

MEIN FITNESS

, 'A Ò[`]WX _Y]hYbž'6Ui WX ZYhh'c\ bY', Vi b[
ni 'j YfVfYbbYb

A ÒWX hYb 'G]Y '6Ui WX ZYhh'c\ bY '6Yk Y[i b['j YfVfYbbYb 3'C XYfž
k Ybb 'G]Y 'k]Y 'WX 'g]bXž'Ui ZXYf'Gi WX Y 'bUWX 'ni gÀhn`]WX Yb
A Ò[`]WX _Y]hYbž'6Ui WX ZYhh'ØVYf' \Yf_Òa a ']WX Y', Vi b[Yb
\bUi g'ni 'j YfVfYbbYb" <]Yf'g]bX 'Y]b][Y'[fc» Ufh][Y
A Ò[`]WX _Y]hYbž'i a 'ΔfYb 'GhcZk YWX gY 'ni 'ghY][Yfbž'c\ bY 'Ui Z
Y]b 'HfU]b]b[g[YfÀh'ni 'ghY][Ybž'Y]bY <UbhY 'ni '\YVYb 'cXYf
6Ui WX ØVi b[Yb 'Xi fWX ni ZØ\fYb" '%'; Y\Yb '8Ug'; Y\Yb 'gh
ghUf '_Xc_i a Ybh]Yfh'U'g'XUg '6YghYž'k Ug'g]hnYbXY 'A YbgWX Yb
hi b '_ÒbbYbž'i a 'XUi Yf\Uzh'; Yk]WX h'ni 'j Yf']YfYb" 'XYb 'HU[
Z]bXYb 'G]Y 'A Ò[`]WX _Y]hYbž'ÒZhYf 'ni 'Ui ZYb" 'Ni a '@UXYb 'Ub
XYf '9W_Yž'i a 'XUg <Ui g'\Yfi a 'cXYf 'Ub 'Cfhi bX 'GhY 'Y '9g
gd]Y 'h'k]f_`]WX '_Y]bY 'Fc ``Yž'gc`Ub[Y 'G]Y 'hÀ[`]WX 'a]bXYghYbg
' \$ / Ua d\AY'']d /



A ÒWX hYb 'G]Y '6Ui WX ZYhh'c\ bY '6Yk Y[i b['j YfVfYbbYb 3'C XYfž'k Ybb
G]Y 'k]Y 'WX 'g]bXž'Ui ZXYf'Gi WX Y 'bUWX 'ni gÀhn`]WX Yb 'A Ò[`]WX _Y]hYbž
6Ui WX ZYhh'ØVYf' \Yf_Òa a ']WX Y', Vi b[Yb '\bUi g'ni 'j YfVfYbbYb"
<]Yf'g]bX 'Y]b][Y'[fc» Ufh][Y 'A Ò[`]WX _Y]hYbž'i a 'ΔfYb 'GhcZk YWX gY'
ni 'ghY][Yfbž'c\ bY 'Ui ZY]b 'HfU]b]b[g[YfÀh'ni 'ghY][Ybž'Y]bY <UbhY
ni '\YVYb 'cXYf '6Ui WX ØVi b[Yb 'Xi fWX ni ZØ\fYb"

%E; Y\Yb

8Ug'; Y\Yb]gh'ghUf_Xc_i a Ybh]Yfh'U'g'XUg'6YghY'k Ug'g]hnYbXY
A YbgWYb_hi b'_ObbYb'z'i a XUi Yf\UZh; Yk]WKh'ni 'j Yf]YfYb" XYb
HU[Z]bXYb'G]Y'A O[]W_Y]hYb'z'ZhYf'ni 'Ui ZYb" Ni a '@UXYb'Ub'XYf
9W_Y'z'i a XUg'<Ui g'\Yfi a cXYf'Ub'Cfh'i bX'GhY``Y''9g'gd]Y'h
k]f_']W_Y]bY'Fc``Y'z'gc'Ub[Y'G]Y'hA[]W_a]bXYghYbg" \$'A]bi hYb
'Ui ZYb" 9f\O\Yb'G]Y' A f'GW\h]hhhYa dc'_cbgYei Ybh'Ui Z' z) 'A Y]Yb
dfc'Ghi bXY"

