

MEIN FITNESS

8]Y 'A ≠ 5 7 @9 : `Uh'Ghc a UWX 'Gc`i h]cb

=WX '\c ZZYžG]Y '\UVYb 'b]WX h'Ui ZX]YgYb '5fh]_Y``[Y_`]WX hž'i a
 Yhk Ug ØVYf'D]``Yb 'cXYf '@YYbga]jhY ``ni ``YgYbžX]Y 'ΔfYb
 A U[Yb 'gcZcfh'd`Uhh'a UWX Yb" K Ybb 'Xi """"[YhUb '\UghžG7< ŸA
 8 =7 < 'i bX 'XUg 'VYXYi hYh'k U\fgWX Y]b`]WX ž'XUgg 'G]Y ']b 'XYb
 < mdY '\]bY]b [Ync [Yb 'k i fXYb "C?ž]WX '[YVY 'ni "ΔWX '\UVY
 X]WX 'a]h'XYa 'H]hY 'fY]b [Y`Y[hž'b]WX h'k U\f3'5VYf 'XUg ']gh]b
 CfXbi b[žni a]bXYgh '\UVY ']WX 'ΔfY '5i Za Yf_gUa _Y]h"9g ']gh
 a]f'Y[U`'k Ug '9A 5B8 'gU[h'X]fž'Yg '[]Vh'_Y]bY 'BU\fi b['cXYf
 D]``YžX]Y 'XY]bYb 'A U[Yb 'Ui Z[Ygi bXY 'K Y]gY 'd`Uhh'a UWX h"9g
 []Vh'D]``Yb '']Yf 'XfUi » YbžX]Y 'G]Y 'j cFØVYf[Y\YbX 'UVbY\ a Yb
 'UggYb '_ObbYbž'UVYf 'g]Y 'VYY]bhfÀWX h][Yb ' / Ua dΔY ``]d /



=WX '\c ZZYžG]Y '\UVYb 'b]WX h'Ui ZX]YgYb '5fh]_Y``[Y_`]WX hž'i a 'Yhk Ug
 ØVYf'D]``Yb 'cXYf '@YYbga]jhY ``ni ``YgYbžX]Y 'ΔfYb 'A U[Yb 'gcZcfh
 d`Uhh'a UWX Yb" K Ybb 'Xi """"[YhUb '\UghžG7< ŸA '8 =7 < 'i bX 'XUg
 VYXYi hYh'k U\fgWX Y]b`]WX ž'XUgg 'G]Y ']b 'XYb < mdY '\]bY]b [Ync [Yb
 k i fXYb "

C?ž]WX '[YVY 'ni "ΔWX '\UVY 'X]WX 'a]h'XYa 'H]hY 'fY]b [Y`Y[hž'b]WX h
 k U\f3'5VYf 'XUg ']gh]b 'CfXbi b[žni a]bXYgh '\UVY ']WX 'ΔfY
 5i Za Yf_gUa _Y]h"

9g`]gh'a]f`Y[U``k Ug`>9A 5B 8 `gU[h`X]fž`Yg`[]Vh`_Y]bY`B U\ fi b[`cXYf
D]``Yž`X]Y`XY]bYb`A U[Yb`Ui Z`[Ygi bXY`K Y]gY`d`Uhha` UW\ h`9g`[]Vh
D]``Yb`\]Yf`XfUi » Ybž`X]Y`G]Y`j cfØVYf[Y\YbX`UVbY\ a Yb`UggYb
_ØbbYbž`UVYf`g]Y`VYY]bhfÀW\h][Yb`A fYb`GhcZZk YW\ gY`8 Ug`\Y]» hž
k Ybb`G]Y`X]Y`9]bbU\ a Y`UVVfYW\Ybž`Ui ZYb`G]Y`; YZU\fž`bcW\
gW\ bY`Yf`U`g`ni j cf`Ub`; Yk]W\h`ni ni bY\ a Yb"

=W\`k Y]» `b]W\hž`cV`G]Y`Yg`VY a Yf_h`UVYbž`UVYf`ZUgh`YXY`D]``Yž`X]Y
Y]b[YZØ\ fh`k]fXž`k]fX`b`k Yb][Yb`A cbUhYb`j ca`A Uf_h
[Ybca a Ybž`k Y]`X]Y`85`Z`ghghY`hž`XUgg`g]Y`b]W\h`g]W\Yf`g]bX"
8YbbcW\`_Ui ZYb`X]Y`@Yi hY`]a a Yf`bcW\`]b`]fY`5bgdfØW\Y`Y]b"

