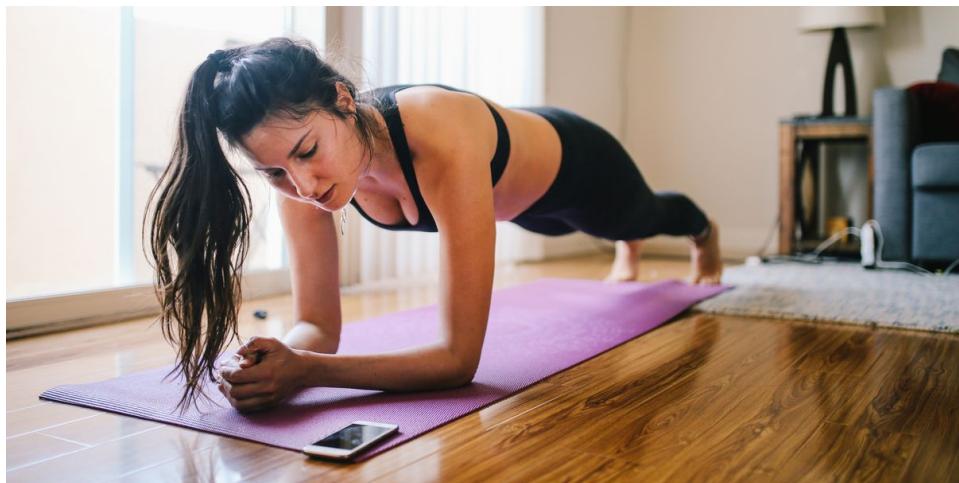


MEIN FITNESS

9fZc`[fY]WX Yf`; Yk]WX hgj Yf`i gh`bUWX 'XYf
GXW k Ub[YfgWX UZh

K]Y `gWX bY``G]Y UVbY\ a Ybž\Àb[h`j cb`Y]bYf`FY]\ Y`j cb`
: U_hcfYb`UVžY]bgWX `]Y` `]WX XYf`A Yb[Y`Ub` ; Yk]WX hžX]Y`G]Y
k À\fYbX`ÀfYf`GXW k Ub[YfgWX UZh`ni [Ybca a Yb`\UVYb"8]Y
a Y]ghYb` : fUi Yb`j Yf`]YfYb`]bbYf\U`V`XYf`YfghYb`&`K cWX Yb
bUWX`XYf`9bhV]bXi b[`nk]gWX Yb`%\$`i bX`%(`DZ` bX"8]YgYg
; Yk]WX h`_Ubb`\Ui dhgÀWX `]WX `Ui Z`XYb`J Yf`i ghj cb
ØVYfgWX Øgg][Yf` : `Øgg][_Y]h`ja` ?ØfdYfžXUg` ; Yk]WX h`XYg
6UVmgžX]Y`D`UnYbHU`i bX`XUg` : fi WX h`k UggYf`ni fØW_[YZØ\ fh
k YfXYb"9]b][Y` : fUi Yb`j Yf`]YfYb`a Ø[`]WX Yfk Y]gY`Yhk Ug
k Yb][YfžUbXYfY`j Yf`]YfYb`a Ø[`]WX Yfk Y]gY`Yhk Ug`a Y\f"
K Ybb`X]Y` ; YYÀfa i hhYf`k]YXYf`Ui Z`\fY`bcfa U`Y` ; fØ»Y
gWXfi a dZhi bX`Àf`<cfaf`cbgd]Y[Y`k Y]hYf`g]b_hžj Yf`]YfYb
G]Y` ; Yk]WX h`8]Y`a Y]ghYb` : fUi Yb`bY\ a Yb`k À\fYbX`XYf
GXW k Ub[YfgWX UZh`a]bXYghYbg`+`/ Ua d`AY`d/



K]Y `gWX bY``G]Y UVbY\ a Ybž\Àb[h`j cb`Y]bYf`FY]\ Y`j cb` : U_hcfYb
UVžY]bgWX `]Y` `]WX XYf`A Yb[Y`Ub` ; Yk]WX hžX]Y`G]Y`k À\fYbX`ÀfYf
GXW k Ub[YfgWX UZh`ni [Ybca a Yb`\UVYb"

8]Y`a Y]ghYb` : fUi Yb`j Yf`]YfYb`]bbYf\U`V`XYf`YfghYb`&`K cWX Yb
bUWX`XYf`9bhV]bXi b[`nk]gWX Yb`%\$`i bX`%(`DZ` bX"8]YgYg` ; Yk]WX h

_Ubb`Ui dhgÀWX`]WX`Ui Z`XYb`J Yf`i gh`j cb`ØVYfgWX Øgg][Yf`
: `Øgg][_Y]h`a`?ØfdYfž`XUg`; Yk]WX h`XYg`6UVmgž`X]Y`D`UnYbhU`i bX
XUg`; fi WX hk UggYf`ni fØW_ [YZØ\fh`k YfXYb``9]b][Y` : fUi Yb`j Yf`]YfYb
a Ø[`]WX Yfk Y]gY`Yhk Ug`k Yb][Yfž`UbXYfY`j Yf`]YfYb`a Ø[`]WX Yfk Y]gY`
Yhk Ug`a Y\`f"

