

# MEIN FITNESS

K Ufi a 'Yg'VY]`\Y]» Ya 'K YhhYf'Y]bZUWX Yf  
]ghž'; Yk ]WX h'ni 'j Yf`]YfYb

9g'[ ]Vh`@AbXYfž]b 'XYbYb 'ZUgh'XUg'[ Ub nY 'J\ f'ØVYf'\Y]» Yg  
i bX 'hfc W\_YbYg'K YhhYf'\YffgWX h"8 ]Y 'a Y]ghYb 'X]YgYf`@AbXYf  
VYZ]bXYb 'g]WX ']b '5g]Yb 'i bX ']b 'XYf'? Uf]V]\_''5b 'gc`WX Yb 'C fhYb  
k YfXYb 'G]Y 'XUg'; YZØ\ ``\UVYbž'XUgg'Yg'Gca a Yf']ghž'gY'Vgh  
]b 'XYb 'A cbUhYbž]b 'XYbYb 'Yg'fY[ bYb 'cXYf'k ]bhYf`]WX 'gY]b  
gc``''G]Y '\_ØbbYb 'Y]b][ Y 'a ]`XY 'i bX ' \_U'hY 'HU[ Y ]b 'gc`WX Yb  
; YV]YhYb '[ Yb]Y» Ybž'UVYf'g]Y 'XUi Yfb 'bcfa U'Yfk Y]gY 'b ]WX h  
'Ub [ Y 'i bX 'VYj cf'G]Y 'Yg'k ]ggYbž'ZØ\ 'Yb 'G]Y 'g]WX 'k ]YXYf'\Y]»  
i bX 'j YfgWX k ]hnh'CVk c\ ``XUg`@VYb ']b 'gc`WX Yb '@AbXYfb  
i bUb[ YbY\ a 'gY]b '\_Ubbž'XU'G]Y ']a a Yf'\Y]» i bX 'j YfgWX k ]hnh  
g]bXž[ ]Vh'Yg'Y]bYb 'VY a Yf\_Ybgk YfhYb / Ua d\Y ``]d/



9g'[ ]Vh`@AbXYfž]b 'XYbYb 'ZUgh'XUg'[ Ub nY 'J\ f'ØVYf'\Y]» Yg 'i bX  
hfc W\_YbYg'K YhhYf'\YffgWX h"8 ]Y 'a Y]ghYb 'X]YgYf`@AbXYf'VYZ]bXYb  
g]WX ']b '5g]Yb 'i bX ']b 'XYf'? Uf]V]\_''5b 'gc`WX Yb 'C fhYb 'k YfXYb 'G]Y  
XUg'; YZØ\ ``\UVYbž'XUgg'Yg'Gca a Yf']ghž'gY'Vgh]b 'XYb 'A cbUhYbž]b  
XYbYb 'Yg'fY[ bYb 'cXYf'k ]bhYf`]WX 'gY]b 'gc``''G]Y '\_ØbbYb 'Y]b][ Y  
a ]`XY 'i bX ' \_U'hY 'HU[ Y ]b 'gc`WX Yb ; YV]YhYb '[ Yb]Y» Ybž'UVYf'g]Y

XUi Yfb`bcfa U`Yfk Y]gY`b]W h`Ub[ Y`i bX`VYj cf`G]Y`Yg`k ]ggYbž  
ZØ\`Yb`G]Y`g]W k ]YXYf`\Y]» `i bX`j YfgWk ]hnh"

C V k c\`XUg`@VVYb`]b`gc`W Yb`@AbXYfb`i bUb[ YbY\ a`gY]b`\_Ubbž  
XU`G]Y`a a`Yf`\Y]» `i bX`j YfgWk ]hnh`g]bXž`[ ]Vh`Yg`Y]bYb  
VYa Yf`Ybgk YfhYb`JcfhY]ž`XYf`XUa ]h`j YfVi bXYb`]gh`\_G]Y`\_ØbbYb  
Ub`gc`W Yb`CfhYb`Y]W hYf`UVbY\ a`Yb`

9g`[ ]Vh`j YfgW ]YXYbY`Ghi X]Ybž`X]Y`VYk ]YgYb`UVYbž`XUgg  
A YbgW Yb`]b`\Y]» Yb`@AbXYfb`Y]W hYf`UVbY\ a`Yb`K`Ybb`G]Y`]b  
Y]bYa`@UbX`YVYbž`XUg`XUg`[ Ubny`J\ f`ØVYf`dfU\_h]gW Gca a`Yf  
]gh`g]bX`bUW Zc`[ YbX`X]Y` ; fØbXY`Ui Z[ YZØ\ fhž`k Ufi a`G]Y`]b`Y]bYa  
gc`W Yb` ; YV]Yh`Y]W hYf`UVbY\ a`Yb`\_ØbbYb.

