

MEIN FITNESS

? b]Y[Y`Yb_dZ`Y[Y. 'C fh\ cdÀX]gW\ Y
 9I dYfhYb 'Vf]b[Yb 'Δ\ bYb 'XUg 'HfU]b]b['VY]
 K Ybb 'G]Y 'Ub 'Y]bYf' ? b]Y[Y`Yb_Yf_fUb_i b[``Y]XYbž_ÒbbYb
 G]Y 'VYZØfW\ hYbž_XUgg'6Yk Y[i b['ni 'J Yf'Yhni b[Yb 'i bX
 GW\ a YfnYb 'XYg' ? b]Y[Y`Yb_g'ZØ\fYb '_Ubb"8]Y 'hUhgÀW\ ']W\ Y
 G]hi Uh]cb ']gh' YXcW\ ž_XUgg 'G]Y 'hU]b]YfYb '_ÒbbYbž'i a 'X]Y
 A i g_Y`b 'i bX 'K Y]W\ hY] 'Y 'i a 'XUg' ? b]Y[Y`Yb_ 'ni 'ghÀf_Yb"8]Y
 9f\ Ø\i b['XYf' ? b]Y[Y`Yb__fUzhi bX 'X]Y '5i ZfYW\ hYf\ U'hi b[
 XYf' ? b]Y[Y`Yb_ZYI]V']hÀh']gh' XYf' VYghY 'K Y[ž'i a
 ? b]Y[Y`Yb_j Yf'Yhni b[Yb 'j cfni VYi [Yb " 'Gc'Ub[Y 'X]Y
 A Yh\cXY 'Ub[Ya YggYb 'VYzC`[h'k]fXž'j YfVYggYfb 'G]Y 'X]Y
 ; Ygi bX\Y]h'Δ\ fYf'; Y`Yb_Y"8]YgYf'5fh]_Y 'Ybh\À'h'H]ddg'ZØf
 ? b]Y[Y`Yb_ØVi b[Yb " '6Y[]bbYb 'k]f' Yhnh'XUa]hž'X]Y
 ; Ygi bX\Y]h'Δ\ fYf' ? b]Y[Y`Yb_Y 'ni 'Yf\ U'hYb " 'G]W\ 'k Ufa
 'Ui ZYb '8Ug'5i Zk Àfa Yb 'j cf'XYa 'HfU]b]b['_Ubb'Δ\ bYb '\Y'ZYbž
 J Yf'Yhni b[Yb 'ni 'j Yfa Y]XYb" 'G]Y '_ÒbbYb') 'A]bi hYb
 / Ua d\AY'']d/



K Ybb 'G]Y 'Ub 'Y]bYf' ? b]Y[Y`Yb_Yf_fUb_i b[``Y]XYbž_ÒbbYb 'G]Y
 VYZØfW\ hYbž_XUgg'6Yk Y[i b['ni 'J Yf'Yhni b[Yb 'i bX 'GW\ a YfnYb 'XYg
 ? b]Y[Y`Yb_g'ZØ\fYb '_Ubb"8]Y 'hUhgÀW\ ']W\ Y 'G]hi Uh]cb ']gh' YXcW\ ž
 XUgg 'G]Y 'hU]b]YfYb '_ÒbbYbž'i a 'X]Y 'A i g_Y`b 'i bX 'K Y]W\ hY] 'Y 'i a

XUg`?b]Y[Y`Yb_`ni `ghÀf_Yb``8]Y`9f\Ò\i b[`XYf`?b]Y[Y`Yb__fUž
i bX`X]Y`5i ZFYWX hYf\U`hi b[`XYf`?b]Y[Y`Yb_ZYI]V`]hÀh`gh`XYf`VYgh`
K Y[ži a `?b]Y[Y`Yb_j Yf`Yhni b[Yb_j cfni VYi [Yb``Gc`Ub[Y`X]Y
A Yh\cXY`Ub[Ya YggYb`VYZc`[h`k]fXžj YfVYggYfb`G]Y`X]Y
; Ygi bX\Y]h`Δ`fYf` ; Y`Yb_Y``8]YgYf`5fh]_Y``Ybh\À`h`H]ddg`ZØf`
?b]Y[Y`Yb_ØVi b[Yb``6Y[]bbYb_k]f`Yhnh`XUa]hž`X]Y` ; Ygi bX\Y]h
Δ`fYf`?b]Y[YYb_Y`ni `Yf\U`hYb`

