

MEIN FITNESS

K Y][\h`@c gg`8]Àhd`ÀbY`ZØf`YWX hY`i bX
ghUV]`Y`9f[YVb]ggY

9]b`gWX bY``Yf`; Yk]WX hgj Yf`i gh`8]Àhd`Ub`_]b[h`ZUgh`ni`[i hž`i a`k U\f`ni`gY]b`"gh`Yg`ØVYf\Ui dh'a Ø[`]WX žgWX bY``; Yk]WX h`ni`j Yf`]YfYbž`ZUbhUgh]gWX`Ui gni gY\Yb`i bX`g]WX`[fc» Ufh][`ni`ZØ\`Ybž`c\bY`ni`Y]bYf`i bg]WX YfYb`9fbÀ\fi b[`[Ynk i b[Yb`ni`k YfXYb`cXYf`c\bY`gWX ÀX`]WX Y`A YX]_Ua YbhY`Y]bni bY\`a Yb3`Bi bž`i a`YfZc`[fY]WX`; Yk]WX h`ni`j Yf`]YfYbž`VYbØh][Yb`G]Y`Y]bY`5fh`; Yk]WX hgj Yf`i gh`8]Àhd`Ub`"G]Y`a ØggYb`g]WX`Y]b`[Y`N]Y`Y`gYhnYb`i bX`X]YgY`j YfZc`[Yb`"`l bX`X]Y`9f[YVb]ggY`k YfXYb`b]WX h`ØVYf`B UWX h`_ca a Ybž`gc`XUgg`G]Y`[YXi`X][gY]b`a ØggYb`"9g`[]Vh`_Y]bYb`YZZY_h]j Yb`i bX`g]WX YfYb`D`Ub`ni`f`gWX bY``Yb`; Yk]WX hgUVbU\`a Y`"G]Y`_ØbbYb`b]WX h`Y]bZUWX`Y]bY`D]`Y`d`Uhnyb`UggYb`i bX`]b`Y]b`dUUf`K cWX Yb`cXYf`gc`[Uf`/ Ua d^Y``]d/



9]b`gWX bY``Yf`; Yk]WX hgj Yf`i gh`8]Àhd`Ub`_]b[h`ZUgh`ni`[i hž`i a`k U\f`ni`gY]b`"gh`Yg`ØVYf\Ui dh'a Ø[`]WX žgWX bY``; Yk]WX h`ni`j Yf`]YfYbž`ZUbhUgh]gWX`Ui gni gY\Yb`i bX`g]WX`[fc» Ufh][`ni`ZØ\`Ybž`c\bY`ni`Y]bYf`i bg]WX YfYb`9fbÀ\fi b[`[Ynk i b[Yb`ni`k YfXYb`cXYf`c\bY`gWX ÀX`]WX Y`A YX]_Ua YbhY`Y]bni bY\`a Yb3

Bi bži a 'YfZc`[fY]W ; Yk]W hni 'j Yf`]YfYbž'VYbØh][Yb'G]Y 'Y]bY '5fh
; Yk]W hgj Yf`i gh'8]Àhd`Ub" G]Y 'a ØggYb 'g]W 'Y]b][Y 'N]Y 'Y 'gYhnYb
i bX 'X]YgY 'j YfZc`[Yb" 'l bX 'X]Y '9f[YVb]ggY 'k YfXYb 'b]W hØVYf
B UW h_ca a Ybž'gc 'XUgg'G]Y '[YXi 'X]['gY]b 'a ØggYb "9g'[]Vh
_Y]bYb 'YZZY_hj Yb 'i bX 'g]W YfYb 'D`Ub 'ni f 'gW bY ``Yb
; Yk]W hgUVbU\ a Y " G]Y '_ØbbYb 'b]W h'Y]b ZUW 'Y]bY 'D] ``Y 'd `UhñYb
`UggYb 'i bX 'b]Yb 'dUUf'K cW Yb 'cXYf 'gc [Uf'Y]b 'dUUf'A cbUhYb 'XUg
[YgUa hY 'ni gÀhn`W Y ': Yhh'j YfVfYbbYb " 'f? ØfdYf'Z b_h]cb]Yfh
Y]b ZUW 'b]W h'gc 'i bX 'k]fX ']\ b 'a]h'X]YgYf 'GhfUhY []Y 'Yb hk YXYf
UV 'Y \ bYb 'cXYf 'UVgW U'hYb "

<]Yf`]gh'Y]b '[Ygi bXYf'8]Àhd`Ub 'ni f ; Yk]W hgFYXi _h]cb 'a]h'U ``Ya ž
k Ug'G]Y 'VfUi W Ybži a 'g]W Yf'i bX '_cbgYe i Ybh'UVni bY\ a Yb.

