

MEIN FITNESS

? ØfdYf[Yk]WX h'7U`]gh\ Yb]Wg i bX
 ? i fn\ UbhY`b ! X]Y dYfZY_ hY ? ca V]bUh]c b3

9g`]gh`_Y]b `; Y\Y]a b]gž`XUgg`6Yk Y[i b[`Y]b`HY]`XYg
 @VVYbgh]`g`Y]bYg`YYXYb`gY]b`gc`hY`8]Y` ; fØbXY`cXYf`A ch]j Y
 ZØf`X]Y`5i gØVi b[`_ØbbYb`ZØf`YYXY`DYfgcb`i bHfgWX]YX`]WX
 gY]b`9]b][Y`k c`Yb`UVbY\ a Yb`i bX` ; Yhh]j YfVfYbbYb`9]b][Y
 k c`Yb`A i g`Yb`Ui ZVUi Yb`9]b][Y`k c`Yb` ; Ygi bX\Y]hi bX
 @Y]ghi b[`j YfVYggYfb`I bUV\Ab[][`j ca` ; fi bX`XYg`HfU]b]b[g
 a ØWX hY`YYXYf`XUg`/ Ua d/_ , &&\$/VYghY/ Ua d/_ , &&%/
 HfU]b]b[gdfc[fUa a ``<]Yf`VY[]bbYb`X]Y`DfcV`Ya Y`K Ug`]gh
 XUg`/ Ua d/_ , &&\$/VYghY/ Ua d/_ , &&%/HfU]b]b[3`HUhgUWX Y
]ghž`XUgg`Yg`_Y]b`Y]bn][Yg`HfU]b]b[gdfc[fUa a ` []Vhž`XUg`ZØf
 `YYXY`DYfgcb`i bX`YYXYg`N]Y`[YY][bYh`gh`5bghUh`ni
 j Yfgi WX Ybž`XUg`UVgc`i h`VYghY`HfU]b]b[`ni `Z]bXYbž
 j Yfk YbXYb`G]Y`XUg`HfU]b]b[ž`XUg`ZØf`G]Y`i bX`A`fY`N]Y`Y`Ua
 VYghYb`/ Ua dΛY`]d/



9g`]gh`_Y]b `; Y\Y]a b]gž`XUgg`6Yk Y[i b[`Y]b`HY]`XYg`@VVYbgh]`g
 Y]bYg`YYXYb`gY]b`gc`hY`8]Y` ; fØbXY`cXYf`A ch]j Y`ZØf`X]Y`5i gØVi b[
 `_ØbbYb`ZØf`YYXY`DYfgcb`i bHfgWX]YX`]WX`gY]b`9]b][Y`k c`Yb

UVbY\ a Yb\ i bX\ : Yhhj YfVfYbbYb\ ``9]b][Y\ k c``Yb\ A i g_Y\ b
Ui ZVUi Yb\ ``9]b][Y\ k c``Yb\ ; Ygi bX\ Y]h\ i bX\ @Y]ghi b[`j YfVYggYfb\ ``
I bUV\ \Ab[][`j ca\ ; fi bX\ XYg\ HfU]b]b[g\ a \O\ W\ hY\ YYXYf\ XUg\ VYghY\ HfU]b]b[gdfc[fUa\ a\ ``

<]Yf\ VY[]bbYb\ X]Y\ DfcV\ Ya\ Y``K\ Ug\]gh\ XUg\ VYghY\ HfU]b]b[3
HUhgUW\ Y\]gh\ XUgg\ Yg\ _Y]b\ Y]bn][Yg\ HfU]b]b[gdfc[fUa\ a\][]Vh\ XUg
Z\ O\ f\ YYXY\ DYfgc\ b\ i bX\ YYXYg\ N]Y\ ``[YY][bYh\]gh\ ``5bghUh\ ni
j Yfgi W\ Yb\ XUg\ UVgc\ i h\ VYghY\ HfU]b]b[`ni\ `Z]bXYb\ j Yfk YbXYb\ G]Y
XUg\ HfU]b]b[`zXUg\ Z\ O\ f\ G]Y\ i bX\ \A fY\ N]Y\ Y\ Ua\ VYghYb\ [YY][bYh\]gh\ ``

A Y]bYf\ A Y]bi b[`bUW\]gh\ X]Y\ J Yfk YbXi b[`j cb\ `7U\]gh\ Yb\]W\ i bX\ ?
i fn\ UbhY\ b\]a\ ?\ OfdYf[Yk\]W\ h\ XYf\ VYghY\ K\ Y[`z\ i a\ `Z\ O\ f\ bU\ Yni
YYXYg\ N]Y\ ``ni\ hfU]b]YfYb\ ``I bUV\ \Ab[][`XUj cb\ z\ k Y\ W\ Yg
HfU]b]b[gdfc[fUa\ a\ G]Y\ Z\ O\ f\ f]W\ h[`U\ hYb\ gc\ ``hYb\ g]Y
? OfdYf[Yk\]W\ hg! i bX\ < UbhY\ \OVi b[Yb\ i a\ ZUggYb\ ``<]Yf\]gh\ XYf\ ; fi bX\ ``

