

# MEIN FITNESS

J c fhY]`Y`XYg`Y``]d h]gW Yb`HfU]b ]b [ g

8]Y`; fi bXVYk Y[ i b[ `Y]bYg`9``]dgYbhfU]bYfg`]gh`Y]bY`gUbZhYž  
 Z]Y» YbXY` Ua d/\_ , & \$/[ i h/ Ua d/\_ , & \$/Y``]dh]gW Y  
 6Yk Y[ i b[ ``8]Y`[ Yf]b[ Y`Gw`U[ ZYgh][ \_Y]h`X]YgYf`A UgW ]bYb  
 fYXi n]Yfh`X]Y`6Y`Ughi b[ `XYf`; Y`Yb\_Y`XYg`I bhYf\_ØfdYfg  
 f? bØW Y`ž? b]Y`i bX`< ØZhYb£`Yf\YV`]W "8U`Yg`g]W i a `Y]bY  
 VY`UghYbXY` Vi b[ `UbXY`hž`ZØfXYfh`XUg`Y``]dh]gW Y`HfU]b ]b[  
 XUg`NY``k UWg hia` ]b`XYb`? bcW Yb`XYg`I bhYf\_ØfdYfg`i bX  
 XYf`K ]fVY`gÀi`Y`i bX`\]`Zh`gcž`X]Y`gW k`Aw`YbXYb  
 5i gk ]f\_i b[ Yb`XYf`C ghYcdcfcgY`UVni k Y\`fYb`8]Yg`]gh`Y]b  
 XYi h]W Yf`J cfhY]ž`XYb`9``]dgYbhfU]bYf`[ Y[ YbØVYf`UbXYfYb  
 b]W h`VY`UghYbXYb`HfU]b]b[ g[ YfÀhYb`k ]Y`F i XYf[ YfÀhYb`i bX  
 ghUh]cbÀfYb` U\ffÀXYfb`UVYb`8Yf`UbXYfY`[ fc» Y`J cfhY]ž  
 XYb`9``]dgYbhfU]bYf`[ Y[ YbØVYf`UbXYfYb`HfU]b]b[ g[ YfÀhYb  
 \UVYbž`ghž`XUgg`X]Y`a`Y]ghYb`A cXY`Y`X]Y`A i g\_Y`b`gck c\`  
 XYg`CVYf!`U`g`/ Ua d\Y``]d/



8]Y`; fi bXVYk Y[ i b[ `Y]bYg`9``]dgYbhfU]bYfg`]gh`Y]bY`gUbZhYž  
 Z]Y» YbXY` Ua d/\_ , & \$/[ i h/ Ua d/\_ , & \$/Y``]dh]gW Y`6Yk Y[ i b[ ``8]Y`[ Yf]b[ Y  
 Gw`U[ ZYgh][ \_Y]h`X]YgYf`A UgW ]bYb`fYXi n]Yfh`X]Y`6Y`Ughi b[ `XYf

; Y`Yb\_XYg\_I b\_hYf\_OfdYfg\_fP b\_ØW Y`ž? b]Y\_i bX < ØZhYb\_L\_Yf\YY\]W " "

8 U`Yg\_g]W " i a `Y]bY\_VY\_UghYbXY , Vi b[ `UbXY\_hž\_ZØfXYfh\_XUg  
Y`d h]gW Y`HfU]b]b[ `XUg\_NY`k UW ghi a `]b XYb ? bcW Yb XYg  
I b\_hYf\_OfdYfg\_i bX\_XYf\_K ]fVY`gA\_i `Y\_i bX`\]Zh gcž X]Y  
gW k ÁW YbXYb\_5i gk ]f\_i b[ Yb\_XYf\_C ghYcdcfcgY\_UVni k Y\ fYb"  
8 ]Yg`]gh`Y]b XYi h]W Yf`J cfhY`ž XYb`9`]dgYbhfU]bYf`[ Y[ YbØVYf  
UbXYfYb`b]W h`VY\_UghYbXYb`HfU]b]b[ g[ YfA\_hYb`k ]Y`F\_i XYf[ YfA\_hYb  
i bX`ghUh]cbA\_fYb : U\ ffA\_XYfb `UVYb"

8 Yf`UbXYfY`[ fc» Y`J cfhY`ž XYb`9`]dgYbhfU]bYf`[ Y[ YbØVYf  
UbXYfYb`HfU]b]b[ g[ YfA\_hYb`\UVYbž]ghž\_XUgg`X]Y`a Y]ghYb`A cXY`Y  
X]Y`A i g\_Y`b`gck c\`XYg`CVYf!`U`g`Ui W XYg`I b\_hYf\_OfdYfg  
hU]b]YfYb`8]Yg`ZØ\fh`ni`Y]bYf`\_UfX]cj Ug\_i `AfYb`9ZZ]n]Ybnž`X]Y  
Y]bYb`[ `Y]W k Yfh][ Yb`HfU]b]b[ gYZY\_hk ]Y`UbXYfY  
HfU]b]b[ gZcfa Yb`YfnYi [ hž`YXcW ØVYf`Y]bYb`\_ØfnYfYb`NY]hfUi a "