K Ybb`X]Y` ; YVÀfa i hhYf`k JYXYf`Ui Z`]\fY`bcfa U`Y` ; fØ» Y`gWX fi a dZh
i bX`Δf`
<cfa cbgd]Y[Y`k Y]hYf`g]b`hž`j Yf`]YfYb`G]Y` ; Yk]WX h`8]Y
a Y]ghYb` ; fUi Yb`bY\`a Yb`k À\`fYbX`XYf`GWk Ub[YfgWX UZh
a]bXYghYbg`+`DZ`bX` ; Yhhni ``8]YgYg` ; Yhhgc` ; fUi Yb`\`Y`ZYbž
k À\`fYbX`XYg`Gh`Ybg`9bYf[]Y`ni `gdY]WX Yfb``K]Y`gWX bY``X]YgYg`
; Yk]WX h`UVb]a a hž\`Ab[h`j cb`Y]bYf`FY]`Y`j cb` : U_hcfYb`UVž
XUfi bhYf` ; YbYh`_ž`ΔfY`U``[Ya Y]bY` ; Ygi bX\`Y]hž`9fbÀ\`fi b[`i bX
6Yk Y[i b["

G]Y`gc`hYb`XUa]h`fYWX bYbž`XUgg`Yg`Yhk Ug`XUi Yfb`k]fxž`V]g`G]Y
XUg` ; Yk]WX h`j Yf`]YfYbž`XUg`G]Y`k À\`fYbX`XYf`GWk Ub[YfgWX UZh
ni [Ybca a Yb`\`UVYb``=a a Yf\`]b`\`UVYb`G]Y`bYi b`A cbUhY`
[YVfUi WX hž`i a `X]YgYg` ; Yk]WX h`ni ni bY\`a Yb`J Y`Y` ; fUi Yb`\`UVYb
`YXcWX`VYfY]hg`k Yb][Y`A cbUhY`bUWX`Y]bYf`9bhV]bXi b[`YfZc`[fY]WX
UV[Ybca a Yb`"

9]b][Y` : fUi Yb`\`U`hYb`Ub`XYb``YhnhYb`?`]c`ZYghž`X]Y`g]Y`j Yf`]YfYb
a ØggYbž`V]g`g]Y`Ui Z`ØfYb`ni `gh`Yb``Δf`?ØfdYf`a ØWX hY`g]WX
j]Y``Y]WX h`Ub`Y]b`dUUf`DZ`bXY`_`Ua a Yfbž`i a `g]WX Yfni ghY`Ybž`XUgg
G]Y`[Ybi [`9bYf[]Y`\`UVYbž`i a `XUg`6UVm`Ui gFY]WX YbX`a]h`A`]WX`ni
j Yfgcf[Yb``8]Y`9fZU\`fi b[`YXYf` ; fUi `]gh`]b`X]YgYf`<]bg]WX h
Y]bn][Ufh]["

8]Y`[i hY`B UWX f]WX h`]ghž`XUgg`G]Y`a]h`Y]bYa`gc`]XYb
9fbÀ\`fi b[gdfc[fUa a `i bX`a cXYfUhYf`6Yk Y[i b[`Yfk UfhYb
_ØbbYbž`XUgg`G]Y`XUg` ; Yk]WX hž`XUg`G]Y`k À\`fYbX`XYf`
GWk Ub[YfgWX UZh`ni [Ybca a Yb`\`UVYbž`]bbYf\`U`V`Y]bYg
Ub[Ya YggYbYb`NY]hfUi a g`j Yf`]YfYb`"

8]Y`a Y]ghYb` ; fUi Yb`k YfXYb`]bbYf\`U`V`j cb`bYi b`A cbUhYb`bUWX
XYf`9bhV]bXi b[`k]YXYf`ni `]nfYa` ; Yk]WX h`j cf`XYf`
GWk Ub[YfgWX UZh`ni fØW_`Y\`fYbž`k Ybb`g]Y`Y]bYa`fY`[Y`a À»`][Yb`

HfU]b]b[gdfc[fUa a 'Zc`[Yb 'i bX'g]WX 'bUWX 'XYf'9bhV]bXi b[' [Ygi bX
YfbÀ\ fYb" '8Ug '\ Y]» hž'Y]b][Y ': fUi Yb 'k YfXYb ']\f
GXW k Ub[YfgWX UZhg[Yk]WX h]b 'bi f'gYWX g'V]g'nk Ø'ZK cWX Yb
j Yf`]YfYb °

≠gd]f]Yfh'j cb'6Yj Yf`Ym'6fcc_Y

8 YhU]`g

6Ygi WX Yb 'G]Y 'i bg'Ui Z 'a Y]b!Z]hb Ygg"b Yh