G]WX`K Ufa ``Ui ZYb

8Ug`5i Žk Áfa Yb_j cf`XYa `HfU]b]b[`Ubb`Δ`bYb`\Y`ZYbž
J Yf`Yhni b[Yb`ni `j Yfa Y]XYb``G]Y`_ØbbYb`)`A]bi hYb`a]h`Y]bYa
ghUh]cbÀfYb` : U\ffUX`ZU\ fYb`i bX`XUbb`&`A]bi hYb`Ui ZYb``G]Y
_ØbbYb`X]Yg`hi bž`k Á`fYbX`G]Y`5_hj]hÀhYb`ZØf`X]Y`cVYfYb
; `]Yxa U»Yb`Ui gZØ\ fYbž`cXYf`G]Y`_ØbbYb`X]Y`K UbX`ZØf`%) `V]g`&\$
K]YXYf\c`i b[Yb`XfØW_Yb`

GhFU][\h`@Y[`F U]gYg

K Ybb`Δ`f`?b]Y[Y`Yb_ni ghUhX`b]WX h`gY\`f`[i h`ghž`_ØbbYb`G]Y`a`]h
Y]bZUWX Yb`6Yk Y[i b[Yb`VY[]bbYb``8]YgY`[YfUXYb`6Y]b\YVYb
_ØbbYb`XYb`E i UXf]nYdga i g_Y`hfu]b]YfYb`i bX`[`Y]WX nY]h`[`ZUgh
Y]bYb`8fi W`Ui ZXUg`?b]Y[Y`Yb`Ui gØVYb``@Y[Yb`G]Y`g]WX`Ui Z
Y]bY`Mc`[Ua UhhYž`VYi [Yb`G]Y`Y]b`6Y]b`i bX`hfYhYb`G]Y`Ui ZXyB
6cXYb``8Ug`UbXYfY`6Y]b`gc`hY`[YfUXY`i bX`Ub[Y\cVYb`gY]bž`i a
X]Y`<Ò\Y`XYg`UbXYfYb`6Y]bg`ni `YffY]WX Yb``<U`hYb`G]Y`X]Yg`Y
Dcg]h]cb` `GY_i bXYb`Ub["A UWX Y` `GÀhnY`dfc`HU[`a`]h`%\$!%)
K]YXYf\c`i b[Yb`]b`YXYa`GUhn`

6]Y[Yb`G]Y`XYb`I` b`hYfgWX Yb_Y`

8]YgY`5_hj]hÀh`_Ubb`X]Y`A`i g_Y`[fi ddY`Ui ZXyf`F ØW_gY]hY`XYg
CVYfgWX Yb_Y`g`hfu]b]YfYb`GhY`Yb`G]Y`g]WX`Ui ZX]Y`Ghi` \`Y\`bY`i bX
\U`hYb`G]Y`g]WX`Ub`XYf`Ghi` \`Y\`bY`ZYgh`<YVYb`G]Y`Y]bYb` : i` »`bUWX
\`b`hYbž`V]g`XUg`?b]Y`b`Y]bYa` - \$!` fUX!K`]b`Y`[YVYi`[h`gh`<U`hYb`
G]Y`X]YgY`Dcg]h]cb` `GY_i bXYb`Ub["A UWX Y` `GÀhnY`dfc`HU[`a`]h`
%)`K`]YXYf\c`i b[Yb`dfc`GUhn`K`Ybb`X]YgY`Ub[gUa`Y`5_hj]hÀh`ni
Yb`hgdUbh`]ghž`_ØbbYb`G]Y`Y]bYb`gWX k`YfYb` ; Y[Yb`ghUbX`Ua

? bÒWX Y` UbVf]b[Ybz'n" 6" Y]bY : `UgWX Y'A]bYfU'k UggYfž'i bX'XUbb
XUg'; Yk]WX h'gWX f]hhk Y]gY'Yf\ Ø\Yb"

