

MEIN FITNESS

; Yk]W h gj Yf`i gh` b`Ub Xgh]d d g

, VYf[Yk]W h`gh`[Ygi bX\Y]hggW\A\X`]W " ; Yk]W h gj Yf`i gh`]gh
 Z\O f`j]Y`Y`Y]bY`gY\ f`gW k]Yf][Y`5i Z[UVY``9g`]gh`a \O[`]W\z`gY\ f
 YZZY_hjj ; Yk]W h`ni `j Yf`]YfYb\z]bXYa `Y]b][Y
 <Ui g\U`hga Yh\cXYb`Ub[Yk YbXYh`k YfXYb``G]Y`_ObbYb`Yg
 Ui W\`j Yfgi W\Yb``bXYa `G]Y`YXcW\`5b[gh`j Yfa Y]XYb\z
 _ObbYb`G]Y` , VYf[Yk]W h`Ui Z`bUh\O f`]W\Y`K Y]gY`fYXi n]YfYb``%`
 %`J`Y`Y`A`YbgW\Yb`YggYb`k \A\fYbX`XYg`9ggYbg`YI hfU`fc\Yg
 GU`n``5VYf`k Ybb`G]Y`UVbY\`a Yb`k c``Yb\z`a \OggYb`G]Y`X]Y
 HYbXYbn`Ui Z[YVYb\z`ni gAh\`]W\Yg`GU`n`ni `bY\`a Yb``K Y` `GU`n
 \`Zh\`XUg`? \O fdYf[Yk]W h`ni `Yf\O\Yb``&`` ; Ya \OgY`a]h
 V]hhYfYa `` ; YgW\`a UW\z`]bgVYgc bXYfY`A ca cfX]W\`W\ UfUb h]U\z
]gh`gY\ f`YZZY_hjj `ni f` ; Yk]W hgfYXi _h]cb`` ``K \O fn][YfY
 GdY]gYb`k]Y` b[k Yf\`N]a h`i bX`gW k UfnYf`DZYZZYf`gc ``hYb
 h\`A[`]W\`ni `5VYbX`[Y[YggYb`k YfXYb``/` Ua d\`Y``]d/



, VYf[Yk]W h`gh`[Ygi bX\Y]hggW\A\X`]W " ; Yk]W h gj Yf`i gh`]gh
 j]Y`Y`Y]bY`gY\ f`gW k]Yf][Y`5i Z[UVY``9g`]gh`a \O[`]W\z`gY\ f`YZZY_hjj
 ; Yk]W h`ni `j Yf`]YfYb\z]bXYa `Y]b][Y`<Ui g\U`hga Yh\cXYb
 Ub[Yk YbXYh`k YfXYb``G]Y`_ObbYb`Yg`Ui W\`j Yfgi W\Yb``bXYa `G]Y`
 YXcW\`5b[gh`j Yfa Y]XYb\z`ObbYb`G]Y` , VYf[Yk]W h`Ui Z`bUh\O f`]W\Y

K Y]gY'fYXi n]YfYb"

%".'J]Y'Y'A YbgWX Yb'YggYb'k A\fYbX'XYg'9ggYb g'YI hfU'fc\Yg'GU'n" 5VYf'k Ybb'G]Y'UVbY\ a Yb'k c``Ybž'a ØggYb'G]Y'X]Y'HYbXYbn
Ui Z[YVYbž'ni gÀhn`]WX Yg'GU'n'ni 'bY\ a Yb" K Y] GU'n'\]Zhž'XUg
?ØfdYf[Yk]WX h'ni 'Yf\ Ø\ Yb"

&"'; Ya ØgY'a]h'V]hhYfYa'; YgWX a UW_ž]bgVYgcbXYfY'A ca cfX]WU
WX UfUbh]Už]gh'gY\ f'YZZY_hj'ni f'; Yk]WX hgfYXi _h]cb"

' "K Øfn][YfY'GdY]gYb'k]Y' b[k Yfž'N]a h'i bX'gWX k UfnYf'DZYZZYf
gc``hYb'hA[`]WX'ni '5VYbX[Y[YggYb'k YfXYb"'; Yk ØfnY' \ Y'Zbž
; Yk]WX h'ni 'fYXi n]YfYb"

("8]Y'Yb][Ybž'X]Y'X]Y'F Y[Y'b'XYf'8]Àh_cbhfc``Y'VYzC'[Yb'cXYf'HU[
ZØf'HU['ZUghYbž'i a'; Yk]WX hž'<cb]['i bX'N]hfc bYbgUZh'ni
fYXi n]YfYbž'g]bX'gY\ f'j cfhY]\ UZh'ZØf'g]Y"

) "5i » YfXYa'g]bX'A]WX dfcXi _hY'k]Y'?ÀgY'i bX'6i hhYf'b]WX h'[i h
ni a'9ggYb"'; Y]gWX'i bX'b]WX h'j Y[YhUf]gWX Yg'9ggYb' _ØbbYb'b]WX h
ni gÀhn`]WX'ni 'XYb'BU\fi b[gVYXØfZb]ggYb'[Y[YggYb'k YfXYb"