&E'GhY\ 'Ui Z

GhY\Yb'j YfVfYbbh" ' i 'a Y\ f? U'cf]Yb'U'g'G]hnYb" GhY``Yb'G]Y
g]W_Yf'z'XUgg'G]Y']bg[YgUa h' Ghi bXYb'hA[]W_ghY\Yb'z'i a
6Ui WZYh'ni 'j YfVfYbbYb" K Ybb'G]Y'XUg'bA\WghY'A U'Ui Z'XYf
7ci W_g]hnYb'i bX'ZfYbgY\Yb'z'ghY\Yb'G]Y'Ui Z': Øf'Y]bYb
j YfghA_f_hYb'9ZZY_h[Y\Yb'G]Y'VY]a ': YfbgY\Yb'Ub'Cfh'i bX'GhY``Y"
' E'GUI [Yb'G]Y' A fYb'A U[Yb'Y]b

Æ'z'bi f'XUg'5bgUi [Yb' A fYg'A U[Ybg'k]fX' A fYb'6Ui W_ghfUZZYb
i bX'X]Y'A i g_Y'b'i bhYf' A fYb'ni _ObZh[Yb'G]l dUW_ghA_f_Yb"
: c'[YbXYg'hi b'G]Y' GUI [Yb'G]Y' A fYb'A U[Yb'gc'k Y]h'k]Y'a O[]W
Y]b'fbUW_]bbYb'n]Y\Yb'z'b]W_h'XfØW_Yb'?'cbnYbhf]YfYb'G]Y'g]W
XUfUi Z' A fYb'6Ui WbUVY' gc'k Y]h'k]Y'a O[]W_Y]bni n]Y\Yb")
GY_i bXYb'Ub[[YXfØW_h'U'hYb'z'k Y]hYf'Uha Yb'i bX'cg'UggYb"
Fi \Yb'G]Y'g]W_ %\$'GY_i bXYb'Ub['Ui g'i bX'k]YXYf\c'Yb'G]Y'XYb
Jcf[Ub["8]YgYg'A U'_cbnYbhf]YfYb'G]Y'g]W_XUfUi Z'j cb'XYf
CVYfgY]hY' A fYg'6Ui Wg'Y]bni n]Y\Yb" K YW\gY'b'G]Y'k YfXYb'XUg
6fYbbYb'gdØfYb"

6Y[]bbYb'G]Y'nk Y]a U'hA[]W_a]h%\$'K]YXYf\c'i b[Yb" 9f\O\Yb
G]Y']b'XYb'bA\WghYb'nk Y]K cW\Yb'X]Y' <Ai Z][_Y]h'i bX'8Ui Yf'XYg
5VgUi [Ybg' A fYg'A U[Ybg']a a Yf'k Y]hYf'z']a a Yf'z'ZhYf'z'i bX'\U'hYb
G]Y']\b']a a Yf'Ab[Yf'8Yb'Yb'G]Y'XUfUb'z]b' A fYb'5i hc'z'Ub' A fYb
GW\ fY]Vh]gW\z'VY]a ' ; Y\Yb' b]W_h'XYb'5hYa'Ubni \U'hYb"
GW\]Y']W_a ØW_hYb'G]Y'Ub'XYb'Di b_h[Y'Ub[Yb'z'Ub'XYa'G]Y'X]Yg
ghA_bX][i bX'i bVYk i ggh'hi b"

(Ł'GWX U`hYb 'G]Y 'XYb : YfbgY\Yf'Ui g

A YbgWX Ybž'X]Y 'hÀ[']WX " 'Ghi bXYb 'cXYf'Àb[Yf'ZfYb gY\Ybž'g]bX'a]h
* \$i ' \Ø\YfYf'K U\fgWX Y]b']WX _Y]h'ZfYh'Y]V]['cXYf'k YfXYb
ZYh'Y]V][" 'GY\Yb 'G]Y 'Y]bY 'Ghi bXY 'Ua 'HU['ZfYb 'i bX 'Z]bXYb 'G]Y
Yhk Ug'UbXYfYg'ni 'hi b"; UfhYbž'gUi VYfž'Yhk Ug'VUi Ybž'k Ug'Ui WX
]a a Yfž'gc'Ub[Y 'G]Y 'g]WX 'VYk Y[Yb"