6Y]\ , Vi b[` [Y\ h\ Yg\ i a\ `6Yk Y[i b[

K\ Ybb\ A\ YbgW\ Yb\ Ub\ `6Yk Y[i b[`XYb\ _Yb\ X\ Yb\ _Yb\ g]Y\ ``Y]XYf\ Ub\ A i g_Y\ b\ ``8]YgY\ , Vi b[`k\]f\ h\ Ui Z\ X]YgYb\ A i g_Y\ ``8]YgY\ 8Yb\ _k Y]gY\ Yb\ hghUbX\ i bX\ k i fXY\ j cb\ `6cXmVi\]XYfb\ dcdi\ `Af\ [Ya\ UW\ h\ i bX\]gh\ \Yi\ hY\ A\ U]bghfYUa\ ``8Ug\ DfcV\ Ya\]gh\ XUgg\ X]Y\ A\ Y\ f\ Y]h\ XYf\ Gdcfh\ Yf\ _Y]bY\ `6cXmVi\]XYf\ g]bX\ ``

8]Y\ K\ U\ f\ Y]h\]gh\ VY]`6Yk Y[i b[` [Y\ h\ Yg\ i a\ `6Yk Y[i b[``9g\ [Y\ h\ XUfi a\ `z\ \A fYb\ ?\ OfdYf\ YZZ]n]Ybh\ VYk Y[Yb\ `ni\ `_ObbYb\ ``9g\ [Y\ h\Ui\ W\ XUfi a\ `z\ g]W\ i a\ `UbXYfY\ CVY\ _hY\ a\]h\ i b\ hYfgW\]YX\]W\ Yb\ ; Yk\]W\ hYb\ VYk Y[Yb\ `ni\ `_ObbYb\ ``5i\ g\ X]YgYa\ ; fi bX\ Y][bYb\ g]W\ `7U\]gh\ Yb\]W\ i bX\ < UbhY\ b\ Z\ O\ f\ XUg\ ?\ OfdYf[Yk\]W\ h\ \Yfj\ cffU[YbX\ j a\ `XYb\ ?\ OfdYf\ ni\ hfU]b]YfYb\ z\ g]W\ a\]h\ cXYf\ c\ bY\ [Yk\]W\ hY\ hYb\ K\]XYfghUbX\ ni\ `VYk Y[Yb\ ``

? OfdYf[Yk\]W\ h\ `7U\]gh\ Yb\]W\ g\ bX\ dYfZY\ _h\ Z\ O\ f\ XUg\ HfU]b]b[`j cb\ i b[Yk\]W\ hY\ hYb\ `6Yk Y[i b[Yb\ ``

J\]Y\ Y\ A\ YbgW\ Yb\ k i fXYb\ XUfUi\ Z\ h\ fU]b]Yfh\ ni\ [`Ui\ VYb\ XUgg\ ``

6Yk Y[i b[' ; Yk]W\h\YVYb 'i bX '7UfX]c ']gh" J Yfk YbXYb 'G]Y
; Yk]W\h\YVYbži a 'X]Y ? fUZh'ni 'j YfVYggYfb 'i bX 'A i g_Y`b
Ui Zni VUi Yb" 5``Yg 'UbXYfY 'ZÀ ``h]b 'X]Y 'j U[Y ' ? UhY [cf]Y ' 7UfX]c
i bX 'j YfVYggYfh'X]Y < Yfn! 'i bX '@ b[Ybž b_h]cb " 8]Yg ']gh'XYf
ZU`gW\Y 'K Y[ž XufØVYf 'bUW\ ni XYb _Yb"

8 Yb _Yb 'G]Y 'bi f 'Ub 'U``X]Y < YfUi gZcfXYfi b[Yb 'j cb '5fVY]hž Gdcfh
i bX '@VYVbžX]Y 'X]Y : À\][_Y]h'YfZcfXYfbž ÁfYb 'Y][YbYb ' ? ÖfdYf 'ni
VYk Y[Yb " 8]Y 'fYU 'Y 'K Y 'h]ghj c ``Yf < YfUi gZcfXYfi b[YbžX]Y 'b]W\h
]b 'XUg ' ? fUZh'fU]b]b[g! '# 7UfX]c!: cfa Uh'dUggYb " J Yfk YbXYb 'G]Y
U `gc '7U `]gh\Yb]W\ZØf 'XUg ' ? ÖfdYf[Yk]W\hži a 'XYb ' ? ÖfdYf 'gc 'ni
h'fU]b]YfYbžXUgg 'Yf 'g]W\ 'gc 'VYk Y[hžk]Y 'Yf 'g]W\ 'VYk Y[Yb 'gc ``hY
c \bY 'ni gÀhn`]W\Yb 'K]XYfghUbX "