%", Vi b["

8 Ug ']gh'Y][Ybh]W b]W hg 'B Y i Ygž'UVYf '6Yk Y[i b[']gh'VY] 'k Y]hY a
XYf '[UfUbh]YfhYghY 'K Y[ži a 'XYb '9fZc`['fYf'N]Y 'Y
g]W Yfni ghY ``Yb ", Vi b[Yb 'g]bX 'XUg '9 'Y a Ybhž'XUg 'fYb '9fZc`[
VY]a '5VbY\ a Yb 'VYY]bZi ggh'cXYf 'VYY]bhfÀW h][hži bX 'G]Y 'gc ``hYb
a]bXYghYbg 'ZØbZ' \$!a]bØh][Y 'G]hni b[Yb 'a]h'a cXYfUhYb ', Vi b[Yb
dfc 'K cW Y 'Xi fW ZØ\ fYb " '8]Y '[i hY 'B UW f]W h']ghž'XUgg
I b hYfgi W i b[Yb '[YnY][h\ UVYbž'XUgg 'XfY] 'gW bY ``Y 'nY\ ba]bØh][Y
HfU]b]b[gY]b\ Y]hYb '[YbUi gc '[i hY '9f[YVb]ggY ``]YZfb 'k]Y 'Y]b
XfY]»][a]bØh][Yg 'HfU]b]b["

8 Ug 'N]Y 'j cb ; Yk]W hgj Yf`i gh , Vi b[']gh'Ygž'[YgdY]W Yf hYg ' : Yh
i bX '?U'cf]Yb 'ni 'j YfVfYbbYbž'cV k c\ ``6Yk Y[i b['Ui W 'j]Y 'Y
UbXYfY '[Ygi bX\ Y]h]W Y 'J cfhY] 'Y 'V]YhYh 'K]Y 'j]Y 'Y ?U'cf]Yb 'G]Y
j YfVfYbbYbž '\Ab[h'XUj cb 'UVž'k]Y 'cZhž'k]Y ``Ub[Y 'i bX 'k]Y '\Uf h'G]Y
hU]b]YfYb "

K À\ fYbX '5YfcV]WUa 'VYghYb 'ni a '5VbY\ a Yb '[YY][bYh']ghž'\ `Zh
`YY 'ni gÀhn`W Y '\Uf hY '_ØfdYf']W Y '5fVY]h'XUVY]ž? U'cf]Yb 'ni
j YfVfYbbYb " 'l bX 'XU 'f '8]Àhd`Ub 'U ``Y 'HY] 'Y 'fYg 'hÀ[']W Yb
@YVYbgh]`g 'i a ZUggYb '_Ub bž'_ØbbYb 'G]Y 'ØVYfY[Ybž'k]Y 'G]Y 'fY
_ØfdYf']W Y '5bghfYb[i b['ghY][Yfb ' _ØbbYbž'n" '6 " a Y\ fYfY 'HfYddYb
\cW 'i bX 'fi b hYfž'UbghUhh]a a Yf'XYb '5i Zni ['ni 'VYbi hnYb 'i bX 'Ua

9bXY'XYg'DUF_d`UhnYg'ni 'dUF_Yb'i a 'YI hfU'UYfcV'ni ``Ui ZYb'i bX'ni
: i » 'cXYf'a]h'XYa : U\ffUX'ni 'ZU\fYbž'UbghUhXYb'6i g'ni 'bY\ a Yb
cXYf'ni 'ZU\fYbž'k Ybb'Δf'N]Y'']b'XYf'BÀ\Y']gh"

&"'6`Y]V'YbhgW\cggYbž'[YgØbXYf'ni 'k YfXYbž'b]W\h'Yhk Ug'ni
k YfXYb"

J]Y`Yb'A YbgW\Yb'ZÀ``h'Yg``Y]W\hYfž]\fY'8]Àhn]Y`Y'ZØf'Y]bYb
`Ub[Zf]gh][Yb'9fZc'['ni 'j YfZc'[Ybž'k Ybb'g]W\']f': c_i g'j cb'XYa
K i bgW\ž'XØbbYf'ni 'gY]bžni 'XYa 'K i bgW\ž[YgØbXYf'ni 'gY]bž
j Yf'U[Yfh"YbXYfb'G]Y'Δf'8Yb_Yb'XU\]b[Y\YbXž'XUgg'G]Y'X]Y
f]W\h][Yb '@VVYbga]hhY``Ui gk À\`Ybž'X]Y'ZØf'ΔfY'; Ygi bX\Y]h'Ua
VYghYb'[YY][bYh'g]bXž'UbghUh'g]W\ 'i a 'Δf'?ØfdYf[Yk]W\h'ni
gcf[Yb"8]Y'9fbÀ\fi b[gdmfUa]XY'V]YhYh[fi bX`Y[YbXY'F]W\h`]b]Yb
ZØf'X]Y '@VVYbga]hhY``i bX`X]Y'A Yb[Y'XYf'@VVYbga]hhY'ž'X]Y'G]Y
hÀ[']W\YggYb'gc``hYbž'i a 'X]Y'BÀ\fghcZZY'ni 'Yf\U'hYbž'X]Y'Δf
?ØfdYf'ZØf'a UI]a U'Y'; Ygi bX\Y]h'VYbØh][h"

