

MEIN FITNESS

9]b `J c fgWX`U['ni f'; Yk]WX hgFYXi _h]cb

G]Y `a ØggYb `_Y]bY`A]h[`]YXgWX UZh`a `:]hbYggghi X]c `cXYf`Y]b
 hYi fYg`8]Àhdfc[fUa a `_Ui ZYbži a `; Yk]WX h`ni `j Yf`]YfYb"
 5``Yg`k Ug`G]Y `hi b `a ØggYbž]gh`Y]bYb `D`Ub `ni `\\UVYb `i bX `g]WX
 XUfUb `ni `\\U`hYb " HfYZZYb `G]Y `ni bÀWX gh`X]Y `9bhgWX Y]Xi b[ž
 XUgg`G]Y `YXYb `HU[`hfU]b]YfYb `k YfXYb " G]Y `_ÒbbYb < Yfn!
 ? fY]g`Ui Z` i bX `? fUZhkfU]b]b[`]b `Y]bYf` , Vi b[`_ca V]b]YfYb
 cXYf`Ub `Y]bYa `HU[`7UfX]c `i bX `Ua `bÀWX ghYb `HU[
 ? fUZhkfU]b]b[`a UWX Yb": Øf`< Yfn! ? fY]g`Ui Z` , Vi b[Yb `_ÒbbYb
 G]Y : U\ffUX `ZU\fYbž`Dck Yf`K U`_]b[ž@Ui ZYbž
 Fc ``gWX i `\\Ui ZYb `cXYf`g]WX `Y]bYa `gY\`f`_ÒfdYf`]WX Yb `Gdcfh
 k]Xa Yb"; i hY `GdcfhUfhYb `ZØf`7UfX]c !HfU]b]b[`k ÀfYb
 6Ug_YhVU`ž F UWéi YhVU`ž HYbb]g `cXYf` : i » VU```GWX k]a a Yb
]gh`Ui WX `Y]bY`[fc » Ufh][Y` , Vi b[`ZØf`< Yfn! ? fY]g`Ui Z` i bX
 ? fUZhkfU]b]b[ž`XU`Yg`/ Ua d^Y`]d /



G]Y `a ØggYb `_Y]bY`A]h[`]YXgWX UZh`a `:]hbYggghi X]c `cXYf`Y]b `hYi fYg
 8]Àhdfc[fUa a `_Ui ZYbži a `; Yk]WX h`ni `j Yf`]YfYb" 5``Yg`k Ug`G]Y
 hi b `a ØggYbž]gh`Y]bYb `D`Ub `ni `\\UVYb `i bX `g]WX `XUfUb `ni `\\U`hYb "
 HfYZZYb `G]Y `ni bÀWX gh`X]Y `9bhgWX Y]Xi b[ž`XUgg`G]Y `YXYb `HU[
 hfU]b]YfYb `k YfXYb " G]Y `_ÒbbYb < Yfn! ? fY]g`Ui Z` i bX `? fUZhkfU]b]b[

]b 'Y]bYf', Vi b['_ca V]b]YfYb 'cXYf'Ub 'Y]bYa 'HU['7UfX]c 'i bX 'Ua
bÀWg hYb 'HU['?fUZhkfU]b]b['a UWg Yb": Øf' < Yfn! ?fY]g`Ui Z], Vi b[Yb
ØbbYb 'G]Y: U\ffUX 'ZU\fYbž Dck Yf'K U']b[ž@Ui ZYbž
Fc ``gWk i \`Ui ZYb 'cXYf'g]Wk 'Y]bYa 'gY\ f' _ØfdYf]Wk Yb 'Gdcfh
k]Xa Yb"; i hY 'GdcfhUfhYb 'ZØf' 7UfX]c!HfU]b]b['k ÀfYb '6Ug_YhVU'ž
F UWéi YhVU'ž HYbb]g'cXYf': i » VU'ž Gwk ja a Yb ']gh`Ui Wk 'Y]bY
[fc» Ufh][Y], Vi b['ZØf' < Yfn! ?fY]g`Ui Z] 'i bX ' ?fUZhkfU]b]b[žXU 'Yg' ÁfY
A i g_Y'b 'ghÀf_h"