? i fn\UbhY`b 'g]bX 'dYfZY _h'ZØf 'XUg 'HfU]b]b[' [Yk]W\hYhYf
6Yk Y[i b[Yb

8]Y 'UbXYfY '5fhj cb ' < YfUi gZcfXYfi b[YbžXYbYb 'G]Y ']b 'Gdcfhž
5fVY]h'i bX '@VYVb '[Y[YbØVYfghY\YbžYfZcfXYfh'X]Y '6Yk Y[i b[
Y]bYg '[Yk]W\hYhYb 'CVY _hg " 'i bX 'a Y]ghYbg 'k]fX 'X]YgY '6Yk Y[i b[
a]h'VY]XYb ' ; ']YXa U» Yb '[Y]W\ nY]h][ž UVk YW\gY 'bX 'cXYf
UVk YW\gY 'bX 'Ui g[YZØ\ fh " HfU]b]YfYb 'G]Y 'g]W\ 'U `gc 'ZØf 'X]YgY
fYU 'Yb ' < YfUi gZcfXYfi b[Ybž]bXYa 'G]Y ' < UbhY 'b 'U `g '[Yk]W\hYhYb
K]XYfghUbX 'j Yfk YbXYb "

5a 'k Y]hYghYb 'j ca 'fYU 'Yb 'HfU]b]b['YbhZYfbh ']gh'X]Y 'J Yfk YbXi b[
j cb ':]hbYgg[YfÀhYb " K Ybb 'G]Y ']b 'X]YgY 'A UgW\]bYb '[YgW\ bU ``h
g]bXž'h'fU]b]YfYb 'G]Y 'A i g_Y 'bž'b]W\h'6Yk Y[i b[Ybži bX 'j YfVYggYfb
X]Y : À\][_Y]hYb 'XYf 'fYU 'Yb 'K Y 'h 'bi f '[Yf]b[ZØ[][" 'G]Y 'a 'ÖW\hYb
Ui » Yf\U 'V 'XYg ':]hbYggghi X]cg '[fc » Ufh][Y '@Y]ghi b[Yb 'YfVf]b[Ybž
b]W\h'k U\f3

K]Y 'G]Y 'gY \Yb ' _ÖbbYbž]gh'X]Y ' ? ca V]bUh]cb 'Ui g '7U `]gh\Yb]W\ 'i bX
? i fn\UbhY`b 'ja ' ? ÖfdYf[Yk]W\h'dYfZY _hži a 'XYb ' ? ÖfdYf 'gc 'ni
h'fU]b]YfYbžXUgg 'Yf 'g]W\ 'gc k c ``]b '[Yk]W\hYhYb 'U `g 'Ui W\ ']b
i b[Yk]W\hYhYb 'G]hi Uh]cbYb 'VYk Y[h '8]Yg 'j YfVYggYfh'b]W\h'bi f 'X]Y
@Y]ghi b['ZØf 'fYU 'Y ' < YfUi gZcfXYfi b[YbžgcbXYfb 'VUi h 'Ui W\ 'i h
Ui ggY \YbXY ' ? ÖfdYf 'Ui Z' 'i a 'G]Y 'VYggYf 'Ui Z'X]Y

< YfUi gZcfXYfi b[Yb 'XYg' ? ØfdYf[YK]WX hg'i bX 'XYg' < UbhY`hfU]b]b[g
j cfni VYfY]hYbž'k]fX 'A f' ? ØfdYf'X]YgYg' \Àgg']WX Y : Yhh'UVVUi Ybž
Uh\ `Yh]gWX Y 'A i g_Y'b 'Ui ZVUi Yb'i bX 'X]Y '_UfX]cfYgd]fUhcf]gWX Y
5i gXUi Yf'j YfVYggYfb " 'K Ybb 'G]Y 'U`gc 'bUWX 'XYa ' VYghYb
HfU]b]b['gi WX Ybž'g]bX 'G]Y 'VY] '7U']gh\ Yb]Wg'i bX '< UbhY`hfU]b]b['a
? ØfdYf[Yk]WX h[YbUi 'f]WX h]["

≠bgd]f]Yfh'j cb '9XX]Y '@a UI

8 YhU]g

6Ygi WX Yb 'G]Y 'i bg'Ui Z 'a Y]b!Z]hbYgg"bYh