) Ł'5ha Y

K i gghYb 'G]Yž'XUgg'X]Y 'A Yh\cXY 'Bi a a Yf'Y]bg'ni f'6YgY]h][i b[
j cb '5VZÀ'Yb 'Ui g'i bgYfYa ' ? ØfdYf'XUg'5i gUha Yb ']gh3'K Ybb 'G]Y
: Yhh'j YfVfYbbYbž'YfnYi [h'Àf' ? ØfdYf'j]Y'Y';]Zhgc ZZYž'X]Y 'VYgY]h][h
k YfXYb 'a ØggYb' 'K Ybb 'G]Y 'Ya U'g'Y]bYb 'bUh'fk]ggYbgWX UZh']WX Yb
? i fg'UVgc'j]Yfh'\UVYbž'k YfXYb 'G]Y 'nk Y]ZY'cg'k]ggYbž'XUgg'A UggY
b]WX h'[YgWX UZZYb 'cXYf'nYfghØfhž'gcbXYfb 'bi f' _cbj Yfh]Yfh'k YfXYb
_Ubb' 'K Ybb 'G]Y < c'n'j YfVfYbbYbž'k]fX 'X]Y 'A UggY 'XYg' < c'nYg']b
9bYf[]Y 'i bX'; Ug'i a [Yk UbXY'h'8Ug'['Y]WX Y'dUgg]Yfhž'k Ybb 'k]f
6Ui WX ZYh'j b'i bgYfYa ' ? ØfdYf'j YfVfYbbYb" 'K]f'Uha Yb 'ja
K YgYbh']WX Yb 'XUg'[UbnY : Yhh'Ui g"

K Ybb 'G]Y 'b 'Y]bYa ' ; 'UgVY\À'hYf'j Yfg]Y[Y'h'k ÀfYbž'XYf' [YfUXY
Ui Z'Y]bYf'K UU[Y'ghUbXž'i bX'(\$'DZ' bX'UV[Ybca a Yb '\Àh'Ybž
k ØfXY 'X]Y 'K UU[Y 'XYb ' ; Yk]WX hgj Yf'i gh'b]WX h'UbnY][Yb" 'K Ufi a 3
K Y] 'XUg'; Yk]WX h'XYg' [YgUa h'Yb 'j Yf'cfYbYb : Yhh'Yg']b 'XYf' @ Zh
XYg'j Yfg]Y[Y'h'Yb ' ; 'UgVY\À'hYf'g'Y]b[YgWX 'cggyb 'k ÀfY" 'K Ug']WX
j Yfgi WX Y'ni 'gU[Yb ']gh'Uha Y'', VY 'h]YZY'5hYa ØVi b[Ybž'_i fnY
5hYa h'YWX b]_Yb 'i bX 'YYX 'UbXYfY '5hYa ØVi b[ž'X]Y 'X]WX
]b h'YfYgg]Yfh"

* Ł'BY\ a Yb 'G]Y 'Y]b '6UX

? Y]bY 'Gcf[Yž'XUg']gh'b]WX h'g'c 'Y]bZUWX ž'k]Y 'Yg'g]WX 'Ub\Øfh' <]Yf
[Y\h'Yg' i a 'XUg'9]bhUi WX Yb ']b '_U'h'Yg'K UggYf" 'K UggYf' _U'h'[Ybi [ž
i a 'X]WX 'ni 'n]h'Yfb" '9]bY 'J]YfhY'ghi bXY 'N]h'Yfb 'Yb h'gdf]WX h'Y]bYa
%) !a]bØh][Yb 'x[[Yb" 'K À\fYbX ']\fYg'HfU]b]b[g'g]bX 'B Uj m'G95@g
[Ynk i b[Ybž']a 'A YYf'ni 'g]hnYbž'k À\fYbX 'K Y'Yb 'V]g'ni 'Y]bYf
Ghi bXY 'Ub['ØVYf'g]Y '\]bk Y[gWX 'U[Yb" '8]Yg']gh' _Y]b 'k Ufa Yg