8cfgU'ZYL]cb'a]h[YfUXYa '6Y]b

@Y[Yb'G]Y'g]WX']b'6Ui WX'U[Y'i bX'ghfUZZYb'G]Y'X]Y
; YgÀ» a i g_i 'Uhí f'i bX'X]Y'FØW_Yba i g_i 'Uhí f'XYf'C VYfgWX Yb_Y'
i bX'XYf'K UXYY" < YVYb'G]Y'Y]b'6Y]b'Ub'i bX'\U'hYb'G]Y'X]YgY
Dcg]h]cb' !) 'GY_i bXYb'Ub[žgYb_Yb'G]Y'Yg'UV'i bX'k]YXYf\c'Yb
G]Y'XYb'Jcf[Ub["A UWXY '%\$!%) 'K]YXYf\c'i b[Yb'i bX'k YWXg'Y
XUbb'X]Y'6Y]bY" K À\ fYbX'X]YgYf', Vi b['_ØbbYb'G]Y'Ui WX'XYb
? bÒWX Y`VY'UghYb" 8]YgY'5_hj]]hÀh'Ø\ fh'b]WX hni 'GWa YfnYb']a
i b hYfYb'FØW_YbVYfY]WX" K Ybb'YXcWX'GWa YfnYb']a 'i b hYfYb
FØW_YbVYfY]WX'Ui zhfYhYbž'VYYbXYb'G]Y'X]YgY', Vi b['gcZcfh"

K UbX'g]hnh

8]Yg']gh'Y]bY'Zcfh[YgWX f]hhYbY', Vi b["'GhY`Yb'G]Y'g]WX'a]h'XYb
: Ø» Yb'Ub'X]Y'K UbXž'X]Y'[YbUi gc'VfY]h'g]bX'k]Y'ΔfY'GWa i 'hYfb"
6Yi [Yb'G]Y'Ub[gUa 'ΔfY'?b]Yž'a]h'XYa 'FØW_Yb'i bX'XYb'<ØzhYb
bU\Y'Ub'XYf'K UbX" < U'hYb'G]Y'X]YgY'Dcg]h]cb'Øf'%\$!%)
GY_i bXYb" < cWX_Yb'G]Y'b]WX hni 'h]YZž'XU'gcbgh'ΔfY'?b]Y[Y'Yb'_Y
VYgWX AX][h'k YfXYb" G]Y'_ØbbYb'X]Y'NY]h'Øf'YXY', Vi b[
gWX f]hhk Y]gY'j Yf'Àb[Yfb"

5i Z'NY\Ybgd]hnYb

GhY`Yb'G]Y'g]WX'Ui Z'X]Y'Ghi \`Y\ bY'cXYf'XYb'<UbX'Ui Z'Y]bYf
HfYddY'i bX'j Yfgi WX Yb'G]Yž'Ub[gUa 'Ui Z'XYb'NY\Yb'ni 'ghY\Yb"
< U'hYb'G]Y'X]YgY'Dcg]h]cb'bUWX'9ffY]WX Yb'XYg'A UI]a U'k Yfhg"
GY_i bXYb'Ub['[YXfØW_h'i bX'_Y\ fYb'G]Y'XUbb'Ub[gUa 'ni fØW_"
Hi b'G]Y'X]Yg'Øf'" GÀhnY'dfc'HU['i bX'Øf'%\$!%) 'K]YXYf\c'i b[Yb
dfc'GUhn" K Ybb'Yg'Y]bZUWX'k]fXž'_ØbbYb'G]Y'Y]bYb': i » 'Ub\YVYb
i bX'X]Y', Vi b['a]h'Y]bYa ': i » 'a UWX Yb"

<ØZhUVXi _h]cb

6]Y[Yb'G]Y'Ui Z'Y]bYf'GY]hYž'VYi [Yb'G]Y'XUg'I b hYfgWX Yb'_Y`i bX

ghfYW_Yb 'G]Y 'XUbb 'XUg 'C VYfgW Yb _Y ``< YVYb 'G]Y 'XUg '\Ø\YfY '6Y]b
bUW\ 'Ui » Yb ']b 'Y]b Yb ' () !; fUX!K]b _Y ``< U`hYb 'G]Y 'X]YgY 'Dc g]h]cb
ZØf' !) 'GY_i bXYb 'i bX ``Y[Yb 'G]Y 'g]Y 'XUbb ``Ub[gUa 'UV" 'A UW\ Yb
G]Y '' GÀhnY 'i bX '%) 'K]YXYf \c `i b[Yb 'ZØf 'YXYb 'GUhn 'i bX 'k YW\ gY 'b
G]Y 'XUbb 'X]Y '6Y]bY " 8]YgY '5_h]j]hÀh_Ubb 'X]Y 'GY]hYbghUV]`]hÀh XYg
? b]Yg 'Yf \Ø\Yb "

≠bgd]f]Yfh'j cb 'DUb 'K Ub [

8 YhU] 'g

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