

MEIN FITNESS

8 i fWX Vfi WX !H]ddg'ni f'; Yk]WX hgFYXi _h]cb
! 'L hfYa Y 'L D '- \$ 'K cf_ci h°

K Ug'k ÀfYž'k Ybb 'A bYb '[YgU[h'k ØfXYž'XUgg'G]Y ']bbYf\ U\V
j cb '- \$ 'HU[Yb 'cXYf'k Yb][Yf'gWX bY``UVbY\ a Ybž'ghfUZZYbž
Zcfa Ybž'g]WX '[YgØbXYf'i bX 'ghÀf_Yf'ZØ\ `Yb '_ÒbbhYb3'K Ug
k ÀfYž'k Ybb 'XUg'l d '- \$!HfU]b]b[ggmghYa 'XUg
9fZc`[g[Y\Y]a b]g'k ÀfY3'K ØfXYb'G]Y 'X]YgYg'bYi YghY
VU\bVfYW YbXY'; Y\Y]a b]g']b : fU[Y 'ghY``Yb 'i bX 'Yg'Y]bYf
UbXYfYb 'A cXYYfgWX Y]bi b['cXYf'8]Àh'ni cfXbYb3
; Yk]WX hgj Yf'i ghi bX 'GhfUZZI b['i bgYfYg'? ÒfdYfg']gh'Yhk Ugž
k ca]h'k]f'U``Y'ni '_Àa dZYb '\UVYbž'VYgcbXYfg'k Ybb 'k]f']b
: cfa '_ca a Ybž'[Ygi bX 'k YfXYb 'i bX'[i h'Ui ggY\Yb 'k c``Yb
J]Y``Y]WX h'\UVYb 'G]Y 'j Yfgi WX hž'VY] 'U``XYa 'bYi YghYb ':]hbYggk U\b 'i bX 'X]Y':]hbYgg[Y\Y]a b]ggY 'XYf
GhUfg'a]hni \U'HYbž'UVYf'Yg']gh' A bYb 'b]Y '[Y'i b[Yb3'K Ybb
/ Ua d\Y``]d/



K Ug'k ÀfYž'k Ybb 'A bYb '[YgU[h'k ØfXYž'XUgg'G]Y ']bbYf\ U\V 'j cb '- \$
HU[Yb 'cXYf'k Yb][Yf'gWX bY``UVbY\ a Ybž'ghfUZZYbž'Zcfa Ybž'g]WX
[YgØbXYf'i bX 'ghÀf_Yf'ZØ\ `Yb '_ÒbbhYb3'K Ug'k ÀfYž'k Ybb 'XUg'l d
- \$!HfU]b]b[ggmghYa 'XUg'9fZc`[g[Y\Y]a b]g'k ÀfY3'K ØfXYb'G]Y

X]YgYg`bYi YghY`VU\bVfY\W YbXY`; Y\Y]a b]g`]b` fU[Y`ghY``Yb`i bX
Yg`Y]bYf`UbXYfYb`A cXYf\W Y]bi b[`cXYf`8]Àhni cfXbYb3

; Yk]\W h gj Yf`i gh`i bX`GhfUZ\ b[`i bgYfYg`? ØfdYfg`]gh`Yhk Ugž`k ca`]h
k`]f`U``Y`ni` _Àa dZYb`\UVYbž`VYgcbXYfg`k Ybb`k`]f`]b` cfa
_ca a Ybž[Ygi bX`k YfXYb`i bX`[i h`Ui ggY\Yb`k c``Yb`

J]Y``Y]W h`\UVYb`G]Y`j Yfgi W hž`VY]`U``XYa`<mdY`i a`XYb
bYi YghYb` :]hbYggk U\b`i bX`X]Y` :]hbYgg[Y\Y]a b]ggY`XYf`GhUfg
a`]hni \U`hYbž`UVYf`Yg`]gh`ÀbYb`b]Y`[Y`i b[Yb3`K Ybb`G]Y`]a a`Yf
bc\W`Ui ZXYf`Gi W Y`bU\W`Y]bYa`8i fW Vfi W ZØf`YI hfYa`Y` :]hbYgg
g]bXž`g\W`Ui Yb`G]Y`g]W XUg`Ub`

6=GH`8I`G7<@5B?9G` : 9HH3

; fØbXYž`k Ufi a`G]Y`VY]`À fYf` ; Yk]\W hgUVbU\ a`Y`_Y]bYb
9fZc`[` \UVYb

`8ØbbYg` : Yhh` `X]Yg`]gh`XUg`bYi YghY` :]hbYgg! I dXUhYž`X]Y`a`Y]ghYb
A`Ybg\W`Yb`hfU]b]YfYbž`UVYf`VUi`Ybž`ghfUZZYb`cXYf`j`Yf`]YfYb`b]Y`XUg
?ØfdYfZYhž`gc`XUgg`k`]f`j`]Y``Y]W h`Ub` ; Yk]\W h`j`Yf`]YfYbž`UVYf`k`]f
g]bX`]a`a`Yf`bc\W`ZYhh"