ɛ[ [ Yf`ni a `6Y]gd]Y`gW k ]b[ Yb`a UbW a U`\_`Y]bY < UbhY`b`VY]a  
ɛ[ [ Ybži a `X]YgY`HfU]b]b[ gYZZ]n]Ybn`ni`YffY]W Yb`8]Yg`k Uf  
k Á\ fYbX`XYg`<Ø\Ydi b\_hg`XYg`ɛ[ [ ]b[ !K U\bg]bbg`]b`XYb`%- , \$Yf  
Á\ fYb`VY`]YVhž`k ]fX`Yi hY`YXcW`]b[ZFY]Yf`K`]XVU\`b`bi f`bcW  
gY`hYb`VYcVUW hYh`J`]Y`Y]W h\UVYb`g]Y`Ui W`YbX`]W  
XYb`5i Zk UbX`b]W hk Yfh`gh`J`]Y`Y]W h\UVYb`g]Y`Ui W`YbX`]W  
[ Ya Yf\_hž`k ]Y`XccZ`g]Y`XUVY]`Ui ggU\Yb`8Yb`G]Y`XUfUbž  
b]Ya UbX`g]Y`h`Ya U`g`XccZ`Ui gž`k Á\ fYbX`Yf`Ui Z`Y]bYa  
9`]dgYbhfU]bYf`Uba i h][ `XUj cbgW fY]hYh`

7fc gg`HfU]b]b[ `a`]h`9`]dgYbhfU]bYfb

7fc gg`HfU]b]b[ `Uh]a `@Ui ZY`XYf`U\ fY`j YfgW ]YXYbY  
6YXYi hi b[ Yb`8]Y`i fgdfØb[ `]W Y`8YZ]b]h]cb`j cb`7fc gg`HfU]b]b[  
k Uf`X]Y`J Yfk YbXi b[ `j cb` , Vi b[ gVYk Y`i b[ Ybž`X]Y`XYf`@Y]ghi b[  
Y]bYg`5h\`YhYb`]b`Y]bYf`VYgh]a a hYb`GdcfhUfh`ni [ i hY`\_Ua Yb`-`  
`YhnhYf`NY]h`k i fXY`X]Y`8YZ]b]h]cb`XU\]b[ Y\YbX`Yfk Y]hYf hž`XUgg  
j YfgW ]YXYbY`7UfX]c! , Vi b[ Yb`Xi fW [ YZØ\fh`k YfXYbž`ni`XYbYb  
Ui W`XUg`HfU]b]b[ `a`]h` Yk ]W hYb`[ Y\OfYb`\_Ubb`

K`Ybb`G]Y`Δ`fY`?cbX]h]cb`ZØf`Y]bYb`Gdcfh`Ui ZFYW hYf\U`hYb

a ØW hYbž\_ØbbYb'9``]dgYbhfU]bYf`Δ fY`<YfnZfYe i Ybn`gW bY``  
Yf\Ø\Yb`i bX`G]Y`]b`Y]bYa`[ i hYb`\_UfX]cj Ug\_i`ΔfYb`Ni ghUbX  
\U`hYb": Øf`B ]W h!5h\`YhYbžX]Y`bi f`Zjh`V`Y]VYb`i bX`Y]b`dUUf`?`]`c  
UVbY\ a Yb`a ØW hYbžVf]b[ h`G]Y`Y]b`UVk YW gY`bXYf`HfU]b]b[ ghU[  
nk ]gW Yb`; Yk ]W h\YVYb`i bX`&\$!a ]bØh][ Yb`HfU]b]b[ gY]b\Y]hYb  
a ]h`Y]bYa`9``]dgYbhfU]bYf`ni a`N]Y``

I bUV\Āb[ ][`j cb`XYf`8YZ]b]h]cb`XYg`7fcgg!HfU]b]b[ g`\_ØbbYb`G]Y  
g]W Yf`gY]bžXUgg`XUg`7fcgg!HfU]b]b[ `a ]h`Y]bYa`9``]dgYbhfU]bYf  
dUggh`Δ fY`8YZ]b]h]cb`

øgd]f]Yfh`j cb`F ]W F c`Ug

8 YhU]`g

6Ygi W Yb`G]Y`i bg`Ui Z`a Y]b!Zjh`Ygg"bYh