K Ybb`G]Y`A fYb`A U[Yb`d`Uhha` UW\Yb`a ØW\hYbž`]gh`Yg`Ua`VYghYbž
a]h`Y]bYf`[Ygi bXYb`9fbÀ\fi b[`ni`VY[]bbYb`FYXi n]YfYb`G]Y`X]Y
gW\`YW\hYb`?c\`Yb\mXfUhY`k]Y`K Y]» Vfc hž`k Y]» Yf`FY]gž`?UfhcZZY`b
i bX`Bi XY`b`9fgYhnYb`G]Y`g]Y`Xi fW\`X]Y`J c`_cfbgc fhYb`i bX
Yf\Ø\Yb`G]Y`A fY`C Vgh`i bX`; Ya ØgYni Z`\f`@UXYb`G]Y`DfchY]bY
Ui g`[Y[f]`hY a`<À\`bW\Ybž`H\i bZjgW\ž`K Y]» ZjgW\`i bX`9]k Y]»`Ui Z`
6YcVUW\hYb`G]Y`Ui W\`A fY`Ni W\YfUi ZbU\ a Y`fIUž`; YhfÀb`Y`Ui W\`
I bX`YfZf]gW\Yb`G]Y`A fYb`?ØfdYf`a]h`a]bXYghYbg`*(`I bnYb
K UggYf`dfc`HU["

8Ubb`Vf]b[Yb`G]Y`A f`<Yfn`]b`6Yk Y[i b[ž]bXYa`G]Y`7UfX]c!
, Vi b[Yb`a UW\Yb`8Ug`_Ubb`U`Yg`gY]bž`j cb`5YfcV]W\`x[[Ybž
@Ui ZYb`bUW\`HU]`6cž`F UXZU\fYb`cXYf`GW\k]a a Yb`8Yf`Di b_h`ghž
XUgg`G]Y`A f`<Yfn`[Ybi [`YYVYb`a ØggYbž`i a`XUg`Yhh`ni
j YfVfYbbYb`HfU]b]YfYb`G]Y`a]bXYghYbg`!(`A U`dfc`K cW\Y`\$!(`)
A]bi hYb`dfc`HU["

5VbY\ a Yb`]a`A U[YbVYfY]W\`VY]b\U`hYh` 9G5A H`?ØfdYfZ]hbYgg`
G]Y`_ØbbYb`A fYb`A U[Yb`b]W\h`Y]bZUW\`d`Uhha` UW\Ybž`c\`bY
ØVYfU`ni`j Yf`]YfYb`8Yf`?ØfdYf`k Y]»`b]W\h`k`]Y`Yf`Y]bYb`6YfY]W\`
Yf`YbbYb`gc`K Ybb`G]Y`U`gc`Y]bYf`j cb`XYbYb`g]bXž`X]Y`YXYb
HU[`7\`YYgYVi f[Yf`YggYb`i bX`XUbb`bUW\`<Ui gY`[Y\Ybž`i a`&) \$
5V`7fi bW\Yg`ni`a UW\Ybž`k YfXYb`G]Y`b]Y`9f[YVb]ggY`gY\Yb"

B`i bž`Y][Ybh`W\`Xi`K`9F`8`9B`9f[YVb]ggY`gY\Ybž`bi`f`b]W\h`X]Y`5fž
X]Y`G]Y`k`c`Yb`!`b`XYf`HUh`k`]fX`A U[Yb`k`U\fgW\Y]b`]W\`Ub

; fÒ» Y`ni bY\ a Ybžk Y]`G]Y`A i g_Y`b`Ui Z`ΔfYb`j cf\UbXYbYb
; YhhgWX]WX hYb`Ui ZVUi Yb"7fi bWX Yg`_ÒbbYb`ΔfY`6Ui WX a i g_Y`b
ghfUZZYbžUVYf`bi fžk Ybb`G]Y`7UfX]c!, Vi b[Yb`Xi fWX ZØ\ fYb`i bX
VYcVUVWX hYbžk Ug`G]Y`YggYb"

=WX`\c ZZYž`G]Y`\UVYb`j]Y`Ui g`X]YgYa`5fh]_Y`[Y`Yfbhži bX`k Ybb
G]Y`XUg`bÀWX ghY`A U`Y]bY` VYfgWX f]Zh`ØVYf`XYb`; Yk]WX hgj Yf`i gh
Xi fWX`K i bXYf`gY\Ybžk YfXYb`G]Y`b]WX h`XUfUi Z`_]W`Yb"

5i Z`XY]bY`; Ygi bX\Y]h°

→gd]f]Yfh`j cb`@gU`fvM

8 YhU]`g

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