

MEIN FITNESS

8]Y 'F c ``Y 'j c b ' ? c \ `Y b \ mXfUhY b ' ZØf
 5 i gXUi YfUh\ `Y hY b

8]Y '9fbÀ\ fi b['gd]Y`h`Y]bY 'Yb hgWY Y]XYb XY 'F c ``Y 'ja 'HfU]b]b[
 i bX 'K Yhh_Ua dZj cb '5i gXUi YfUh\ `Y hY b ' `bgVYgc bXYfY 'X]Y
 ?c \ `Y b \ mXfUhUi Zb U\ a Y '\ Uhg]WY 'U'g 'Y]b 'nYb hfU 'Yg '9 'Ya Ybh
 ZØf 'X]Y '@Y]ghi b[gZÀ\][_Y]h 'Yfk]YgYbž 'XU 'g]Y 'a U» [YV 'WY 'X]Y
 ; `m_c [Yb gdY]WY Yf 'i bX 'XUa]h 'X]Y '9b Yf[]Yj YfZØ[VUF_Y]h
 k À\ fYbX 'jbhYbg]j Yf '_OfdYf]WY Yf '6Y 'Ughi b['VYY]bZi ggh ' `bg
 XYb ' `YhnhYb ' `U\ fYb ' `UVYb 'k]ggYbgWY UZh]WY Y 'Ghi X]Yb
 [YnY][hž 'XUgg 'X]Y 'd \ mg]c 'c []gWYb ' ; fi bX 'U[Yb 'XYf
 ?c \ `Y b \ mXfUhUi Zb U\ a Y 'Y]b 'h]YZg 'J YfghÀbXb]g 'XUfØVYf
 YfZcfXYfbž 'k]Y 'A U_fcbÀ\ fgfc ZZY 'X]Y 'A i g_i 'Uhí f 'i bX 'XYb
 Ghc ZZk YWY gY 'i b hYfghØhnYb " '8]Y 'C dh]a]Yfi b['XYf
 ; `m_c [Yb gdY]WY Yfi b['j cf 'K Yhh_Àa dZYb ']gh 'XUVY] 'Y]b
 ghfUhY []gWY Yf '5bgUhnž 'XYf 'Xi fw ' [Yn]Y 'hY
 9fbÀ\ fi b[g]b hYfj Ybh]cbYb 'i bX 'lghfUhY []Yb 'YffY]WY h 'k YfXYb
 _Ubb " '8 UfØVYf ' \]bUi g 'k YfZYb ' @Jb [nY]hghi X]Yb 'Y]b Yb
 _f]h]gWY Yb '6 ']W 'Ui Z 'X]Y '5i gk]f_i b[Yb 'Y]b Yf
 _c \ `Y b \ mXfUhY]WY Yb '9fbÀ\ fi b['Ui Z / Ua d \ Y ']d /



