

MEIN FITNESS

8]Y `J cfhY]`Y `j cb `6UfZi » hfU]b]b [

↳ XYb ``YhnhYb `J\ fYb `Uh`XUg`6UfZ » hfU]b]b [`ni bY\ a YbX`Ub
 Dcdi `Uf]hÀh`[Yk cbbYb `i bX`k]fX `j cb `Gdcfh`Yfbž
 :]hbYggVY[Y]ghYfhYb `i bX `; Ygi bX\ Y]hgYI dYfhYb `U`g`YZZY_h]j Y
 A Yh\cXY `ni f`J YfVYggYfi b[XYf`_ÒfdYf]WX Yb `:]hbYgg `i bX
 XYf`U``[Ya Y]bYb `; Ygi bX\ Y]hgYfUWX hYh``8]Y `D\]`cgcd\`Y
 \]bhYf`XYa `6UfZ » hfU]b]b [`VUg]Yfh`Ui Z`XYf` , VYfnYi [i b[ž
 XUgg`XUg` ; Y\Yb `i bX`HfU]b]YfYb `c\ bY`GWXi \Y`b]WX h`bi f`X]Y
 bUhØf`]WX Yb `6Yk Y[i b[gUV`Ài ZY`XYg`? ÒfdYfg `i b hYfghØhnhž
 gcbXYfb `Ui WX `nU\`fY]WX Y`d\mg]c`c[]gWX Y`J cfhY]`Y`a]h`g]WX
 Vf]b[h``8]YgY`5fh]_Y`i bhYfgi WX h`X]Y`ni [fi bXY ``]Y[YbXYb
 A YWX Ub]ga Ybž`X]Y`X]Y`5bdUggi b[Yb`XYg`? ÒfdYfg`Ub
 6UfZ » U_h]j]hÀhYb `VY[Øbgh][Ybž`gck]Y`X]Y`dchYbn]Y``Yb
 5i gk]f_i b[Yb`Ui Z`X]Y`gdcfh]WX Y`@Y]ghi b[`i bX`XUg`F]g]_c
 j cb `J Yf`Yhni b[Yb``8 UfØVYf`\]bUi g`k YfXYb `dfU_h]gWX Y
 9a dZY\`i b[Yb`ni f`bhY[fUh]cb `j cb `6UfZ » hfU]b]b [
 / Ua d\AY``]d/



↳ XYb ``YhnhYb `J\ fYb `Uh`XUg`6UfZ » hfU]b]b [`ni bY\ a YbX`Ub
 Dcdi `Uf]hÀh`[Yk cbbYb `i bX`k]fX `j cb `Gdcfh`Yfbž

:]hbYggVY[Y]ghYfhYb'i bX'; Ygi bX\Y]hgYI dYfhYb'U`g`YZZY_h]j Y
A Yh\cXY ni f'J YfVYggYfi b['XYf'_ØfdYf]WX Yb':]hbYgg'i bX'XYf
U``[Ya Y]bYb'; Ygi bX\Y]h`VYhfUWX hYh''8]Y'D\]`cgcd\]Y`\]bhYf'XYa
6UfZ » hfU]b]b['VUg]Yfh'Ui Z'XYf', VYfnYi [i b[ž'XUgg'XUg'; Y\Yb
i bX'HfU]b]YfYb'c\bY'GW\i \Y'b]WX h'bi f'X]Y'bUhØf']WX Yb
6Yk Y[i b[gUV`Ài ZY'XYg'?ØfdYfg'i bhYfghØhnhž'gbXYfb'Ui WX
nU\fY]WX Y'd\mg]c`c[]gWX Y'J cfhY]`Y'a]h'g]WX 'Vf]b[h''8]YgY'5fh]_Y'
i bhYfgi WX h'X]Y ni [fi bXY ``]Y[YbXYb'A YWX Ub]ga Ybž'X]Y'X]Y
5bdUggi b[Yb'XYg'?ØfdYfg'Ub'6UfZ » U_h]j]hÀhYb'VY[Øbgh][Ybž
gck]Y'X]Y'dchYbn]Y``Yb'5i gk]f_i b[Yb'Ui Z'X]Y'gdcfh]WX Y'@Y]ghi b[
i bX'XUg'F]g]_c'j cb'J Yf'Yhni b[Yb''8UfØVYf'\]bUi g'k YfXYb
dfU_h]gWX Y'9a dZY\`i b[Yb'ni f'bhY[fUh]cb'j cb'6UfZ » hfU]b]b[']
VYghY\YbXY':]hbYggfY[]a Y'VYfY]h[YghY``hž'i a 'Y]bY'g]WX YfY'i bX
YZZY_h]j Y'I a gYhni b['ni '[Yk A\f'Y]ghYb''b'5bVYhfUWX h'XYf
k UWgYbXYb'9f_Ybbhb]ggY'ni 'X]YgYa 'H\Ya U']gh'Yg'j cb
YbhgWX Y]XYbXYf'6YXYi hi b[ž'X]Y'dfU_h]gWX Yb'`a d`]_Uh]cbYb'i bX
k]ggYbgWX Užn]WX Yb'; fi bX`U[Yb'XYg'6UfZ » hfU]b]b[g'ni
VY'Yi WX hYb"