: Øf' ÁfY ' ?fUZhkfU]b]b[gØVi b[Yb 'a ØggYb 'G]Y 'k]YXXYf' b]Wk h]j]Y'
; Y`X 'Ui g[YVYb "G]Y '_ØbbYb 'Y]bYb 'GUhn' < UbX[Yk]Wk hY 'ZØf
k Yb][Yf'U'g' &\$ '8c ``Uf' _Ui ZYbž i a ``cgni 'Y[Yb" 'G]Y 'k YfXYb
k U\fgWk Y]b]Wk 'ZØf' Y]bY 'K Y] 'Y 'Ui gfY]Wk Ybž XU 'Yg 'Y]b][Y 'NY]h
XUi Yfhž i a 'gck c\ ``?fUZh'U'g'Ui Wk '5i gXUi Yf'Ui Zni VUi Yb" '9g']gh
k]Wk h][žXUg' ?fUZhkfU]b]b['b]Wk h'ni 'ØVYfgdf]b[Ybž XU 'G]Y 'gbgh'XUg
F]g]c '\UVYbž A i g_Y'[Yk]Wk h'ni 'j Yf']YfYbž k cXi fWk 'G]Y
gWk ÀWk Yf'k YfXYb" '9]b '\Ài Z][Yg'A]ggj YfghÀbXb]g']ghž'XUgg
?fUZhkfU]b]b['ni 'g]Wk hVUfYf'A i g_Y'a UggY 'ZØ\ fh' J YfhfUi 'a]f/G]Y
k YfXYb 'ØVYf'B UWk h'b]Wk h'ni a '6cXmVi]'XYf"

9fZU\fYb 'G]Yž'k Y'Wk Y '@VYbga]hhY 'G]Y 'j Yfa Y]XYb 'gc ``hYbž i bX
j Yfa Y]XYb 'G]Y 'g]Y" 'a '5 ``[Ya Y]bYb 'gc ``hYb 'G]Y 'j Yfa Y]XYbž
Zf]hh]YfhY '@VYbga]hhY 'ž'j YfUfVY]hYhY '@VYbga]hhY 'ž '@VYbga]hhY '
a]h'fUZZ]b]YfhYa 'Ni W_UYf'k]Y '[YVUW_YbY 'GØ»][_Y]hYbž Gwk c_c'UXYž
K Y] » Vfch'i bX 'U'Ygž'k Ug']b ' ?ÀgY 'Yfgh]W_h]gh'fW\ 'Yfgh]W_hY
?ÀgYZf]hhYbž ni 'YggYb" ' ?cbnYbf]YfYb 'G]Y 'g]Wk 'Ui Z][Ygi bXY
@VYbga]hhY 'k]Y 'Zf]gWk Yg 'C Vghž i b[Y_c Wk hYg'; Ya ØgYž
Jc ``_cfbVfchž'VfUi bYb 'F Y]gž'a U[YfYg': 'Y]gWk 'i bX':]gWk " 'GhY 'Yb
G]Y 'g]Wk Yfž'XUgg'G]Y 'Y]bY 'A]gWk i b['Ui g'Dfc hY]bYb 'fl 'Y]gWk L'i bX
?c\ 'Yb\mXfUhYb 'fB i XY'b 'i bX '6fc hL'YggYb"

I a 'X]Y 'VYghYb '9f[YVb]ggY 'VY]a '5VbY\ a Yb 'ni 'Yfn]Y 'Ybž'gc ``hYb
G]Y 'nk Y] 'cXYf'XfY] 'A U\ 'nY]hYb 'dfc 'HU['UVVfYWk Yb 'i bX 'j Yfgi Wk Ybž
gYWk g'A U\ 'nY]hYb 'dfc 'HU['ni 'g]Wk 'ni 'bY\ a Yb" 'K Ybb 'G]Y 'ØZhYf
YggYbž '_ØbbYb 'G]Y 'b]Wk h'ni 'j Y' 'YggYbž XU 'G]Y 'g]Wk 'VY]a 'G]hnYb
b]Wk h'YI hfYa ' \i b[f]['ZØ\ 'Yb" 'G]Y 'gc ``hYb 'g]Wk 'Ui Wk [Yk]ggYb\ UZh
VY a Ø\ Ybž a]bXYghYbg', ' ', 'I bñYb 'ni 'hf]b _Yb"; 'ÀgYf'K UggYf
'YXYb 'HU[''8Ug'K UggYf'j Yf\]bXYfh'6 'À\i b[Yb 'i bX 'gcf[h'XUZØfž

XUgg`U``Y`GmghYa Y`fY]Vi b[g`cg`Z b_h]cb]YfYb" `Yhhk]fX`X]YgYf
D`Ub `ØVYf`B UW h`b]W h`Z b_h]cb]YfYb" `G]Y`gc` `hYb`g]W a]bXYghYbg
UW h`K cW Yb`Ub`XYb`D`Ub` \U`hYbž`VYj cf`G]Y`Y]bY`9bhgW Y]Xi b[
ØVYf`XYggYb`K]f_gUa _Y]h`hfYZZYb" `8 Yb_Yb`G]Y`Ub`X]Y` ; fi bX`U[Yb
i bX` \U`hYb`G]Y`Yg`Y]bZUW " ; Yk]W hgj Yf`i gh'a i gg`b]W h
ØVYfa Å»]['_ca d`n]Yfh`gY]b"

øgd]f]Yfh`j cb`fgUb`?ca Uf[U

8 YhU]`g

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