8]Y '9fbÀ\ fi b['gd]Y`h`Y]bY 'Yb hgWY Y]XYb XY 'F c ``Y 'ja 'HfU]b]b['i bX

K Yhh_Ua dZj cb'5i gXUi YfUh\`YhYb"·þgVYgcbXYfY·X]Y
?c\`Yb\mXfUhUi ZbU\ a Y\`Uh\g]W\`U\g\Y]b'nYbhU\Yg\9\Ya Ybh\Z\0f\X]Y
@Y]ghi b[gZ\A\][_Y]h\Yfk]YgYbž\XU\g]Y\ a U» [YV\]W\`X]Y
; `m_c[YbgdY]W\`Yf\ i bX\XUa]h\X]Y\9bYf[]Yj YfZ\0[VUf\Y]h\k \A\fYbX
]bh\Ybg]j Yf_\0fdYf\]W\`Yf\6Y\Ughi b['VYY]bZi ggh"·þ\`XYb ``Yhnh\Yb
þ\`fYb \UVYb\k]ggYbgW\`UZh\]W\`Y\Ghi X]Yb [YnY][h\`XUgg\X]Y
d\mg]c\c[]gW\`Yb\; fi bX\U[Yb\XYf\?c\`Yb\mXfUhUi ZbU\ a Y\Y]b
h\Y\Z\Yg\J Yfgh\Ab\Xb]g\XUf\0VYf\YfZ\cfXYfbž\k]Y\A U_fcb\A\fghc\Z\Y\X]Y
A i g_i\Uhi f\ i bX\XYb\Ghc\Z\k YW\`gY\ i bh\Yfgh\0hn\Yb\8]Y\Cd\h]a]Yfi b[
XYf\; `m_c[YbgdY]W\`Yfi b['j cf\K Yhh\Aa dZ\Yb]gh\XUVY]Y]b
ghfUh\Y[]gW\`Yf\5bgUh\z\XYf\Xi fW\`[Yn]Y\h\Y
9fb\A\f\ i b[g]bh\Yfj Ybh\cb\Yb\ i bX\!ghfUh\Y[]Yb\YffY]W\`h\k YfXYb_\Ubb\"
8Uf\0VYf\ \]bUi g\k YfZ\Yb\@Ub[nY]hghi X]Yb\Y]b\Yb_\f]h\gW\`Yb\6\]W\`Ui Z
X]Y\5i gk]f_i b[Yb\Y]b\Yf_\c\`Yb\mXfUh\Y]W\`Yb\9fb\A\f\ i b['Ui Z\X]Y
; YgUa h\Y]ghi b['j cb\5i gXUi YfUh\`YhYb"·þ\`X]YgYa\5fh_\Y\`
UbU\mg]YfYb\k]f\X]Y\A YW\`Ub]ga Yb\ i bX\GhfUh\Y[]Ybž\X]Y\ ni f
I bh\Yfgh\0hni b['j cb\5h\`YhYb\]b\]h\Yf\@Y]ghi b['VY]h\YfU[Yb_\0bb\Ybž
i bX\VYh\YfUW\`h\Yb\X]Y\`Ub[Z\Yf]gh\]Yb\ c\`[Ybž\X]Y\g]W\`Ui g\Y]b\Yf
gc\`W\`Yb\9fb\A\f\ i b['Yf[YVYb"

8]Y\`d\mg]c\c[]gW\`Yb\; fi bX\U[Yb\XYf\?
?c\`Yb\mXfUhUi ZbU\ a Y\`VY]
5i gXUi YfUh\`YhYb

8]Y\`?c\`Yb\mXfUhUi ZbU\ a Y\`gd]Y\`h\Y]b\Y\`Yb\hgW\`Y]XYbXY\`F\c\`Y\`]b
XYf\`d\mg]c\c[]gW\`Yb\@Y]ghi b[gZ\A\][_Y]h\j cb\5i gXUi YfUh\`YhYb"
?c\`Yb\mXfUh\Y\g]bX\XYf\df]a \A\Yf\9bYf[]Y\`YZ\YfU\h\k \A\fYbX
]bh\Ybg]j Yfž\`Ub[Ub\U\h\Yb\XYf_\0fdYf\]W\`Yf\5\h\j]h\A\h\Yb"\`A\fY
6YXYi hi b['k]fX\]bgVYgcbXYfY\Xi fW\`X]Y\`HUhgUW\`Y\`i bh\Yfghf]W\`Ybž
XUgg\g]Y\`a\`J Yf['Y]W\`ni\`Yh\Yb\Y]b\Y\`gW\`b\Y\`YfY\9bYf[]Ye\`Y\`Y
XUfgh\Y\`Ybž\k Ug\Z\0f\5i gXUi Yfgdc\fh\Uf\h\Yb\k]Y\`A UfUh\`cb\`Ui Z\`
F UXZU\`fYb\c\XYf\Hf]Uh\`cb\`i b\Yf\`Agg\]W\`]gh"

8]Y\`5gg]a\`U\h]cb\`j cb\`?c\`Yb\mXfUh\Yb\`VY[]bbh\`a\`A i bXž\k c\`XYf
GdY]W\`Y\`ž]bgVYgcbXYfY\Xi fW\`XUg\`9b\`nma\`5a m\`UgYž\X]Y
NYfgYhni b['j cb\`Gh\A\`f\`Y\`]b\`Y]b\ZUW\`YfY\`Ni W\`Yf\`Y]b\`Y]h\Yh\`8]YgY
I a k UbX\`i b['gYhnh\g]W\`]a\`A U[Yb\`i bX\`ja\`8\`Obb\XUfa\`Zc\fhž\k c\`X]Y

?c\`Yb\mXfUhY`Ui Z[YgdU`hYb`i bX`UbgW\`]Y» YbX`]b`X]Y`6`i hVU\b
Ui Z[Ybca a Yb`k YfXYb"<`<]YfVY]`]gh`X]Y`5i ZbU\`a Y[YgW\`k]bX][_Y]h
j cb`j YfgW\`]YXYbYb`Ni W\`YfUfhYb`i b\`hYfgW\`]YX`]W\`"9]bZUW\`ni W\`Yf
k]Y`; `i _cgY`i bX`fi _hcgY`k YfXYb`gW\`bY``Yf`fYgcFV]Yfh`U`g
_ca d`YI Y`?c\`Yb\mXfUhY"

