

MEIN FITNESS

HfU]b]YfYb 'G]Y 'b]W hž'i a ' ; Yk]W h'ni
j Yf`]YfYb

Gc 'g]Y\h'Y]b 'ØVi b[gVUg]YfhYg'; Yk]W h gj Yf'i ghdfc[fUa a
Ui g. 'A cbhU['gh'7UfX]c!HU[' ' &%/\$'A]bi hYb
HfYddYbghY][Yb ']bg'B]f[YbXk cž[YZc`[h'j cb '' \$'A]bi hYb
'Y]W h'VYf[Ui Z[Y\YbXYf'F ØW_k Y[ž'XYf'Ui W b]f[YbXk c '\]b
ZØ\fh''A]hhk c W ']gh'DYfgcbU' HfU]bYf'HU[' ' &%/\$'Y]bY
[UbhY'Ghi bXYž]b 'XYf'Ya UbXžXYb ']W 'Zøf'XUg'Df]j]Y[
VYnU\`Yž'Yg'a]f'ni 'gU[Ybž'k]Y 'Y]b 'B i hn'h]Yf'UfVY]hYh' : fY]hU[g
[Y\h'Yg'Xubb'ni 'a Y]bYf'6cXmG\ Ud]b[!? 'UggYž'i a 'a]W 'a]h
Y]bYf'A Yb[Y 'UbXYfYf'ni 'VYi [Ybž'ni 'VYi [Yb 'i bX
\Yfi a ni gdf]b[Ybž']b 'XYf' <c Zb[b[ž'XUgg']W 'UbXYfg
Ui ggY\Y'U'g'VY]a '6YhfhYb''Hi b 'Yg'X]Y 'a Y]ghYb'j cb'i bg
b]W h'gc3'K]f'[fi bnYb 'i bX 'gW k]hnYb 'k A\ fYbX 'i bgYfYg
HfU]b]b[g'i bX 'g]bX / Ua d^Y ``]d/



Gc 'g]Y\h'Y]b 'ØVi b[gVUg]YfhYg'; Yk]W h gj Yf'i ghdfc[fUa a 'Ui g.

A cbhU['gh'7UfX]c!HU[' ' &%/\$'A]bi hYb 'HfYddYbghY][Yb ']bg
B]f[YbXk cž[YZc`[h'j cb '' \$'A]bi hYb ' 'Y]W h'VYf[Ui Z[Y\YbXYf
F ØW_k Y[ž'XYf'Ui W b]f[YbXk c '\]b 'ZØ\fh"

A]hhk cW ']gh'DYfgcbU`HfU]bYf'HU[' 'Y]bY'[UbnY'Ghi bXYž]b'XYf
Ya UbXž'XYb']W 'ZØf'XUg'Df]j]'Y['VYnU\`Yž'Yg'a]f'ni 'gU[Ybž'k]Y
Y]b'Bi hnhjYf'UfVY]hYh"

: fY]hU[g'[Y\h'Yg'XUbb'ni 'a Y]bYf'6cXmG\Ud]b[!?`UggYž'i a 'a]W
a]h'Y]bYf'A Yb[Y'UbXYfYf'ni 'VYi [Ybž'ni 'VYi [Yb'i bX
\Yfi a ni gdf]b[Ybž]b'XYf'<cZbi b[ž'XUgg']W 'UbXYfg'Ui ggY\Y'U'g
VY]a '6YhfYhYb"

Hi b'Yg'X]Y'a Y]ghYb'j cb'i bg'b]W h'gc3

K]f'[fi bnYb'i bX'gW k]hnYb'k Å\fYbX'i bgYfYg'HfU]b]b[g'i bX'g]bX
gY'Vgh[YZÀ``]['ni Zf]YYbž'XUgg'i bgYfY'6Ya Ø\i b[Yb'a Y\f
?U'cf]Yb'j YfVfYbbYb'U'g'XUg'GhØW_GWc_c'UXYb_i W Ybž'XUg'k]f
\YhnhY'B UW h'ni a 'B UW h]gW '\UhYb"

Hfchñ'i bgYfYf'6Ya Ø\i b[Yb'gW Y]bYb'i bgYf'; Yk]W h'i bX'i bgYfY
: cfa '[YbUi 'Ub'XYf'GhY''Y'ZYghni ghYW_Ybž'Ub'XYf'k]f'j Yfgi W Yb'ni
Ybh_ca a Yb"

GW`]Y`][W '[YVYb'k]f'X]Y'<cZbi b['Ui ZZX]Y'`YhnhYb'&\$!' \$!(\$
DZ bX'ni 'j Yf]YfYbž'i bX'X]Y', Vi b[gfc i h]bY'k]fX'bi f'Y]b'k Y]hYfYf
HY]'i bgYfYg'gcn]U'Yb'?fY]gYgž'cXYf'k]f'VYYbXYb'XUg'Dfc[fuA a
]bg[YgUa h"

B i bž'U'g'5fnh'V]b']W '\]Yfž'i a 'A bYb'ni 'gU[Ybž'XUgg'X]Y
U`'[Ya Y]bY', VYfnYi [i b[ž'XUgg'6Yk Y[i b['89F'K 9; ']ghž
i a 'A f', VYf[Yk]W h'ni 'j Yf']YfYbž'ZU'gW ']gh'"

=fY']bbYfY'7ci W 'DchUh'c'_Ubb'g]W 'ZfYi Ybž'XYbb'k Å\fYbX
6Yk Y[i b['Ui g'j]Y'Yb'UbXYfYb'[Ygi bXYb'; fØbXYb'Y]bY'[i hY
GUW Y']ghž']gh'g]Y' b]W h'=f'k]W h][ghYg'K Yf_nYi [ž'i a ' ; Yk]W h'ni
j Yf']YfYb"