`A`ch]j`Uh]cb` `X]Y`a`Y]ghYb`A`Ybg\W`Yb`[YVYb`Ui`Zž`j`Yf`]YfYb`XUg
`bhYfYggY`i`bX`ZØ\`fYb`_Y]bY`8]Àh`cXYf`HfU]b]b[gfc`i`h]bY`Xi`fW`"

`8]Àhd`]``Yb`i`bX` ; YhfÀb`_Y` `j`]Y`Y`dfcV]YfYb`X]Y`bYi`YghY`8]Àhd`]``Y
cXYf`XUg`bYi`YghY` ; YhfÀb`_Ui`Z`XYa`A`Uf_h`Ui`gž`Yg`]gh`g\W`bY```i`bX
k`]fX`À`bYb`\Y`ZYbž`g\W`bY``` ; Yk]\W h`ni`j`Yf`]YfYb` ; U`g\W`ž`XUg`]gh
Y]b`A`m\cgž`X]Y`a`Y]ghYb`8]Àhd`]``Yb`i`bX` ; YhfÀb`_Y` \UVYb`g]W`U`g
i`b[Ygi`bX`Yfk`]YgYb`5i`Z`Ub[Y`G]W`h`nYfghØfYb`g\W`bY``Y`8]Àhd`]``Yb`
`À`fYb`GhcZ\k`Y\W`gY`ž`À`f`<`Yfn`i`bX` \U`hYb`G]Y`ZYhh"

8i`fW Vfi`W !H]ddg`ZØf`L`hfYa`Y` :]hbYgg

8Ug`I`d`-`\$`HfU]b]b[ggmghYa`]gh`XYf`bYi`YghY`HfYbXž`UVYf`k`Ufi`a
Z`b_h]cb]Yfh`XUg3`<`]Yf`g]bX`X]Y`H]ddgž`X]Y`À`bYb` :]hbYgg!9fZc`[Y
ZØfg`@`YVYb`Vf]b[Yb`"

'A i g_Yj Yfk]fffi b['XYf'bYi YghY'8 i fWVfi Wni 'YW hYf:]hbYgg
i bX'; Yk]W hUVbU\ a Y"8]Yg]ghY]bY'Y]bn][Ufh][Y?ca V]bUh]cb
Ui g_YI hfYa Yf'A i g_Yj YfVfYbbi b['Ub'j YfgW]YXYbYb'HY]Yb'Δ fYg
?ØfdYfg"9g'XfY\h'g]W XUfi a žb]Y'X]Y['Y]W Y'Fci h]bY'cXYf'X]Y
['Y]W Yb'K]YXYf\c'i b[Yb'ni 'a UW Yb"Δ fY'A i g_Y'b'k YfXYb
j Yfk]ffh'i bX'G]Y'k YfXYb'Δ fYb'?ØfdYf'k]Y'b]Y'ni j cf'Zcfa Yb'i bX
XUbb'UVbY\ a Yb"

'A ch]j Uh]cb' 'A ch]j Uh]cb']gh'XYf'GW`ØggY'ni a '5VbY\ a Yb'i bX
ni f'9bhk]W_ i b['i bX'GhfUZ b['Δ fYg'?ØfdYfg"9g']gh'Yfk]YgYbž
XUgg'X]Y'a Y]ghYb'A YbgW Yb'A ch]j Uh]cb'i bX'dYfgØb']W Yg'HfU]b]b[
VfUi W Yb":]hbYgg!9fZc'['gh-) i 'A ch]j Uh]cb" 'A ch]j Uh]cb']gh]b'XYf
FY[Y'Xi fW 'DYfgcbU'HFU]b]b[žXUg'hYi Yf']gh'cXYf'Xi fW 'X]Y<]ZY
i bX'I b hYfghØhni b['j cb': Ua]]Y'cXYf: fYi bXYb'K Ybb'i bg'X]Y
A ch]j Uh]cb'ZY\h'gW Y]hYfb'k]f'bcfa U'Yfk Y]gY'VY]a '5VbY\ a Yb"

': YhhUVVUi !8]Àhd'Ub' '8]Y'9fbÀ\ fi b[']gh'Y]b'k Y]hYfYf'k]W h][Yf
5gdY_h'XYg: YhhUVVUi g'i bX'XYf'9bhk]W_ i b['i bgYfYf'A i g_Y'b"
8]Y'a Y]ghYb'8]ÀhYb'g]bX'b]W h'Ui Z'Δ fY':]hbYggn]Y'Y'Ui g[Yf]W hYh"
K Ybb'G]Y'g]W b]W h'Ub'XYb'f]W h][Yb'9fbÀ\ fi b[gd'Ub'\ U'hYbž
k YfXYb'Δ fY':]hbYggn]Y'Y'b]W h'YffY]W h"

≠gd]f]Yfh'j cb'HFUj]g'6

8YhU]g

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