9]b`k]W\`h][Yf`d\`mg]c`c[]gW\`Yf`5gdY_h`]gh`X]Y`F c``Y`XYf
=bgi`]bgY_fYh]cb`"8]Y`9]bZ\`fi b[`j cb`?c\`Yb\mXfUhYb`Yf\`O\h`XYb
6`i hni W\`Yfgd]Y[Y`z`k Ug`ni `Y]bYf`Yf\`O\hYb`=bgi`]bdFcXi _h]cb
Z\`fh`"=bgi`]b`Z\`fXYfh`b]W\`h`b`f`X]Y`GdY]W\`Yfi b[`j cb`; `i _cgY`]b
: cfa`j cb`; `m_c[Yb`]b`@YVYf`i bX`A i g_Y`nY``Yb\`gcbXYfb`gd]Y`h
Ui W\`Y]bY`F c``Y`VY]`XYf`FY[i `Uh]cb`XYg`; YhhghcZ\`k YW\`gY`g"
8 UXi fW\`Yb`hghY\`h`Y]bY`6U`UbW\`nk]gW\`Yb`XYf`Ui ggW\`]Y`]W\`Yb
Bi hni b[`j cb`?c\`Yb\mXfUhYb`i bX`XYf`9]bVYn]Y\`i b[`j cb`; Yhh`U`g
9bYf[]Yei Y``Yz`k Ug`Z\`f`5i gXUi YfUh\`YhYb`j cb`Yb`hgW\`Y]XYbXYf
6YXYi hi b[`]gh"

8]Y`; `m_c[Yb`U[Yf`g]bX`X]Y`k]W\`h][ghYb`9bYf[]YgdY]W\`Yf`Z\`f
5i gXUi YfUh\`YhYb`"8]Y`A i g_i `Uh`f`_Ubb`Y]bY`Yf\`YV`]W\`Y`A Yb[Y
Ub`; `m_c[Yb`gdY]W\`Yfb\`k cVY]`X]Y`; YgUa ha Yb[Y`Xi fW\`U`hcfYb
k]Y`A i g_Y`a UggY\`HfU]b]b[`i bX`X]Y`<\`O\Y`XYf
?c\`Yb\mXfUhUi ZbU\`a Y`VYY]bZi ggh`k]fx``9]bY`\`O\YfY
; `m_c[YbgdY]W\`Yfi b[`c`ffY`]Yfh]b`XYf`FY[Y``a`]h`Y]bYf
[YghY][YfhYb`5i gXUi Yf`Y]ghi b[z`XU`X]Y`5h\`YhYb`]\`fY`9bYf[]Y
YZZY_h]j Yf`bi hnYb`_ObbYb\`VYj cf`9fgW\`OdZ`b[`Y]bhf]hh"

8]Y`5Vgcfdh]cb`j cb`?c\`Yb\mXfUhYb`]gh`ni XYa`j cb`XYf`5fh`XYf
?c\`Yb\mXfUhY`UV\`Ab[][``Ni`XYb`k]W\`h][ghYb`?UhY`cf]Yb
[Y\`O\Yb.

- 9]bZUW\`ni W\`Yf. `i _cgY\`z`fi _hcgY\`z`U`U`hcgY
- ?ca d`YI Y`?c\`Yb\mXfUhY. `Gh\`f`Y\`6U``UghghcZ\`Y
- Ni g\`hn`]W\`Y`E i Y``Yb. `Gdcfh[Yhf\`Ab`_Y\`z`Y`g\`F]Y[Y`

8]Y`=b\`hYfU_h]cb`nk]gW\`Yb`XYf`5fh`i bX`A Yb[Y`XYf
Ui Z[Ybca a YbYb`?c\`Yb\mXfUhY`U`h`X]fY`hY`5i gk]f`i b[Yb`Ui Z
X]Y`6`i hni W\`Yfk YfhY`i bX`X]Y`9bYf[]Yf`Y]gYhni b[``9]b`cdh]a U`Yf
6`i hni W\`Yfgd]Y[Y``]gh`Z\`f`X]Y`5i Z\`YW\`hYf\`U`hi b[`XYf`_O\fdYf`]W\`Yb

