MEIN FITNESS

K Ug¨]gh¨Y]b¨[Ygi bXYf¨5 bgUhn¨ni f
¦ Yk]WhgfYXi _h]cb3

K Ybb¨G]Y¨⋕fY¨< YfUb[Y\Ybgk Y]gY¨Ub¨XYb¨¦ Yk]WhgjYf`i gh
ÀbXYfbž¨_ÒbbYb¨G]Y¨¨Ub[Zf]gh][¨YfZc`[ fY]WYf`gY]b"¨8]Y
a Y]ghYb¨A YbgWYb¨_cbYbhf]YfYb¨g]W¨bi f¨Ui Z¨]\f
¦ YgUa hn]Y¨ž¦ Yk]Wh¨ni ¨jYf`]fYb"¨8 Ug¨GYhnYb¨jcb¨N]Y`Ybž
i a ¨YbXYfi b[Yb¨]b¨⋕fYa ¨@YYbggh]¨jcfni bY\a Ybž¨_Ubb
⋎XcW¨j]Y¨YZZY_h]jYf`gY]b"¨Ni ¨XYb¨ni ¨VYfØW_g]Wh][YbXYb
N]Y¨Yb¨[Y\ÒfYb.¨6YZc`[Yb¨G]Y¨Y]bYbYb¨D¨Ub¨Z Øf¨YbY¨[Ygi bXY
9fbÀ\fi b[¨žVYcVUWhYb¨G]Y¨X]Y¨Dcfh]cbg[fÒ»Ybžj Yff]b[Yfb
G]Y¨X]Y¨NY]hž¨X]Y¨G]Y¨]a ¨G]hnYb¨j YfVf]b[Ybž¨ghY][Yfb¨G]Y¨⋕fY
_ÒfdYf`]WY¨5 _h]j]hÀhž¨fYXi n]YfYb¨G]Y¨GhfYgg¨i bX¨VY_ca a Yb
G]Y¨[Ybi [¨GW`UZ"¨I a ¨Y]b¨ghUV]Yg¨¦ Yk]Wh
Ui ZfYWhni Yf\U¨hYbž¨a i gg¨⋕fY¨9bYf[ ]YUi ZbU\a Y¨ff?]`c✗ci ¨YŁ
XYf¨9bYf[ ]Y¨YbhgdfYWYbžX]Y¨G]Y¨j YfVfUi WYb"¨K Ybb¨G]Y
a Y\f¨9bYf[ ]Y¨j YfVfUi WYb✓ Ua d∧Y¨¨]d/

ZØf˙Y]bY˙[Ygi bXY˙9fbÀ\fi b[žVYcVUW\hYb˙G]Y˙X]Y˙Dcfh]cbg[fÒ»Ybž
j Yff]b[Yfb˙G]Y˙X]Y˙NY]hžX]Y˙G]Y˙]a ˙G]hnYb˙j YfVf]b[Ybž˙ghY][Yfb˙G]Y
⩘fY˙_ÒfdYf`]W\Y˙5_h]j]hÀhž˙fYXi n]YfYb˙G]Y˙GhfYgg˙i bX˙VY_ca a Yb
G]Y˙[Ybi [˙GW\`UZ"

I a ˙Y]b˙ghUV]`Yg˙; Yk ]W\h˙Ui ZfYW\hni Yf\U`hYbž˙a i gg⩘fY
9bYf[ ]YUi ZbU\a Y˙ff?]˙c✝ci ˙YŁ˙XYf˙9bYf[ ]Y˙YbhgdfYW\Ybž˙X]Y˙G]Y
j YfVfUi W\Yb"˙K Ybb˙G]Y˙a Y\f˙9bYf[ ]Y˙j YfVfUi W\Yb˙U˙g˙G]Y
j YfVfUi W\Ybž˙j Yf`]YfYb˙G]Y˙; Yk]W\h"˙5i ZˇXYf˙UbXYfYb˙GY]hYž˙k Ybb
G]Y˙a Y\f˙YggYb˙U˙g˙G]Y˙j Yfk YbXYbž˙k YfXYb˙G]Y˙Ub˙; Yk]W\h
ni bY\a Yb"˙8]Y˙j YfbØbŽh][Y˙5bhk cfh˙Ui ZˇXYb˙J Yf`i gh˙j cb
ØVYfgW\Øgg]y[Ya ˙?ÒfdYfŽhh˙VYghY˙h˙XUf]bž˙_˙Y]bY˙[Ygi bXY
ŸbXYfi b[Yb˙Ub˙⩘fYb˙9gg! i bX˙6Yk Y[i b[g[Yk c\b\Y]hYb
j cfni bY\a Yb"

9]bY˙?ca V]bUh]cb˙Ui g˙k Yb][Yf˙?U`cf]Yb˙i bX˙a Y\f˙_ÒfdYf`]W\Yf
5_h]j]hÀh]ght˙XYf˙VYghY˙5bgUhn"˙8]Yg˙_Ubb˙XUni ˙VY]hfU[Ybž˙XUg
: Yhhž˙XUg˙G]Y˙]b˙⩘fYf˙A]hhY˙hfU[Ybž˙ni ˙j Yff]b[Yfb˙i bX˙⩘fY˙?fUŽh
i bX˙:]hbYgg˙⩘fYg˙< YfnYbg˙i bX˙⩘fYf˙@i b[Y˙ni ˙ghY][Yfb"˙D`UbYb
G]Y˙ni bÀW\ghžˇYhk U˙)!%$ı ˙⩘fYg˙?ÒfdYf[Yk]W\hg˙ni ˙j Yf`]YfYb"
fK Ybb˙G]Y˙VY]gd]Y`˙gk Y]gY˙&) $˙DŽi bX˙k ]Y[ Ybžˇa i ˙h]d`]n]YfYb˙G]Y
X]YgY˙NU\`˙`a]h˙$ž%)˙1 ˙&) $˙DŽi bX˙1 ˙%$ı Ł"˙8]YgY˙A Yb[Y˙_Ubb˙Y]bYb
[fc»Yb˙I bhYfgW\]YX˙]b˙⩘fYf˙; Ygi bX\Y]h˙VYk]f_Yb"˙G]Y˙_ÒbbYb
VY]˙6YXUfZ˙k Y]hYf\]b˙a Y\f˙j Yf`]YfYb"

