

MEIN FITNESS

K]Y ·VY_ca a Y]W Y]b Yb ·F ci bXYf / Ua d/
G\ Ud`]Yf ·6i hh

9fZU\ fYb ·G]Y ·a Y\ f ·ØVYf ·Δ fYb ·? ØfdYf ·Δ fY ; YgÀ» a i g_i `Uhi f
]gh·X]Y ·[fØ» hY i bX ·gdYff][ghY ·A i g_i `Uhi f ·Ui Z·XYf ·F ØW_gY]hY
·Δ fYf ·< ØZhYbžX]Y ·Δ fYb ·Dc ·V]·XYh ·J YfV]bXYb ·G]Y ·g]W ·a ·jh
·Δ fYb ·? b]YgY\ bYbžX]Y ·Ui g ·XfY] ·[fc » Yb ·A i g ·Y ·b ·VYghY\ Ybž
X]Y ·ØVYf ·XYb ·\]bhYfYb ·HY] ·Δ fYg ·6Y]bg ·Ui ZYb ·K Ybb ·G]Y ·g]W
VYk Y [YbžUfVY]hYb ·X]YgY ·A i g ·Y ·b ·ni gua a Ybži a ·Δ f
·? ØfdYf [Yk]W h ·ni ·VYk Y [Yb ·i bX ·ni ·\ YVYb ·K Ybb ·Δ fY
; YgÀ» a i g ·Y ·b ·ghÀf _Yf ·k YfXYbžg]hYb ·g]Y ·\ Ø\ Yf ·Ui Z ·Δ fY
F ØW ·Yb ·J Yfgi W ·Yb ·G]Yž ·[fØ» YfY ·GW ·f]hhY ·ni ·a UW ·Ybž ·k Ybb
G]Y ·[Y\ Yb ·c XYf ·nk Y] ·Ghi ZYb ·[·Y]W nY]h] ·\]bUi Z [Y\ Yb ··8]Y
·? fUZh ·j cb ·5i gZU ·gW ·f]hhYb ·i bX ·? b]YVYi [Yb ·I b hYfgW ·AhnYb
G]Y ·b]W h ·X]Y ·? fUZh ·j cb ·5i gZU ·gW ·f]hhYb ·i bX ·? b]YVYi [Ybž ·XU
/ Ua d ·Y ·]d /



9fZU\ fYb ·G]Y ·a Y\ f ·ØVYf ·Δ fYb ·? ØfdYf

Δ fY'; YgÀ» a i g_i `Uhi f']gh`X]Y [fÒ» hY i bX'gdYff][ghY'A i g_i `Uhi f
Ui ZXYf'F ØW_gY]hY Δ fYf < ØZhYbžX]Y Δ fYb'Dc 'V]XYh"J YfV]bXYb'G]Y
g]W a]h Δ fYb ?b]YgY\ bYbžX]Y Ui g'XfY][fc» Yb'A i g_Y`b
VYghY\ YbžX]Y ØVYf'XYb '\]bhYfYb 'HY]`Δ fYg'6Y]bg`Ui Zyb"K Ybb
G]Y'g]W VYk Y[YbžUfVY]hYb'X]YgY'A i g_Y`b ni gUa a Ybži a Δ f
?ØfdYf[Yk]W h ni 'VYk Y[Yb'i bX'ni '\ YVYb"K Ybb Δ fY
; YgÀ» a i g_Y`b'ghÀf'_Yf'k YfXYbžg]hnYb'g]Y '\ Ø\Yf'Ui ZΔ fYa
F ØW_Yb"J Yfgi W Yb'G]Yž[fÒ» YfY'G]W f]hhY ni 'a UW Ybžk Ybb'G]Y
[Y\Yb'cXYf'nk Y]Ghi Zyb'[`Y]W nY]h]['\]bUi Z[Y\Yb"

8]Y ?fUZh'j cb'5i gZU`gW f]hhYb'i bX'?b]YVYi [Yb

I b hYfgWÀhnYb'G]Y'b]W h'X]Y ?fUZh'j cb'5i gZU`gW f]hhYb'i bX
?b]YVYi [YbžXU'X]YgY ni 'XYb'VYghYb', Vi b[Yb ni f'GhfUZZ b['XYf
Dc!A i g_Y`b[Y\ØfYb"; fi bXgÀhn]W k]f_Yb ?b]YVYi [Yb'Ui Z'XYb
cVYfYb'HY]`XYg'; YgÀ» a i g_Y`g"8Yb_Yb'G]Y'XUfUbž?b]YVYi [Yb
a]h[YfUXYa 'F ØW_Yb'i bX'[YgYb_hYa ?ØfdYf'j cb'XYb < ØZhYb'V]g
ni 'XYb ?b]Yb'Ui gni ZØ\YfYb"J Yfgi W Yb'G]Yžg]W a]h'Y]bYf < UbX
Ub'Y]bYa 'Ghi \`cXYf'Y]bYf'5fVY]hgd`UhH Y'ZYghni \U'hYb" GdUb bYb
G]Y'Δ fY'6Ui W !i bX'; YgÀ» a i g_i `Uhi f'Ub'i bX'Y\Yb'G]Y'g]W
b]W h'bUW j cfbYži a Δ fY'?b]Y ni 'gW ØhnYb"

8]Y'f]W h][Y'5fh'j cb'7UfX]c

J Yf'UggYb'G]Y'g]W 'b]W h'bi f'Ui Z'7UfX]cži a 'XYb'fi bXYb <]bhYfb
Ui Zni VUi YbžXYb'G]Y'YffY]W Yb'a ØW hYb" G]Y'a UW Yb'_Y]b
7UfX]cži a ; Yk]W h ni 'j Yf']YfYbžYg']gh'Y][Ybh]W XUg'; Y[Yb hY]'
G]Y'a UW Yb'bi f'Y]b'V]ggW Yb'7UfX]c!HfU]b]b['ZØf'A i g_Y'Ui ZVUi ž
U'[Ya Y]bYg'K c\`VYZ]bXYb'i bX'< Yfn[Ygi bX\Y]h" G]Y'a ØW hYb'X]Y
ni gÀhn]W Y'Dc!; fÒ» Y'b]W h'Xi fW i bbØh][Yb ?U'cf]Ybj YfVfUi W
j YfVfYbbYbži a Δ f'7UfX]c!HfU]b]b['ni 'ZØfXYfb"8]Y'VYghY'5fh'j cb
7UfX]c'ZØf': fUi YbžX]Y'Y]bYb'fi bXYfYb <]bhYfb'gi W Ybžg]bX
HfYddYbghYddYf'i bX'HfYddYba Y]ghYf"8Ug'[`Y]W Y'9f[YVb]g
_ØbbYb'G]Y'YXcW Yfn]Y'Ybž]bXYa'G]Y'Y]bZUW a Y\fa U'g
HfYddYb']b'Δ fYa < Ui g'cXYf']b'Δ fYa '6Øfc[YVÀi XY'ghY][Yb"

øgd]f]Yfh'j cb'5b[Y]ei Y'A]`g

8 YhU]`g

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