@Y]ghi b[gZÀ\][_Y]h'i bX'X]Y'J Yfa Y]Xi b['j cb'A ØX][_Y]h'b
`Àb[YfYb'K Yhh_Ua dZj YfUbghU'hi b[Yb'i bUVX]b[VUF"

8]Y'd\mg]c'c[]gWX Yb'; fi bX'U[Yb'XYf'? c\`Yb\mXfUhUi ZbU\ a Y
nY][Yb'Ui WXž'k]Y'k]WX h]['XYf'NY]hd i b_h'XYf
? c\`Yb\mXfUhUi ZbU\ a Y']gh" 8]Y'DfÀ! 'i bX'Dcgh!K cf_ci h
9fbÀ\fi b['_Ubb'XUfØVYf'Yb hgWX Y]XYbž'k]Y'YZ]n]Ybh'X]Y
? c\`Yb\mXfUhY'j YfUfVY]hYh'k YfXYb'i bX'k Y'WX Y'9bYf[]Ya Yb[Yb
k À\fYbX'XYg'K Yhh_Ua dZYg'ni f'J YfZØ[i b['ghY\Yb" <]Yfni
Ya dZ]Y\`hg]WX'X]Y'5bk YbXi b['XYf' [`mWC[Yb'k]bXck'h\Ycfm ž
X]Y'VYgU[hž'XUgg'XYf'? ØfdYf'bUWX']b hYbg]j Yb'HfU]b]b[gY]b\Y]hYb
VYgbXYfg'Ui ZbU\ a YZÀ\]['ZØf'? c\`Yb\mXfUhY']gh"

8 Ug'J Yf\À`hb]g'j cb'; 'i _cgY'ni ': fi _hcgY]b[Gdcfh[YhfÀb_Yb'\UH
YYVYbZU`g'g][b]Z_UbhY'9ZZY_hY'Ui Z]X]Y'5i ZbU\ a Y'i bX'XYb'Bi hnYb
XYf'? c\`Yb\mXfUhY'Ghi X]Yb'nY][Ybž'XUgg'X]Y'A]gWX i b['Ui g
X]YgYb'VY]XYb'Ni W_YfUfhYb'X]Y'5i ZbU\ a Y[YgWX k]bX][_Y]h'a
8 Ufa 'i bX'gca]h'X]Y'j YfZØ[VUfY'9bYf[]Y'ZØf'XYb'Gdcfh`Yf
Yf\YV']WX'ghY][Yfb'_Ubb" 8 UfUi g'Yf[]Vh'g]WX'Y]b'Yf\YV']WX Yf
J cfhY]'VY]XYf'@Y]ghi b[gghY][Yfi b["

8]Y'XYhU]`]YfhY'6YhfUWX hi b['XYf'd\mg]c'c[]gWX Yb'; fi bX'U[Yb'XYf
? c\`Yb\mXfUhUi ZbU\ a Y'`Y[h'X]Y'6Ug]g'ZØf'gdYn]Z]gWX Y
9fbÀ\fi b[gghfUhY[]Ybž'X]Y'5i gXUi YfUh\`YhYb'\Y'ZYbž']\fY
@Y]ghi b[gZÀ\][_Y]hni 'a UI]a]YfYb'i bX'g]WX'cdh]a U'Ui Z
K Yhh_Àa dZY'j cfni VYfY]hYb"

GhfUhY[]Yb'ni f'Cdh]a]Yfi b['XYf
; `m_c[Yb gdY]WX Yfi b['j cf'K Yhh_Àa dZYb

8]Y'; `m_c[Yb gdY]WX Yfi b['j gh'ZØf'5i gXUi YfUh\`YhYb'j cb
Yb hgWX Y]XYbXYf'6YXYi hi b[ž'XU'g]Y'XYb'9bYf[]YVYXUfZk À\fYbX
`Ub[Yf'K Yhh_Àa dZY'i bX'HfU]b]b[gY]b\Y]hYb'XYW_h'9]bY[Yn]Y'hY
Cdh]a]Yfi b['X]YgYf'GdY]WX Yf'_Ubb'Y]bYb'g][b]Z_UbhYb'9]bZi gg
Ui Z]X]Y'gdcfh]WX Y'@Y]ghi b['Ui gØVYb" 8]Y'Zc'[Yb XYb'GhfUhY[]Yb
g]bX'k]ggYbgWX UZh]WX'Z bX]Yf' i bX'_ØbbYb'5h\`YhYb'XUVY]'\Y'ZYbž
]\fY'; `m_c[Yb gdY]WX Yf'j cf'K Yhh_Àa dZYb'ni 'a UI]a]YfYb"