A YbgW\Yb˙j Yf`]YfYb˙; Yk ]W\h]b˙i bhYfgW\]YX`]W\W\Yb˙GW\f]hhYb"˙9g
]ght˙k]W\h][žˇXUgg˙G]Y˙⩘fY˙9fk Ufhi b[Yb˙fYU`]ght]gW\˙\U`hYb"
J Yfgi W\W\Yb˙G]YžˇY]b˙V]gnk Y]˙DŽi bX˙dfc˙K cW\Y˙ZØf˙Y]bYbˇNY]hfUi a
j cb˙gYW\g˙A cbUhYb˙ni ˙j Yf`]YfYb˙fUV\Àb[ ][ ˙XUj cbžˇk ]Y˙j Y`
; Yk]W\h˙G]Y˙j Yf`]YfYb˙a ˙ØggYbЋ"ˇ]V˙b]W\h˙Ui Z˙Z"✝bgVVYgcbXYfY
: fUi Yb˙\UVYb˙GW\k]Yf][_Yhžˇ\U˙U˙g˙Y]b˙DŽi bX˙dfc˙K cW\Y˙ni
j Yf`]YfYb"I a ˙Y]b˙DŽi bXˇ; Yk ]W\h˙dfc˙K cW\Y˙ni ˙j Yf`]YfYbžˇa ØggYb
G]Y˙´) $$˙?U`cf]Yb˙k Yb][ Yf˙dfc˙K cW\Y˙YggYb˙cXYf˙gc˙j Y`
?U`cf]Yb˙Xi fW\˙6Yk Y[i b[˙j YfVfYbbYb"˙9]b˙9fbÀ\fi b[gVYfUhYf
_Ubb˙⩘bYb˙\Y`ZYbžˇY]bYb˙D`Ubˇbi f˙ZØf˙G]Y˙ni ˙Ybhk]W_Y`b˙i bX
K Y[Y˙ni ˙ŽbXYbžˇi a ˙´) $$˙V]g˙%"$$$˙?U`cf]Yb˙dfc˙HU[˙ni
Y`˙a]b]fYb"

9]b`[ Ygi bXYf`5bgUhn`ni f¨; Yk ]W\hgfYXi _h]cb`i a ZUggh`Y]b][ Y`cXYf U``Y`XYf`Zc`[ YbXYb`5bgÀhnY.

%Ł`[ i hY`9fbÀ\fi b[ž

&Ł`8]Àh!`cXYf¨; Yk]W\hgj Yf`i ghdfc[fUa a Yž

' Ł`6Yk Y[ i b[ `i bX`6Yk Y[ i b[ `ž

(Ł`9f[ Àbni b[ Yb`i bX`?fÀi hYfž

) Ł`A YX]_Ua YbhYbØVYfdfØZi b[ž

* Ł¨; Y]gh!? ÒfdYf!H\YfUd]Yž

+Ł`Ui gfY]W\YbXYf`GW\`UZž

i bX¨, Ł`5_i di b_hi f`i bX`< mdbcgY"

⅜b[ghY`I bhYfgi W\i b[ Yb`\UVYb`[ YnY][ hž`XUgg`Y]bY _c\`Yb\mXfUhUfa Y`9fbÀ\fi b[ `XUg`?ÒfdYf[ Yk ]W\h`i bX`Y]b][ Y F ]g]_cZU_hcfYb`ZØf`< Yfn!?fY]g`Ui Z`9f_fUb_i b[ Yb`fYXi n]YfYb`_Ubb" 9]bY`i bhYfgW\]YX`]W\`Y`9b\U`hi b[`_Ubb`YXcW\`Y]bY`fc``Y`VY] X]gYYb`9ZZY_hYb`gd]Y`Yb"`8Y`6YXYi hi b[ `jcb` @ck `7UfV`jUf]]Yfh jcb`8]Àh`ni `8]Àh"`9]b[ Y`8]ÀhYb`Ya dZ\`Yb`Y]bY`YlhfYa Y 9]bgW\fÀb_i b[ `U``Yf`?c\`Yb\mXfUhYž`k À\fYbX`UbXYfY``UX][ `]W\ X]Y`?c\`Yb\mXfUhY`Ui Z\Ui dhgÀW\`]W\`Jc``_cfbdfcXi _hY VUgW\fÀb_Yb"`K Ug` @ck `7UfV`VYXYi hYhž\Àb[h`k f_`]W\`jcb`XYf 9fbÀ\fi b[`UV`i bX`XUj cbž`k]Y`g]Y`VYZc`[ h`k fX"

⅝gd]fYfh`jcb`H\Uf]bXi `A

6 Y g i V\ Y b ˙G]Y ˙i b g ˙U i Z. ˙a Y]b!Z]hb Ygg"bYh