8Ug'; fi bXdfcV'Ya ']ghž'XUgg'6Yk Y[i b['nk Uf'X]Y'?U'cf]Yb
j YfVfYbbhž'UVYf'Ui W 'XYb'<i b[Yf'UbfY[h'8Ug'ZØ\fh'XUni ž'XUgg
k]f'a Y\f'YggYbž'i bX'k Ybb'k]f'b]W h][YbUi 'k]ggYbž'k]Y'j]Y'cXYf
k Ug'k]f'YggYbž'k]fX'X]Yg'YXYb'; Yk]W h'j Yf'i ghj cfhY]'VY]a

HfU]b]b['ni b]WX hY'a UWX Yb"

A]h'UbXYfYb'K c fhYbž]b'XYb'a Y]ghYb': A``Yb'a UWX h
6Yk Y[i b['A fY'< YfUi gZcfXYfi b['VY]a '5VbY\ a Yb'bcWX
gWX k]Yf][Yf'U'g'V]g\ Yf"

GWX ui Yb'G]Y'g]WX 'X]Y'9f[YVb]ggY'X]YgYf'Ghi X]Y'Ub'

=a 'J\ f'&\$-\$- 'j YfZc'[hYb': cfgWX Yf'XYf'@ci]g]UbU'GhUhY'l b]j Yfg]hm
gYWX g'A cbUhY'Ub['XYb'; Yk]WX hgj Yf'i ghj cb'(*
ØVYf[Yk]WX h][Yb': fUi Yb'"G]Y'ZUbXYb'_Y]bYb'g][b]Z_Ub hYb
l b hYfgWX]YX'nk]gWX Yb': fUi Ybž'X]Y'hfU]b]YfhYbž'i bX'gc`WX Ybž'X]Y
b]WX h'hfU]b]YfhYb"

8 f" H]a ch\m'7\i fWXž@Y\ fghi \ ``ZØf'; Ygi bX\Y]hgk Y]g\Y]h'Ub'XYf
@GI ž'VYnY]WX bYh'XUg': Y\`Yb'Y]bYg', Vi b[gVcbi g'U'g
9bhgWXÀX][i b["8 Ua]h'a Y]bh'Yf'Ui gXfØW_]WXž'XUgg'g]WX 'X]Y
: fUi Ybž'X]Y'hfU]b]Yfh'\UVYbž'gdÀhYf'Ua 'HU['Ui Z'nk Y]'5fhYb
VY'c\bh'\UVYb.'a Y\ f'YggYb'cXYf'k Yb][Yf'hi b"

GWXcb'Y]b'_i fnYf'Ghcdd'VY]GhUfVi W_g'ZØf'Y]bYb'?UZZYY'i bX'Y]b
A i ZZ]b'ZØf'Y]bY'_Y]bY' @YW_YfY] ``ØgWX h' \$\$!(\$\$'?U'cf]Yb
HfU]b]b[gnY]h"

?c``Y[Y'9f]WFUj i gg]bž@Y\ fghi \ ``ZØf'8]UVYhYg'i bX'GhcZZk YWX gY'
i bX'dfc a]bYb hYf', Vi b[gZcfgWX Yf'Ub'XYf'@GI ž'gh]a a h'ni . ' =a
5``[Ya Y]bYb']gh'6Yk Y[i b['ni f'; Yk]WX hgfYXi _h]cb'n]Ya `]WX
bi hn'cg"

: Øf'X]Y'Yb][Yb'i b hYf'&bYbž'X]Y'a Uh\Ya Uh]gWX 'Y\Yf'[YbY][h'g]bXž
_Ui Yb'G]Y'XUg'bÀWX ghY'A U'žk Ybb'G]Y'Ui g'XYa ':]hbYggghi X]c
ni fØW_ca a Yb' 'I bgYf'?ØfdYf'VYbØh][h'hÀ[']'WX'*'?U'cf]Ybž'i a
Y]b'DZ bX'A i g_Y'b'ni 'Yf\U'hYbž'UVYf'bi f'&'?U'cf]Yb'dfc'DZ bX
: Yhh"

8]Yg'VYXYi hYhž'XUgg'G]Yž'k Ybb'G]Y'Yg'YbX']WX'gWX UZZYbž'%"
DZi bX': Yhh']b'A i g_Y'b'i a ni k UbXY'b' k Ug'Y]bY'[fc» Y
9ffi b[YbgWX UZh']gh' 'ni gÀhn`]WX Y'(\$'?U'cf]Yb'dfc'HU['c\bY

; Yk]W hgni bU\ a YYZZY_h`YggYb '_Ob bYb"

6YY]bXfi W_YbX°

, Vi b[`]gh`Ui g`j]Y`Yb`; fØbXYb`[i h`UVYf`X]Y` , Vi b[ž`X]Y`Ua
VYghYb`ni f` ; Yk]W hgfYXi _h]cb`[YY][bYh`]ghž`]gh`Y]bZUW`bi f`U`hY
GY`Vgh_cbhfc ``Y``K]f`\UVYb`j cf`Y]b][Yf`NY]h`Y]bYb`5fh]_Y``XUfØVYf
[YgWf]YVYb` ``8Yf`<Ui dh[fi bX`ZØf`XUg`J YfgU[Yb`VY]a
5VbY\ a Yb` ``UVYf`k Ybb`G]Y`XUg`j YfdUggh`\UVYbž`gWfY]VYb`G]Y
i bg`Y]bZUW`Y]bY`9!A U]``i bX`]W`gYbXY` `bYb`[YfbY`Y]bY`?cd]Y"
`b`gd]f]Yfh`j cb`8f``GhUW`m` `]bYg

8 YhU]`g

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