- ? c\`Yb\ mXfUhVY`UXi b[. '9]bY`Yf\`O\ hY`Ni Z\ f`j cb
 ? c\`Yb\ mXfUhYb`]b`XYb`HU[Yb`j cf`Y]bYa`K Yhh_Ua dZ_Ubb
 X]Y` ; `m_c[YbgdY]WYf`g][b]Z_Ubh`Ub\YYb`'9g`Ya dZ]Y\`h
 g]W\`Yh\ U`+\$!, \$i`XYf`h\`[`]W\`Yb`?U`cf]Yb`Ui g
 ? c\`Yb\ mXfUhYb`ni`VYn]Y\`Yb"
- HUdYf]b[. '8]Y`F YXi n]Yfi b[`XYg`HfU]b]b[gi a ZUb[g`j cf
 XYa`K Yhh_Ua dZ`[YdUUfh`a]h`Y]bYf`Yf\`O\ hYb
 ? c\`Yb\ mXfUhUi ZbU\`a Y\`Z\`fXYf`X]Y
 ; `m_c[YbUbgbUa a`i b[`]b`XYb`A i g_Y`b"
- H]a]b[`XYf`? c\`Yb\ mXfUhUi ZbU\`a Y`GhfUhY[]gW
 d`Uhn]YfhY`? c\`Yb\ mXfUhUi ZbU\`a Yb\`]bgVYgc`XYf`Y
 i ba]hhY`VUF`bUW`XYa`HfU]b]b[\`j YfVYggYfb`X]Y
 ; `m_c[Ybgmbh\`YgY`Ui Z[fi bX`XYf`Yf\`O\ hYb
 \`bgi`]bYa dZ]bX`]W\`_Y]h`XYf`A i g_Y`b`k A\fYbX`X]YgYf`NY]h"

9]bY`XYf`YZZY`h]j ghYb`A Yh\cXYb`ni f`? c\`Yb\ mXfUhVY`UXi b[.`gh
 XUg`gc[YbUbhbY` 7UfV!@cUX]b[" `<]YfVY`_ObbYb`5h\`YhYb`Y]b
 gdYn]ZgW\`Yg`Dfc\`c`VYz`[Yb\`k Y`W\`Yg`]b`XYb`YhnhYb`XfY]
 HU[Yb`j cf`XYa`K Yhh_Ua dZ`Y]bYb`5bgh]Y[`XYf
 ? c\`Yb\ mXfUhni Z\ f`j cfg]Y\`h`5W\`hYb`G]Y`XUfUi Z\`XUgg`X]Y
 ? c\`Yb\ mXfUhY`Ui g`Y]bYf`J]Y`nU\`j cb`E i Y``Yb`ghUa a Yb.

@YVYbga]hhY`e i Y``Y

? c\`Yb\ mXfUh[Y\`U`h`dfc`%\$[\$

J c``_cfbbi XY`b	+)[
F Y]g	, \$[
? UfhcZZY`b	%+[
6UbUbYb	&\$[
< UZYfZcW\`Yb	*)[

Ni g\`h\`]W\`ni f`? c\`Yb\ mXfUhUi ZbU\`a Y`gd]Y`h`X]Y`< mXfUhUh]cb
 Y]bY`k YgYbh\`]W\`Y`Fc``Y`VY]`XYf` ; `m_c[YbgdY]WYf`i b[" ``9]bY
 Ub[Ya`YggYbY` : `Ogg][_Y]hgni Z\ f`gcf[h`XUZ\`f\`XUgg`X]Y
 ; `m_c[Yba`c`Y_\`Y`cdh]a`U`][a`A i g_Y`[Yk`YVY`[YVi`bXYb`k`YfXYb
 _ObbYb`'9]b`K`UggYfa`Ub[Y``_Ubb`X]Y` : A\`][_Y]h`XYg`?`ObdYfg\`
 ; `m_c[Yb`ni`gdY]WYfb\`Yf\`YV`]W\`Y]bgW\`f\`A`b\`Yb"