K UggYfž'gcbXYfb'(')!) \$'; fUX'K UggYf"5i Z[fi bX'XYg
GWk YfY[fUXg'X]YgYg'HfU]b]b[g'k YfXYb'G95@g'ghĀbX]['Ui Z
I bħYf_Ø\`i b['ØVYfk UWk h"8]Yg'k]fX'b]Wk h'Ya dZc\`Yb'cXYf
Ya dZc\`Yb"

GħUħħXYggYb'k YfXYb'nk Y]HYWk b]_Yb'Ya dZc\`Yb' **6Ui WZ Yħħj**
j YfVfYbbYb"

5Ľ: Ø``Yb'G]Y'Y]bY'6UXYk UbbY'V]g'ni f'? bØWk Y`\Ø\Y'a]ħ'gY\ f
_U'hYa 'K UggYf" GhY][Yb'G]Y'Y]b"; Y\Yb'G]Y'&!('A]bi hYb'Y]b"8]Yg
]gh'j]Y``YfhfĀ[']Wk Yf'U'g'XUgž'k Ug'X]Y'A Uf]bY'hi hž'`OghUVYf
XYbbcWk'Y]bY'GhY][Yfi b['A fYg'Għċżżk YWkgY'g'Ui gž'X]Y'Y]bY'[Ubny
K Y]Y'Ub\À'h"

6Ľ: BY\ a Yb'G]Y'k]Y'[Yk c\bh'Y]b'6UXž'ZØ``Yb'G]Y'ghUħħXYggYb'X]Y
K UbbY'gc'\cWk'k]Y'a Ø[']Wk'a]ħ'K UggYf'VY]FUi a hYa dYfUhi f
j cb'+\$'; fUX"8Ug'K UggYf'gc``hY'g]Wk'b]Wk h'k Ufa 'UbZØ\`Ybž
gcbXYfb'Y\Yf'_Ø\``GhY][Yb'G]Y'Y]bž`YgYb'G]Y'Y]b'6i Wkž'ØVYb'G]Y
A fY'5hYa ØVi b[Yb'i gk "ZØf" \$!* \$'A]bi hYb" Hf]b_Yb'G]Y
9]gk UggYfži a 'XYb'9ZZY_h'ni 'VYgWk'Yi b][Yb"

B UWk '%\$!%) 'A]bi hYb'k]fX' A f'? ØfdYf``Y]Wk h'n]ħħYfb"8Ug'għ[i hž
UVYf'għWk]YVYb'G]Y'Yg'b]Wk h"K Ybb'XY]b'? ØfdYf'X]f'għ[hž'XUgg'Yg
NY]h]gh'Ui Zni \ØfYbž[Y\ fUi g"9g'VYghY\h\Y]b'; fi bX'ni f'9]Y'A]h
XYf'NY]h'k YfXYb'G]Y'Y]b'DfcZ]XUf]b'gY]bž'6Ui Wkž'ħxi fWk
9]bħUi Wk Yb']b'_U'hYg'K UggYf'ni 'j YfVfYbbYbž'c\bY' A fY
; Ygi bX\Y]h'ni '[YZA\ fXYb"

+Ľ: BY\ a Yb'G]Y'Y]b'8Ua dZVUX

GWk]ħnYb']gh'Y]b'Ui g[YnY]Wk bYħYf'K Y['ni f'9bħ[]Zhi b["ħi b'G]Y
X]Yg'YXcWk'b]Wk h'bUWk'XYa'9]bħUi Wk Yb']b'_U'hYg'K UggYfž'XU
għbgh'X]Y'5i gk]f_i b[Yb'Ui Z'A fYb'Għċżżk YWkgY'j Yf'cfYb'[Y\Yb"
G]Y' _ObbYb' A fYb'? ØfdYf'_Øbgħ[Wk'ni a 'GWk]ħnYb'Vf]b[Ybž
]bXYa'G]Y'Y]bY'GUI bU'cXYf'Y]bYb'8Ua dZ'bY\ a Yb"K Ybb' A f
? ØfdYf'Xi fW :]YVYfž'6Yk Y[i b['cXYf'8Ua dZ\Y]» ']ghž'ghY][h'A fY
< YfnZfYei Ybn"8]Y'8i fW V'i hi b['Yf\Ø\h'g]Wkž'i a 'XYb'? ØfdYf'ni
_Ø\`Yb"GWk]ħnYb'VYbħħ[h'9bYf[]Yžj YfVfYbbh? U'cf]Yb'i bX