G]Y'k YfXYb'b]W\h'bi f'g]W\Yf'UVbY\ a Ybž'gcbXYfb'Ui W\ [Yb]Y» Ybž
k]Y'j]Y`'VYggYf'G]Y'g]W\ ZØ\`Ybž'k Ybb'G]Y'X]Y'f]W\h][Yb
@VVYbga]hhY`YggYb'i bX`X]Y'ni gÀhn]W\Y'9bYf[]Y'\UVYbž'i a 'ni
hfU]b]YfYb'i bX'ni 'hfU]b]YfYbž'c\bY'g]W\ hfÀ[Y'cXYf'gW\k Yf'ni
ZØ\`Yb" G]Y'k YfXYb'XUfUb'UfVY]hYbž'ΔfY'; Yk]W\hj Yf'i ghñ]Y'Y'Ui g
nk Y]i bhYfgW\]YX'']W\Ybž'UVYf['Y]W\ 'k]W\h][Yb'DYfgdY_hj] Yb'ni
YffY]W\Yb.'XYb'[UbnYb'HU['ØVYf'hfU]b]YfYbž'i a 'ØVYfgW\Øgg][Y
?U'cf]Yb'i bX': Yhh'ni 'j YfVfYbbYbž'i bX`X]Y'f]W\h][Yb '@VVYbga]hhY'
ni 'g]W\ bY\ a Ybž'i a '[YgØbXYf'Ui gni gY\Yb'i bX'g]W\ [YgØbXYf'ni
ZØ\`Ybž'k cXi fW\G]Y'a Y\ f'9bYf[]Y'Yf\U'hYbž'i a 'bcW\ a Y\ f
; Yk]W\h'ni 'j Yf]YfYb'"

8Yf'K YW\gY`ni 'Y]bYa 'VfUbXbYi Yb'9gggh'ž'XYf'X]Y'G]W\Yf\Y]h']b
ΔfYa '8]Àhd'Ub'ni f'; Yk]W\hgfYXi _h]cb'ZØfXYfž'a i gg'g]W\ 'Ui Z'X]Y
J Yff]b[Yfi b['ΔfYf'[YgUa hYb'?U'cf]YbUi ZbU\ a Y'_cbnYbhf]YfYb"
?U'cf]YbfYXi n]Yfi b['VYXYi hYh'YXcW\ 'b]W\hž'XYb'; YgW\ a UW_ž'X]Y
Ni Zf]YXYb\Y]h'cXYf'gc[Uf'X]Y'Y]bZUW\Y'Ni VYfY]hi b['j cb
A U\`nY]hYb'Ui Zni [YVYb"9]bY'A Ø[']W\ _Y]hž'XYb'?U'cf]Ybj YfVfUi W\
ni 'gYb_Ybž'VYghY\h'XUf]bž'a Y\ f'dZUbn']W\Y'@VVYbga]hhY'k]Y
CVghž; Ya ØgY'i bX'Jc'`_cfbdxfcXi _hY'k]Y'Jc'`_cfbVfch'i bX

< UZYfZcW_Yb ni 'YggYb"·9bhXYW_Yb·G]Y·X]Y·J]Y·ZU'h·XYf·[Ygi bXYb
@YVYbga]hhY·ž·X]Y·Δ·bYb·XUVY]·\Y·ZYbž·Δ·fY·N]Y·Y·ni 'YffY]WYbž
k ·Δ·fYbX·G]Y·bYi Y·@YVYbga]hhY·Yf·YVYbž·j cb·XYbYb·G]Y·j]Y·Y]WYh
b]Y·[Yk i ggh·\UVYbž·XUgg·g]Y·YI]gh]YfYb·