8]Y`6Yf\`W\`g]W\`h][i b[`XYf`]bX]j]Xi`Y``Yb`

? c\`Yb\ mXfUhj`Yf\`h\`A`[`]W\`_Y]h`gh`YVYbZU`g`k`]W\`h][" ``8]Y

F YU_ h]cb 'Ui ZbYi Y '9fbÀ\ fi b[ga Yh\cXYb '_Ubb 'j Uf]]YfYbž'k Yg\U\V
5h\`YhYb 'j YfgW]YXYbY GhfUhY []Yb 'b XYf 'HfU]b]b[gd\UgY 'hYghYb
gc``hYbž'i a 'X]Y 'ZØf'g]Y 'Ua 'VYghYb '[YY][bYhY 'A Yh\cXY 'ni 'Z]bXYbž
c\bY 'X][Ygh]j Y 'DfcV 'Ya Y 'cXYf 'I bk c\`gY]b 'ni 'f]g_]YfYb"

8 UfØVYf '\]bUi g '_Ubb 'X]Y '9]bbU\ a Y 'j cb '@! 7 Ufb]h]b 'U`g
9f[Àbni b['b XYf '7 UfV! @cUX]b[!D\UgY 'X]Y ; `m_c[YbgdY]W Yfi b[
i b hYfghØhnYb ''@! 7 Ufb]h]b '_Ubb '\Y 'Zbž'X]Y '9bYf[]YdfcXi _h]cb
]bbYf \U'V 'XYf 'NY ``Yb 'ni 'cdh]a]YfYb 'i bX 'X]Y 'J Yfk Yfhi b['j cb
: YhhgÀi fYb 'ni 'j YfVYggYfbž'k cXI fW X]Y ; `m_c[YbgdY]W Yf
[YgW W cbh'k YfXYb"

8]Y 'I a gYhni b['X]YgYf 'GhfUhY []Yb 'YfZcfXYfh 'Y]bY 'gc f[ZÀ`h][Y
D'Ubi b['i bX 'bX]j]Xi U`g]Yfi b[''5h\`YhYb 'gc ``hYb 'Yb ['a]h'Y]bY a
9fbÀ\ fi b[gVYfUhYf 'ni gUa a YbUfVY]hYbž'i a 'Y]bYb
dYfgc bU`g]YfhYb 'D'Ub 'ni 'Ybhk]W_Y 'bž'XYf 'Ui Z]\fY 'gdYn]ZgW W Yb
6YXØfZb]ggY 'i bX 'K Yhh_Ua dZh]Y 'Y 'UV[Ygh]a a h'gh"

@Ub[Zf]gh][Y '5 i gk]f_i b[Yb 'Y]bYf
_c\`Yb \mXfUhfY]W Yb '9fbÀ\ fi b['Ui Z'X]Y
@Y]ghi b['j cb '5 i gXUi YfUh\`YhYb

8]Y ``Ub[Zf]gh][Y '9fbÀ\ fi b['j cb '5 i gXUi YfUh\`YhYb ']gh'Y]b
YbhgW Y]XYbXYf : U_hcf 'ZØf ']\fY '@Y]ghi b[gZÀ\][_Y]h'i bX
; Ygi bX\Y]h''6YgcbXYfg 'X]Y 'Ni Z\ f'j cb '?c\`Yb \mXfUhYb 'gd]Y'h
Y]bY 'k YgYbh']W Y 'F c ``Yž'XU'g]Y 'X]Y 'df]a ÀfY '9bYf[]Yei Y ``Y 'ZØf
UYfcVY '5_h]j]hÀhYb 'XUfghY ``h' Gh]X]Yb 'nY][Ybž'XUgg 'Y]bY
_c\`Yb \mXfUhfY]W Y '9fbÀ\ fi b['b]W h'bi f'X]Y ; `m_c[YbgdY]W Yf
a UI]a]Yfhž'gcbXYfb 'Ui W 'j YfgW]YXYbY 'd\mg]c`c[]gW Y
5bdUggi b[Yb '\Yfj cffi ZYb '_Ubbž'X]Y 'g]W 'dcg]h]j 'Ui Z'X]Y
gdcfh']W Y '@Y]ghi b['Ui gk]f_Yb"

9]b 'k]W h][Yf '5gdY _h']gh'X]Y 'J YfVYggYfi b['XYf ; `m_c[Yb!
Gmbh\ YgY ''5h\`YhYbž'X]Y 'ØVYf 'Y]bYb ``Àb[YfYb 'NY]hfu a ']\bk Y[
Y]bY '_c\`Yb \mXfUhfY]W Y '?cghni 'g]W 'bY\ a Ybž'nY][Yb 'cZhY]bY
YZ]n]YbhYfY 'I a k UbX'i b['j cb ; 'i _cgY']b ; `m_c[Yb "8]Yg 'ZØ\ fh'ni
Y]bYf 'gW bY ``YfYb '9f\c'i b['bUW 'b hYbg]j Yb 'HfU]b]b[gY]b\Y]hYb