gY hnh<i bXYfhY j cb ;]Zhghc ZZYb ZfY]" 9]b Y k Y]hYfY \ Yfj cffU[YbXY
A Yh\cXYži a '6Ui WZyhni j YfVfYbbYb"

6]hhY hA i gWYb G]Y g]W b]W h' =W Ya dZY\`Y _Y]b Y 8Y\mXfUh]cb"
HUhgAW]W Ya dZY\`Y]W žj]Y K UggYf ni hf]b_Yb i bX gc[UF
K UggYf a]hni Vf]b[Ybži a '\mXfUh]g]Yf hni 'V`Y]VYb" GhY ``Yb G]Y
g]W Yfž XUgg Yg`\Y» Yg K UggYf]ghž_U`hYg K UggYf K]fX XYb Nk YW
ni b]W hY a UW Yb" K Ybb G]Y XY\mXf]Yf h]b Xžk YfXYb G]Y b]W hgc
j]Y`gW k]hnYbžk Ybb ØVYf\Ui dh"

6Y[]bbYb G]Y a]h%\$ A]bi hYbž UVYf \ U`hYb G]Y a UI]a U`&\$
A]bi hYb"? Y]b Ni [Ub[ni Y]b Ya '8 Ua dZ3? Y]b DfcV`Ya " B Y\ a Yb
G]Y D`Uhñ Ui Z A fYf Hc]Y hhYž gW U`hYb G]Y X]Y '8 i gW Y Y]bž < 9GGž
VY][YgW cggYb Yf HØf i bX Ui g[YgW U`hYhYa J Ybh]Uhc f" G]Y
_ØbbYb Ui W Y]b Yb GUI bUUbni ['Ubñ]Y\Ybži a XYb 9ZZY_hni
j YfghA f_Yb" Hf]b_Y]j]Y K UggYf G]Y _ØbbhYb gc[UF Ub C fhi bX
GhY ``Y [Y\Ybži a ni gA hn]W Y ? U`cf]Yb ni j YfVfYbbYb"

, £`A UW k Ug`X]Y G\Uc`]b A ØbW Y a UW Yb

HYW b]gW [YgY\Yb _ØbbhYb G]Y Y]b][Y X]YgYf HYW b]_Yb U`g
, Vi b['VYnY]W b Ybž UVYf X]Yg Y k YfXYb G]Y ghfUZZYb i bX G]Y
AfhYf a UW Yb U`g; Yk]W h\YVYbžc\b Y Y]b Y < Ub hY ni VYf Ø\ fYb"

5£`GhY ``Yb G]Y g]W a]h[YfUXYb 5fa Yb Ub X]Y GY]hY i bX
[YgdYffhYb 9`Vc[Yb" 8fØW Yb G]Y A fY < Ub XZ AW Yb _fA Zh][b UW
i b hYb i bX \YVYb G]Y A fY [YfUXYb :]b[Yf gW b Y`ni fØW "(- a U
k]YXYf\c`Yb" G]Y gc`hYb X]Yg]b A fY b I b hYfUfa Yb i bX Hf]nYdg
ZØ\`Yb" K Ybb G]Y X]Yg hA []W hi bžg]b X A fY 5fa Y gc ZYgh k]Y Y]b
< c`nVfYhh"