' "·K Ybb·G]Y·g]WY·ZØf·X]Y·J Yfk YbXi b[·j cb·8]Àhd]·`Yb·ni f
; Yk]WYhgfYXi _h]cb·YbhgWY]XYbž·\U·hYb·G]Y·g]WY·j cb·XYbYb·ZYfbž
X]Y·U·g·: Yhhj YfVfYbbYf·a]jh·9d\YXfU·j Yfa Uf_hYh·k YfXYb"·9g·[]Vh
dZUbn]WY·DZUbnYbYI hFU_hYž·X]Y·X]Y·_U·c·f]gWY·Y
9bYf[]YZfY]gYhni b[·j b·Y]bYa DfcnYgg·bUa Ybg·H\Yfa c[YbYgY
gh]a i ·`]YfYb ·_ØbbYbž·XYf·VY]a ·HfU]b]b[·VYgWY·Yi b][h·k]fXž·gck]Y
DZUbnYb·k]Y·<ccX]U·; cfXcb]]ž·X]Y·XYb·5ddYh]h·i bhYfXfØW_Yb·i bX
·Δ·bYb·a Y\Yf·9bYf[]Y·[YVYb ·_ØbbYbž·i bX·gc[Uf·: YhhV]bXYa]hhY·ž
X]Y·g]Y·Z]bXYb·ni 'XYa ·: Yhh]b·@YVYbga]hhY·bž·X]Y·G]Y·YggYbž·i bX
gdØ·Yb·G]Y·X]YgYg·: Yhh·Ui gž·VYj cf·Yg·]b ·Δ·fYa ·? ØfdYf·U·g·bYi Yg
[YgdY]WY·YfhYg·: Yhh·i bX ·? U·c·f]Yb·UVgcfV]Yfh·k]fX"

8]Y·J Yfk YbXi b[·j cb·8]Àhd]·`Yb·ni f·; Yk]WYhgfYXi _h]cbž·X]Y·Ui Z
? fÀi hYfdZUbnYb·VUg]YfYbž·ZØ\fh·Ua ·gY·hYbghYb·ni
B YVYbk]f_i b[Ybž·X]Y·VY]·j YfgWYfY]Vi b[gdZ]WYh][Yb
A YX]_Ua YbhYb·Ui ZhfYhYb ·_ØbbYbž·i bX·_Ubb ·Δ·bYb ·\Y·ZYbž·g]WY
VY]a ·9ggYb·VYggYf·ni ·ZØ\·Yb·i bX·Y]bY·dcg]h]j Y·9]bghY·i b[·ni f
; Yk]WYhgfYXi _h]cb·VY]ni VY\U·hYbž·XU·g]Y·Δ·bYb·VY]a ·5VbY\·a Yb
\Y·ZYb·bcWY·gWYbY·Yf"

5·`Yg·]b·U·`Y·a ·]gh·Y]bY·[i hY·9]bghY·i b[·YbhgWY]XYbXž·XUa]h·Δ·f
8]Àhd·Ub·ni f·; Yk]WYhgfYXi _h]cb·Z b·h]cb]Yfh"·9]b·[i hYg·; YZØ\·
XUfØVYfž·k c·G]Y·gY]b·a ·ØWYhYb·i bX·k]Y·G]Y·Ui ggY\Yb·i bX·g]WY
ZØ\·Yb·a ·ØWYhYbž·_Ubb ·Δ·bYb ·\Y·ZYbž·X]Y·; YXi·X·ni 'VYk U\fYbž·X]Y
YfZcfxYf]WY·]ghž·i a ·9f[YVb]ggY·ni ·gY\Ybž·i bX·b]WYh·ni
j Yfgi WYbž·gWYbY·Y·9f[YVb]ggY·ni ·gY\Yb"·GWYbY·Yf
; Yk]WYhj Yf·i gh·cXYf·9]·Y·ZØ\fYb·bi f·XUni ž·XUgg·X]Y·G]WYf\Y]h
ZØf·X]Y·9f[YVb]ggY·VYY]bhfÀWYh][h·k]fXž·X]Y·ni fØW_[Yk cbbYb
k YfXYbž·i bX·bcWY·Y]b][Y·a Y\Yf"

GhUh·gWYbY·`UVni bY\·a Ybž·YbhgWY]XYb·G]Y·g]WY·ZØf·`Ub [Zf]gh][Yž
fYU]gh]gWY·N]Y·Y·i bX·i bhYfbY\·a Yb·G]Y·_·Y]bY·GWYf]hhY"·G]Y
k]f·Yb·K i bXYf·

↳ gd]f]Yfh'j cb'; Ycf[Y'K Uhgcb

↳ 8 YhU]`g

6 Ygi WX Yb 'G]Y 'i bg'Ui Z. 'a Y]b!Z]hb Ygg"b Yh