i bX'Y]bYf'[YghY][YfhYb '@Y]ghi b[gZÀ\][_Y]h'k À\fYbX
 K Yhh_Àa dZYb"8]Y': cfgW&i b['\Uh'[YnY][h'XUgg'5h`YhYbžX]Y
 fY[Y'a À»]['Y]bY'\c\Y?c\`Yb\mXfUhni Z \f'\UVYbžØVYf
 j YfVYggYfhY'; `m_c[YbfYgYfj Yb'j YfZØ[Ybžk Ug']\bYb'Yf'Ui Vhž
 'Àb[Yf'VY]\Ø\YfYb'bhYbg]hÀhYb'ni 'hfU]b]YfYb"

Ni gÀhn]W& 'ZÒfXYfb '?c\`Yb\mXfUhY'X]Y : Yhhj YfVfYbbi b['VY]
 5i gXUi YfVY'Ughi b[Yb"9]bY'Ui gfY]W& YbXY'Ni Z \f'j cb
 ?c\`Yb\mXfUhYb'Yfa Ø['W& h'Yg'XYa '?ØfdYfžYZZ]n]YbhYf'nk]gW& Yb
 ; `m_c[Yb'i bX: YhhU'g'6fYbbghcZZei Y''Y ni 'k YW& gY'b"8]Yg']gh
 VYgcbXYfg'j cfhY]\UZhžXU'Yg'XYb'5h`YhYb'\]ZhžX]Y
 9bYf[]YVYfY]hghY''i b['ni 'cdh]a]YfYb'i bX'9fa ØXi b[
 \]bUi gni nØ[Yfb"8]Y'Zc'[YbXY'HUVY''Y'ghY''h'Y]b][Y'XYf
 k]W& h][ghYb'JcfhY]Y'Y]bYf'_c\`Yb\mXfUhfY]W& Yb'9fbÀ\f b[
 \]bg]W& h]W& 'XYf'9bYf[]YVYfY]hghY''i b['XUF.

J cfhY`

6YgW& fY]Vi b[

J YfVYggYfhY'; `m_c[Yb! GmbH\YgY	9f\Ø\hY'; YgW&k]bX][_Y]h'XYf ; `m_c[YbV]Xi b['bUW&'XYa HfU]b]b["
C dh]a]Yfi b['XYf 9bYf[]YYZZ]n]Ybn	J YfVYggYfhY'; À\][_Y]hž: YhhU'g 9bYf[]YhfÀ[Yf'ni 'bi hnYb"
9f\Ø\hY'; YgUa h'Y]ghi b[J YfVYggYfhY '@Y]ghi b['ØVYf 'Àb[YfY'NY]hfÀi a Y"
GW&bY''YfY'9f\c'i b[gnY]hYb	F YXi n]Yfi b['XYf'9f\c'i b[gnY]h bUW&']bhYbg]j Yb'9]b\Y]hYb"

9]b'k Y]hYfYf'Ub[Zf]gh][Yf'9ZZY_h'Y]bYf'_c\`Yb\mXfUhfY]W& Yb
 9fbÀ\f b['gh'X]Y'I b hYfghØhni b['XYg'æ a a i b gmghYa g"8U
]bhYbg]j Y'6Y'Ughi b[Yb'XUg'æ a a i bgmghYa 'gW&k ÀW& Yb' _ØbbYbž]gh
 Yg'k]W& h][ž'Y]bY'9fbÀ\f b['ni 'k À\`YbžX]Y'fY]W& 'Ub
 ?c\`Yb\mXfUhYb'i bX'BÀ\fghcZZYb']gh"?c\`Yb\mXfUhUfa Y'8]ÀhYb
 \]b[Y[Yb'g]bX'cZh'a]h'Y]bYf'\Ø\YfYb'F UhY'Ub'J Yf'Yhni b[Yb'i bX
 ?fUb_\Y]hYb'VY]Gdcfh'Yfb'j YfVi bXYb"8i fW& XYb'k]W& h][Yb
 6Y]hfU['j cb'?c\`Yb\mXfUhYb' _ØbbYb'Gdcfh'Yf']\fY'æ a i bUbhk cfh
 ghÀf_Yb'i bX'g]W& 'VYggYf'[Y[Yb']bZY_h]ØgY'9ffY[Yf'k UddbYb"