G]Y`bY][ Yb`XUni ž`a`Y\ f`<Ui`h`Ub`Y]bYa`Cfh`ni`nY][ Ybž`XYf  
\Y]» Yg`K`YhhYf`[ Yb]Y`h`

: fUi`Yb`i`bX`A`AbbYf`ZØ\`Yb`g]W k`c\`Yf`i`bX`ZØ\`Yb`g]W \_Ø\`Yfž  
k`Ybb`g]Y`Ui`g[ Y\Yb`i`bX`Yhk`Ug`hfU[ Ybž`XUg`a`Y\ f`<Ui`h`nY][ h`  
K`Ybb`g]Y`ni`a`GhfUbX`cXYf`Dcc`[ Y\Yb`a`ØggYbž`a`ØggYb`g]Y  
bUhØf`]W h`Yb`6UXYUbni [ `hfU[ Yb`

K`Ybb`G]Y`Y]bYb`6UXYUbni [ `cXYf`Y]b`C`i`hZjh`hfU[ Ybž`XUg`a`Y\ f  
<Ui`h`nY][ hž`a`ØW hYb`G]Y`bUhØf`]W k`]b`AfYf`VYghYb` : cfa`gY]bž  
k`A`fYbX`G]Y`g]Y`hfU[ Yb`8Ug`5bn]Y\Yb`Y]bYg`6UXYUbni [ g`cXYf  
Y]bYg`\_bUddYb`C`i`hZjh`\_Ubb`G]Y`Yfbgh`UZh`a`chj`]YfYb`UVbY\ a`Yb  
i`bX`[ YhØbh`k`YfXYb`5`g`gc`W Yg`k`YfXYb`G]Y`a`Y\ f`a`chj`]Yfh`gY]bž  
f]W h`[ `ni`YggYb`i`bX`fY[ Y`a`À`][ `ni`hfU]b]YfYbž`i`a`Y]bYb`ZjhYfYb  
i`bX`gW`Ub`YfYb`?ØfdYf`ni`VY\_ca`a`Yb`

9]b`gcbb][ Yg`i`bX`gW ØbYg`K`YhhYf`\_Ub b`G]Y`XUni`Vf]b[ Ybž  
U`hj`Yf`ni`k`YfXYb`K`Ybb`XUg`K`YhhYf`k`Ufa`]ghž`bY][ Yb`G]Y  
XUni ž`\Ai`Z[ Yf`ni`hfU]b]YfYb`9]bY`Ghi`X]Y`Uh`[ YnY][ hž`XUgg  
6Yk`Y`i`b`[ `b`XYf`F`Y[ Y`gU]gc`bUV\Ab`[ `][ `]gh`\_`a`5`[ Ya`Y]bYb`g]bX  
X]Y`A`YbgW`Yb`a` : fØ\`b`[ `i`bX`Gca`a`Yf`U`hj`Yf`i`bX`UggYb`a`  
<YfVgh`i`bX`K`b`hYf`bUW`K`Ybb`G]Y`]b`Y]bY`Y]»`Yb`c`XYf`k`Ufa`Yb  
@UbX`YVYbž`k`ÀfY`X]Yg`\_Y]b`[ fc`Yg`Dfc`V`Y`ZØf`G]Y`8U`X]Y`GcbbY  
]a`a`Yf`XfUi`Yb`]gh`c`XYf`XUg`K`YhhYf`Ui`W`UVYbXg`[ i`h`]ghž`\_ØbbYb

G]Y `hfU]b ]YfYbžk Ubb ]a a Yf'G]Y 'a ØWØ hYb"

GWØ `]WØ `\_Ub b 'XUg '\Y]» Y 'K YhhYf '\Y'ZYbž'ΔfYb '5ddYhjh  
ni 'i b hYfXfØW\_Yb" 'XYf'a ØWØ hY '9]g'YggYbž'Y]bYg'XYf  
\_U'cf]YbfY]WØ ghYb '@YYbg a ]hhY'žk Ubb ]a a Yf'Yg '\Y]» 'gh" '5VYf  
UV[ YgY\Yb 'XUj cb '\_ØbbYb 'G]Y 'ZYghghY ``Ybž'XUgg'XYf '\Y]» Y  
Ni ghUbX'bi f'ΔfYb '5ddYhjh'\_ca df]a ]YfYb '\_Ubb" '9]bY 'Ghi X]Y 'Ui g  
XYa 'ø\ f'&\$%' 'nY][ hYž'XUgg'A YbgWØ Ybž'X]Y ']b 'Y]bYf '\Y]» Yb  
I a [ YVi b[ 'hfU]b]YfhYbž'XUbWØ 'k Yb][ Yf'U» Yb 'U'g'X]Y 'Yb][ Ybž'X]Y  
]b 'Y]bYf '\_Ø\ 'YfYb 'I a [ YVi b[ 'hfU]b]YfhYb" '8U\Yf '\_ØbbYb '[ 'Ø\YbXY  
HYa dYfUhí fYb 'Δf'J Yf'Ub[ Yb 'bWØ '9ggYb 'Ui WØ 'bWØ 'Y]bYa  
k ]f\_`]WØ '\UfhYb 'HfU]b]b[ 'j Yff]b[ Yfb"

øgd]f]Yfh'j cb 'øJa Yg'5bh\cbm'K '\]hY

8 YhU]g

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