* "G]Y' _ØbbYb'a Y\ fYfY'A U\ 'nY]hYb'dfc'HU['Y]bbY\ a Ybž]bXYa
G]Y'X]Y'A Yb[Y'XYf'@VYbga]hhY'hA[`]WX'hY]Yb"']gh'YXcWX'ni
VYUWX hYbž'XUgg'YXYg'Y]bnY'bY'HY]'_`Y]b'']gh'"'i bX'i a'ni
VYXYb'_Ybž'gc``hY'X]Y'F Y]ga Yb[Y']b'YXYa'HY]'b]WX h'a Y\ f'U'g
Y]bY': Ui gh'VYhfU[Yb"

+ "@VYbga]hhY'a]h'c\Ya'GhÀf_Y[Y\U'h'k]Y'F Y]g'i bX'?UfhcZZY'b
k YfXYb']b' _cbhfc'']YfhYb'A Yb[Yb'j YfnY\fh'5VYf'XUg'6YghY'i bX
X]Y'; Yk c\b\Y]hž'K Y]nYb'ni 'YggYb"5i » YfXYa'g]bX'Zf]gWX Yg'C Vgh
i bX'[fØbYg'; Ya ØgY'Ui WX'_U'cf]YbUfa Y'@VYbga]hhY'z'i bX
X]Y'Yb][Ybž'X]Y'a Y\ f'; Yk]WX h'\UVYbž'gc``hYb'a Y\ f'U'g'XUg'YggYb"

, "?c\ ``\]Zhž'; Yk]WX h'ni 'fYXi n]YfYb"?c\ ``j Yf\]bXYfhž'XUgg'gØ» Y
i bX'ni W_Yf\ U'h][Y'@VYbga]hhY'']b': Yh'i a [Yk UbXY'h'k YfXYb"
Fc\ _cgh'_Ubb'[Y[YggYb'k YfXYb'i bX'Yg'VYghY\h'Ui WX'X]Y
A Ø[`]WX'_Y]h'ni '_cWX Yb"

- "·5VYf·bUW\·U``XYa·]gh·_ØfdYf]W\Y·6Yk Y[i b[·X]Y·YZZY_h]j ghY
i bX·k]W\h][ghY·A Yh\cXY·ni f'; Yk]W\hgfYXi _h]cb"; Vi b[·\]Zhž·XUg
?ØfdYfZYhh·U`g'; Yhh[YgdY]W\Yfh·ni ·\U`hYb"; Vi b[·VYXYi hYhž·XUgg
G]Y·XYb ?ØfdYf·b]W\h]a]h·gW\k YfYb <UbhY·b·k]Y·6cXmVi]·XYfb·ja
:]hbYggghi X]c·gW\k]hnYb·a ØggYb"; Ub[Yb·G]Y·Y]W\h·Ub"; Y\Ybž
·Ub[gUa Yg·@Ui ZYb·i bX·GW\k]a a Yb·fY]W\Yb·Ui gžk Ybb·G]Y
fY[Y·a Á»][·k Y]hYfa UW\Yb·_ØbbYb"

%%"·9g[]Vh·YXcW\·Y]bYb·UbXYfYb[i hYb·K Y[ži a ·]a ·\Ái g·]W\Yb
GmghY·a ·; Yk]W\h·ni ·j Yf]YfYb"·8Yf<cb][·j YfVfYbbh·XUg
ØVYfgW\Øgg][Y·: Yhh·XYg·?ØfdYfg"·<cb][·_Ubb·]b ·`Y]bYb·A Yb[Yb
[Y[YggYb·k YfXYbž·ni ·j]Y·žk Ybb·YXYg·A U·Y]b·HYY·ØZZY···G]Y
_ØbbYb·Ui W\·Y]bYb·9gg·ØZZY··N]hfcbYbgUZh'a]h·Y]W\h·\Y]» Ya
K UggYf·YggYb·cXYf·hf]b_Yb"

6YZc`[Yb·G]Y·fY[Y·a Á»][·X]Y·cV][Yb·5bk Y]gi b[Yb"·G]Y·k YfXYb
gY\Ybž·k]Y·XUg·ØVYfgW\Øgg][Y·: Yhh·Ui g·XYa ·?ØfdYf·Ui ghf]hh"
9VYbgc·k]fX·XYf·?ØfdYf·cfXYbh]W\·gY]b·i bX·Yg·k]fX·Y]bY·A Yb[Y
GdU»·a UW\Yb"·5i » YfXYa ·_ØbbYb·G]Y·X]YgYb·8]Áhd·Ub·ni f
; Yk]W\hgfYXi _h]cb·VYZc`[Yb· ·; Yk]W\hjgj Yf·i gh·8]Áhd·Ub

·b]f]Yfh·j cb·Gh]ZZYb·Ga]h\

8 YhU]·g

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