8UfØVYf'\]bUi g'nY][h'X]Y : cfgW&i b[ž'XUgg'Y]bY

_c\`Yb\mXfUhfY]W\Y\9fb\`fi b[`Ui W\`dcg]h]j Yb\9]bZi gg\`Ui Z\X]Y\`
gdgmW\]gW\Y\`; Ygi bX\Y]h]j cb\5i gXUi YfUh\`YhYb\`Uh"
?c\`Yb\mXfUhY\Z\ofXYfb\X]Y\`DfcXi _h]cb\`j cb\`GYfchcb]bZ\Y]bYa
B\Yi fchfUbga]hhYf\`XYf\`Z\of\`XUg\`K c\`VYZ]bXYb\`i bX\X]Y\`Gh]a a\`i b[
j YfUbhk cfh]W\`gh\`9]bY\`ghUV]Y\`Gh]a a\`i b[g\`U[Y\`gh\`i bYf\`Agg\`W\`ž
i a\`]a\`HfU]b]b[`a ch]j]Yfh\`ni \`V\`Y]VYb\`i bX\XUg\`F]g]c\`j cb
`VYfhfU]b]b[`ni `a]b]a]YfYb\`5h\`YhYbZ\X]Y\`fY[Y\`a \`A»][
_c\`Yb\mXfUhfY]W\Y\`@VVYbga]hhY\`_cbgi a]YfYbZ\`VYf]W\`hYb\`j cb
Y]bYf\`VYggYfYb\`dgmW\]gW\`Yb\`GhUV]`h\`h\`i bX\`?cbnYbhfUh]cb
k \`A\`fYbX\`XYg\`K Yhh_Ua dZYg"

B]W\`h\`ni \`Yhnh\`Uh\`X]Y\`Ub[Zf]gh][Y\`Ni \`f\`j cb\`?c\`Yb\mXfUhYb
Ui W\`5i gk]f_i b[Yb\`Ui Z\X]Y\`? \`OfdYfni gUa a YbgYhni b[`j cb
5i gXUi YfUh\`YhYb\`8]Y\`f]W\`h][Y\`6U\`UbW\`nk]gW\`Yb
?c\`Yb\mXfUhYbZ\`Dfc\`hY]bYb\`i bX\`YhhYb\`_Ubb\`Y\`Z\`YbZ\X]Y\`
A\`i g\`Y\`a UggY\`ni \`Yf\`U\`hYb\`i bX\`[`Y]W\`nY]h][`XYb\`? \`OfdYf\`Z\`Yh\`Ub\`hY\`
ni `a]b]a]YfYb\`9]bY\`_c\`Yb\mXfUhfY]W\Y\`9fb\`fi b[\`Z\`O\`fh\`ni
Y]bYa \`VYggYfYb\`? \`OfdYf[Yk]W\`h\`i bX\`_Ubb\`gca]h\`XUni \`VY]h\`fU[YbZ
@Y]ghi b[gbUW\`hY\`Y\`ni \`j Yfa Y]XYbZ\X]Y\`Xi fW\`ØVYfgW\`Øgg][Yg
? \`OfdYf\`Z\`Yh\`Yb\`h\`hY\`Yb\`_Ob\`b\`hYb\`

\`b\`g[YgUa h\`]gh\`X]Y\`Ub[Zf]gh][Y\`?c\`Yb\mXfUhUi ZbU\`a Y\`Z\`O\`f
5i gXUi YfUh\`YhYb\`Yb\`hgW\`Y]XYbXZ\`b]W\`h\`bi f\`i a\`X]Y\`@Y]ghi b[`]b
K Yhh\`Aa dZYb\`ni \`ghY][YfbZ\`gc\`bXYfb\`Ui W\`i a\`X]Y\`U\`[Ya Y]bY
; Ygi bX\`Y]h\`i bX\`XUg\`K c\`VYZ]bXYb\`ni \`Z\`ofXYfb\`5i g\`X]YgYa\` ; fi bX
gc\`hYb\`5h\`YhYb\`Y]bY\`[i h\`[Yd\`UbhY\`9fb\`fi b[gghfUhY\`[]Y
j YfZc\`[YbZ\X]Y\`fY]W\`Ub\`_ca d\`YI Yb\`?c\`Yb\mXfUhYb\`]gh\`i a
cdh]a U\`Y\`9f[YVb]ggY\`ni \`Yfn]Y\`Yb\`

8 YhU]g

6 Ygi W\`Yb\`G]Y\`i bg\`Ui Z\`a Y]b!Z]hbYgg\`bYh