6£`GhY ``Yb G]Y g]W a]h XYb 5fa Yb Ub A fY GY]hY" GhY ``Yb G]Y g]W
Y]b Y :]Y[Y`Ui Z?]bb\Ø\Y`Ua F UbXY A fYf F Y]W k Y]hY j cf" K]fZ
XY]b Yb 5fa _fUZhj c`i bX ZØgg][b UW c VYbžk c VY]XY]b Y`]b _Y
GW i `hYf`Ui Z; YgW k]b X][_Y]h`Ui g[Yf]W hYh]gh" GhY ``Yb G]Y g]W
j cfž G]Y ZUb[Yb X]Y :]Y[Y]b A fYf j Yf h]U`Yb : Ui gh i bX XfØW Yb
g]Y gc ZYgh k]Y a Ø[]W " < U`hY`Yg ZØf Y]b Y GY _j b XY" Yhnh k YfZYb
G]Y XYb fYW hYb 5fa b UW c VYb i bX XfØW Yb G]Yž XUbb k YfZYb

G]Y 'X]Y ``]b _Y ': Ui gh'bUW\ 'cVYb 'i bX 'XfØW\ Yb 'G]Y 'ZYgh" (- 'a U' k]YXYf \c`Yb" '8]Yg 'k]fX 'X]Y '5fa Yž'6fi ghž'GW\ i 'hYfb 'ghfUZZYb 'i bX ÁfY '?ccfx]bUh]cb 'j YfVYggYfb "

7L'GhfYW\ Yb 'G]Y 'ÁfY '5fa Y '[YfUXY 'j cf 'g]W\ 'Ui g" 'GdfY]nYb 'G]Y 'ÁfY 6Y]bY 'VfY]hYf 'U`g 'gW\ i 'hYfVfY]h'i bX '\cW\ Yb 'G]Y '%#('XYg 'K Y[Yg bUW\ i b hYb " DUi gY" '6 `Y]VYb 'G]Y 'gc ``Ub[Y 'k]Y 'a Ó[']W\ ']b 'X]YgYf Dcg]h]cb 'i bX 'j Yfgi W\ Yb 'G]Yž) 'A]bi hYb 'ni 'VY[]bbYb " < U'hY 'XY]bY 5fa Y '\cW\ " 'K Ybb 'G]Y 'X]Yg 'bi f' \$ 'GY_i bXYb ``Ub['\U'hYb '_ÓbbYb " ?Y]b 'DfcV 'Ya " 'GhY \Yb 'G]Y 'Ui Zz'fi \Yb 'G]Y 'g]W\ 'Y]bYb 'A ca Ybh'Ui g i bX 'k]YXYf \c`Yb 'G]Y 'XYb 'J cf[Ub[ž'V]g 'G]Y) 'A]bi hYb 'YffY]W\ h \UVYb " '8]Yg 'k]fX 'ÁfY '6Y]bY 'ghfUZZYb 'k]Y '_Y]bY 'UbXYfY ' Vi b[" G\Uc ']b!A Y]ghYf '_ÓbbYb 'g]W\ 'dUfU ``Y ``\cW\ Yb 'i bX ']\fY '5fa Y ``Y]W\ h Y]bY 'Ghi bXY ``Ub['Ui g[YghfYW\ h '\U'hYb "

9]b][Y 'j cb 'ÁbYb 'XYb _Yb 'j]Y ``Y]W\ h'b]W\ hž'XUgg 'X]Yg 'Y]bZUW\ Y A Ó[']W\ _Y]hYb 'g]bXž i a ' ; Yk]W\ h'ni 'j Yf ']YfYbž'UVYf 'g]Y 'ZØ\ fYb XUni ž'XUgg 'Áf? ÓfdYf '6Ui W\ ZYhh'j YfVfYbbh " '6Yz c[Yb 'G]Y 'X]YgY 'H]ddg 'ni f'J YfVfYbbi b[j cb ' ? ÓfdYfZ Yhh'a]h'i bgYfYb 'Ya dZc \ 'YbYb '8]ÀhYb 'cXYf 'ZØ[Yb 'G]Y g]Y 'bcW\ 'VYggYf 'ni f'Fci h]bY 'ni f'J YfVfYbbi b['j cb '6Ui W\ ZYhh \]bni ž'i a ' ÁfY '9f[YVb]ggY 'ni 'VYgW\ 'Yi b][Yb "

øgd]f]Yfh'j cb 'øJa]Y ' < Uff]g

8 YhU] 'g

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