]Y'dYfZY_h]b : cfa '_ca a Ybza ØggYb'G]Y'X]YgYb
5gdY_h\ fYg '@VYbgh'A bXYfb"

↳ X]YgYa '5fh]_Y`_YbbYb[G]Y·X]Y·6Y[Y]ghYfi b[·ZØf·XUg
W]bYg]gWY·; YK]W hgj Yf`i gh[Y\Y)a b]gž·Y]bY·XYf·VY·]YVhYghYb
A Yh\cXYbž'i a 'ni gÀhn`]W Y·DZ bXY`cgni k YfXYb"G]Y·k YfXYb·Ui Z
W]bYg]gWY·K Y]gY·a]h·9ggYbž·6Yk Y[i b['i bX·A YX]n]b 'i a [Y\Yb"

9ggY b

8]Y'W]bYg]gW Y' ? ØW Y' k Uf'gW cb' ja a Yf'ZØf']\fY
[Ygi bX\Y]h]W Yb' J cfhY]Y'VY_Ubbh' 9g'VYghY\h\Ui dhgÀW]W'Ui g
:]gW žHcZ žY]bYf'f]Yg][Yb'A Yb[Y'; Ya ØgY'i bX'gY\f'_Y]bYb
A Yb[Yb': `Y]gW "·5VYf'Yg'[Y\h'b]W h'bi f'XUfi a žk Ug'g]Y'YggYbž
k Ug'g]Y'Z]h'a UW h' 9g'\Uh'Yhk Ug'XUa]h'ni 'hi bžk]Y'g]Y'X]YgY
_cW Yb"·8Ug'W]bYg]gW Y'; Yk]W hgj Yf'i gh[Y\Y]a b]g'nY][h'XUgg
g]Y'Yg'gY\fž'gY\f'gW bY'`VY]\c\Yb'HYa dYfUh fYb'_cW Ybž
k cXi fW X]Y'HYI hi f'XYg'@VYVbga]hhY'g'Yf\U'hYb'V'Y]Vh'i bX
[`Y]W nY]h][`X]Y'XUf]b'Ybh\U'hYbYb'J]hUa]bYžA]bYfU']Yb'i bX
UbXYfYb'BÀ\fghcZZY'Yf\U'hYb'V'Y]VYb"

G]Y '_cbgi a]YfYb 'Ui W\Y]bY [fc» Y·A Yb[Y·HYY·]b·]\fYf·9fbÀ\fi b["9]b][Y·_`]b]gW\Y·Ghi X]Yb 'Ub ·Y]b][Yb·I b]j Yfg]hÀhYb ·]b·; YbZ'i bX6]fa]b[\Ua ·\UVYb [YnY][hžXUgg·VYgh]a a hY ·HYYg·X]Y Ghc Z\k YW\gY·fUhY ·Yf\ Ø\ Yb ·i bX ·X]Y ? U·c f]Ybj YfVfYbbi b[gfUhY VYgW\ `Yi b][Yb ·_ØbbYb"

, Vi b[

9]b 'k Y]hYfYg'W]b Yg]gW Yg'; Yk]W h gj Yf'i gh[Y\ Y]a b]gž'XUg
g]W Yf]W 'k]f_gUa 'ghž'gh'6Yk Y[i b["5VYf'k Y`W Y'5fh'j cb', Vi b[
a UW Yb'7\]b YgYbži a ']\f'; Yk]W hini '\U'hYb3? Ua dZ_ØbghY'g]b X

gY\`f`VYfØ\`a h"·5VYf`k i gghYb·G]Yž·XUgg·Yg·\`Yi hni hU[Y·VYfY]hg·`a]h
XYf`k Ygh]WYb·5YfcV]W, Vi b[·_ca V]b]Yfh`k]fX3

GdYbWf'; YYžY]b'W]bYg]gWYf'? i b[!: i !9I dYfhYžYfghY`hY'gY]bYb
HfU]b]b[gd`UbžXYf'? i b[!: i 'i bX'UbXYfY'Ug]Uh]gWY'? Ua dZ_ØbghY
a]h'5YfcV]W, Vi b[Yb'_ca V]b]Yfh''8]YgYg'HfU]b]b['gh'b]W h'bi f
ZØf'A ÅbbYf'cXYf': fUi Yb'j YfZØ[VUfž'gcbXYfb'Ui W ZØf'?]bXYf''Dfc
G]hni b['k YfXYb']bg[YgUa h'+\$\$'? U'cf]Yb'j cb'ΔbYb'UV[Y[YVYbž
i bX']b'nk Y]'K cWYb'_ØbbYb'G]Y'VYY]bXfi W_YbXY'9f[YVb]ggY
Yfn]Y'Yb"

HfUX]h]cbY`Y·7\]bYg]gWX Y·A YX]n]b

5_i dfYggi f'i bX'5_i di b_hi f'g]bX'Ui W\HY]`XYg'W\W]bYg]gW\Yb
; Yk]W\hjg Yf'i gh[Y\Y]a b]ggYg"·9g'[]Vh'8fi W_di b_hY']a ·? ØfdYfž
X]Yž'k Ybb'g]Y'Xi fW\ghc W\Yb 'k YfXYbž'XYb 'Ghc Zk YW\gY`XYg
? ØfdYfg`Yf\ Ø\Ybž'XUg`J Yf`Ub[Yb 'j Yff]b[Yfb 'i bX'X]Y
; YgUa hZ b_h]cb 'XYg`J YfXUI i b[ghfU_hg 'j YfVYggYfb"

K ØfXYb 'G]Y [`Ui VYbž'XUgg'b]W h'bi f'7\]bYgYb 'X]Y 'K]f_gUa _Y]h
X]YgYf 'A Yh\cXYb 'Yf_YbbYb 3'8f" 7\Uf'Yg 'GWk Ufhnj Yfk YbXYh
_Y]bY'5_i dfYggi fdYf'Yb ']b 'gY]bYa 'gc[YbUbhYb '5WW !
; Yk]W h gj Yf'i ghdfc[fUa a "'8]YgY 'DYf'Yb 'VYZ]bXYb 'g]W 'Ui Z'XYf
F ØW_gY]hY 'XYf'C \fYb 'gY]bYf DUh]YbhYb 'i bX 'Ub 'UbXYfYb
8fi W_di b_hYb "9f'ZcfXYfh'gY]bY ?i bXYb 'Ui W 'Ui Zz'g]W 'c \bY
_c '\Yb \mXfUhfY]W Y '@VVYbga]hhY`'ni 'YfbÀ\ fYbž'i bX 'Agghig]Y 'bi f
CVgh'i bX '6YYfYb 'YggYb "'8Ug']gh'Y]b 'V]ggW Yb 'j ca 'W]bYg]gW Yb
; Yk]W h gj Yf'i gh[Y\Y]a b]g'i bX 'Y]b][Yb 'J Uf]Uh]cbYb 'XUj cbž'c XYf3

8]Yg'g]bX'bi f'Y]b][Y'XYf'h]YzghYb'; Y\Y)a b]ggY'XYf'5g]UhYbž'X]Y
a]h'AbYb'[YhY]h'k YfXYb"l a 'X]YgY'dYfZY_hY': cfa 'ni 'YffY]W Ybž
]gh'YXcW'a Y\ f'9b[U[Ya Ybh'YfZcfXYf^]W"

≡bgd]f]Yfhj cb'Gi gUb'6Y``

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