

MEIN FITNESS

; Yk]WX hgj Yf`i gh` , Vi b[Yb

6YhfUWX hYb `G]Y `ZØf`Y]bYb `gWX a Y]WX Y`bXYb ?ØfdYf`j cb ?cdZ
 V]g : i » `X]YgY `YZZY_h]j Yb` , Vi b[Yb`ni a `5VbY\ a Yb": Ø\fYb
 G]Y `g]Y `ZØf`X]Y `HfU]b]b[gfc i h]bY `nk Y]a U`cXYf`XfY]a U`dfc
 K cWX Y `Ui g" `9bhgWX Y]XYb `G]Y `g]WX [Y[YVYbYbZU`g`ZØf
 ; Yk]WX hYž`VY] `XYbYb `G]Y `X]Y `YhnhY `K]YXYf\c`i b[`AfYg
 `YhnhYb `GUhnYg`a]h`dYfZY_hYf`i bX`a U_Y`cgYf: cfa ` _Ui a
 gdUfgUa `j Yfk YbXYb ` _ØbbYb` `K Yb` `G]Y `VY] `UbXYfYb `H]ddg
 ni f; Yk]WX hgfYXi _h]cb `Ub `X]YgYb [Ygi bXYb `F UhgWX `À[Yb
 ZYgh\ U`hYbž`k YfXYb `G]Y `g]WX Yf`YfZc` [fY]WX `UVbY\ a Yb" `%"
 HYghYb `G]Y `XUg`K UggYf`a]h`Y]bYf` !%\$ `DZ bX < UbhY` `8]Yg`]gh
 Y]bYf`X]YgYf` ; Yk]WX hgj Yf`i gh`H]ddg`dYfZY_h`ZØf`5bZÀb[Yf"
 `8]Yg` `VYhf]Zzh`]bgVYgcbXYfY `XYb` `6]nYdgVYfY]WX `gck]Y `XYb
 [YgUa hYb` l b hYf _ØfdYf` `BY\ a Yb `G]Y `ZØf`XYb / Ua dÀY`]d/



6YhfUWX hYb `G]Y `ZØf`Y]bYb `gWX a Y]WX Y`bXYb ?ØfdYf`j cb ?cdZ`V]g
 : i » `X]YgY `YZZY_h]j Yb` , Vi b[Yb`ni a `5VbY\ a Yb"

: Ø\fYb `G]Y `g]Y `ZØf`X]Y `HfU]b]b[gfc i h]bY `nk Y]a U`cXYf`XfY]a U`dfc
 K cWX Y `Ui g" `9bhgWX Y]XYb `G]Y `g]WX [Y[YVYbYbZU`g`ZØf` ; Yk]WX hYž
 VY] `XYbYb `G]Y `X]Y `YhnhY `K]YXYf\c`i b[`AfYg` `YhnhYb `GUhnYg`a]h
 dYfZY_hYf`i bX`a U_Y`cgYf: cfa ` _Ui a `gdUfgUa `j Yfk YbXYb
 _ØbbYb"

K Ybb`G]Y`VY]`UbXYfYb`H]ddg`ni f`; Yk]W hgfYXi _h]cb`Ub`X]YgYb
[Ygi bXYb`F UhgW`À[Yb`ZYgh\ U`hYbž`k YfXYb`G]Y`g]W Yf`YfZc`[fY]W
UVbY\ a Yb"

%`HYghYb`G]Y`XUg`K UggYf`a]h`Y]bYf` !%\$`DZ`bX`<UbhY``8]Yg`]gh
Y]bYf`X]YgYf`; Yk]W h gj Yf`i gh`H]ddg`dYfZY`h`ZØf`5bZÀb[Yf``8]Yg
VYhf]Zzh`]bgVYgcbXYfY`XYb`6]nYdgVYfY]W gck]Y`XYb`[YgUa hYb
I bhYf`ØfdYf`B Y\ a Yb`G]Y`ZØf`XYb`5bZUb[`Y]b`DUUf`?i fn\UbhY`bž
]bgVYgcbXYfY`Y]bY`a]h`Y]bYa` ; Yk]W h`j cb` ; `DZ`bX`cXYf`a Y\fž
i bX`ghY``Yb`G]Y`g]W a]h`ni gUa a Yb[YZØ[hYb` : Ø»Yb`i bX`XYb
5fa Yb`Ub`XYb`GY]hYb`Ui Z`Y]bY`%` ; i »`\c\Y`Ghi ZY`cXYf`6Ub_`
Fc``Yb`G]Y`X]Y`<UbhY`b`V]g`ni`ΔfYb`GW`i`hYfb`i`bX`a UW`Yb`G]Y
XfY]`GAhnY``K`]YXYf\c`Yb`G]Y`XYb`[YgUa hYb`J cf[Ub[`Ui Z`XYf
UbXYfYb`GY]hY"

&`HUb\Yb`G]Y`gW`Ub_``HUb\!`]bgd]f]YfhY`6Yk Y[i b[Yb`_ØbbYb
ΔbYb`Y]bYb`Ub[Ybž`gW`Ub_Yb`i bX`gW`Ub_Yb`@cc_`j Yf`Y]`Yb``
8UfØVYf`\]bUi g`ZØ\fh`XUg` ; Ygh\ U`hYb`Ub`Zc_i gg]YfhYfYb
6Yk Y[i b[Ybž`]bgVYgcbXYfY`XUg`5bj]g]YfYb`j cb`DfcV`Ya`Yb
i bhYf\U`V`XYg` ; ØfhY`gž`ni`5i ZUXi b[Yb"

' ``` : Ø\ fYb`G]Y` , Vi b[gfc i h]bYb`Xi fW\ž`X]Y`XYb`CVYf`i`bX
I b\hYf`ØfdYf`gck]Y`XYb`?Yfb`VYUfVY]hYb``9]b][Y`A`YbgW`Yb`g]bX
g]W` :]hbYgg!`Uf[c`bg`k]Y`XUg`HfU]b]YfYb`XYg`?Yfbg
a`Ø[`]W`Yfk`Y]gY`b]W`h`[Ubn`VYk`i`ggh`I`a`G]Y`Ui`Z`XYa`@Ui`Z`Yb`XYb
ni` \`U`hYbž`UggYb`G]Y`g]W`j`cb`Y]bYa`5i`gV`XYf`ØVYf`F`ci`h]bYb
]bZcfa`]YfYbž`X]Y`A`i`g`_Y`Ui`Z`Ui`a`]h`?ØfdYf[Yk]W`h`c`XYf
:]hbYgg[Yf`A`hYb`gck]Y`UbXYfY`_U`cf]YbfYXi n]YfYbXY`K`cf_ci`hg`i`bX
7UfX]c!, Vi b[Yb`i`a`ZUggYb"

, VYb`G]Y`X]Y`c`VYb`[Yb`UbbhYb` , Vi b[Yb`_cbg`Yei`Ybh`i`bX`G]Y
gc``hYb`Y]b`[fc»Ufh][Yg`9f[YVb]g`Ui`Z`Δ`fYf`G`U`U`gY\`Yb"

øgd]f]Yfh`j`cb`J`UbbUg`@YY

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