D\ mg]c`c[]gWX Y'J cfhY]`Y'XYg'6UfZ » hfU]b]b[g

8Ug'6UfZ » hfU]b]b['V]YhYh'Y]bY'J]Y'nU\ ``d\mg]c`c[]gWX Yf'J cfhY]`Yž
X]Y'g]WX 'dcg]h]j 'Ui Z'XYb'6Yk Y[i b[gUddUfUh'i bX'X]Y'U``[Ya Y]bY
:]hbYgg'Ui gk]f_Yb'_ØbbYb''8i fWX'XUg'HfU]b]b['c\bY'GW\i \Y'k]fX
X]Y'bUhØf']WX Y': i » a YWX Ub]_`[YZØfXYfhž'k Ug'ni 'Y]bYf'ghÀf_YfYb
: i » a i g_i `Uhi f'i bX'Y]bYf'VYggYfYb'?ØfdYf\U'hi b['ZØ\ fh''8]Y
k]WX h][ghY'd\mg]c`c[]gWX Y'J YfAbXYfi b[ž'X]Y'VY]a '6UfZ » hfU]b]b[
Y]bhf]hž]gh'X]Y'5_h]j]Yfi b['XYf'_`Y]bYb'A i g_Y'bž'X]Y'cZh'VY]
\Yf_Oa a ']WX Ya 'GW\i \k Yf_`j YfbUWX 'Agg][h'k YfXYb''8]Yg'_Ubb
\Y'ZYbž'X]Y': i » ghfi _hi f'i bX'X]Y'GhUV]`]hÀh'ni 'j YfVYggYfb"

9]b'nYbhfU'Yf'5gdY_h'XYg'6UfZ » `Ui ZYbg']gh'X]Y'J YfVYggYfi b['XYf
dfcdf]cnYdh]j Yb': À\][_Y]hYb''Dfcdf]cnYdh]cb'VYn]Y'h'g]WX 'Ui Z'XUg
6Yk i gghgY]b'ZØf'X]Y'Dcg]h]cb'i bX'6Yk Y[i b['XYg'?ØfdYfg']a
FUi a ''6UfZ » hfU]b]b['gh]a i ']Yfh'X]Y'nU\`fY]WX Yb'BYfj YbYbXYb'Ub
XYb': i » gc\`Ybž'k Ug'X]Y'gYbgcf]gWX Yb'FYU_h]cbYb'XYg'?ØfdYfg
j YfVYggYfh''8]Yg'_Ubb'XUni 'ZØ\fybž'XUgg'5h\`YhYb'gWX bY'`Yf'Ui Z
J YfAbXYfi b[Yb']a 'I bhYf[fi bX'fYU[]YfYb'i bX'X]Y

J Yf`Yhni b[gUbZÀ ``][_Y]hj Yff]b[Yfh`k]fX"

8]Y`_ÒfdYf`]WX Y`6Y`Ughi b[`VY]a`6UfZ » hfU]b]b[`\\Uh`Ui WX`dcg]hj Y
5i gk]f_i b[Yb`Ui Z`X]Y` ; YYb_Yž]bgVYgc bXYfY`Ui Z`X]Y`? b]Y!`i bX
< ØZh[Y`Yb_Y` 8i fWX`XUg`@Ui ZYb`cXYf`HfU]b]YfYb`c\ bY`X]Y
8Àa dZ b[`j cb`GdcfhgWX i \Yb`k]fX`XYf` : i » ` [Ynk i b[Ybž`g]WX
bUhØf`]WX Yf`UVni nfc``Yb``8]Yg`_Ubb`X]Y`5Vbi hni b[`XYf` ; Y`Yb_Y
fYXi n]YfYbž`XU`X]Y`bUhØf`]WX Y`6]c!A YWX Ub]`XYf`6Yk Y[i b[Yb
cdh]a U`Yf`[YZÒfXYf`k]fX``8Yf`? ÒfdYf`Yfbhž`YZ]n]YbhYf`ni ``Ui ZYbž
k Ug`X]Y`Ghc» VY`Ughi b[`j Yff]b[Yfh`i bX`X]Y`U``[Ya`Y]bY
; Y`Yb_[Ygi bX\Y]h`i b`hYfghØhnYb`_Ubb"

8 UfØVYf`\]bUi g`_Ubb`6UfZ » hfU]b]b[`XUg`A i g_Y`[`Y]WX [Yk]WX h`]a
I b`hYf`_ÒfdYf`j YfVYggYfb``J]Y`Y`A YbgWX Yb`bY][Yb`XUni ž
VYgh]a a hY`A i g_Y`b`ni `ØVYf`UghYbž`k À\ fYbX`UbXYfY`b]WX h
Ui gfY]WX YbX`U_h]j]Yfh`k YfXYb``A]h`fY[Y`a`À`][Ya`6UfZ » hfU]b]b[
k]fX`X]Y`[YgUa hY`6Y]b!`i bX` : i » a i g_i `Uhi f`[`Y]WX nY]h][`hfU]b]Yfhž
k Ug`ni `Y]bYf`VYggYfYb`A i g_i `Uhi f`i bX`Y]bYf
J YfgdUbbi b[gfYXi n]Yfi b[`VY]hfÀ[h`9]bY`ghÀf`YfY`A i g_i `Uhi f`]a
: i » `i bX`]b`XYb`6Y]bYb`_Ubb`ni `Y]bYa`j YfVYggYfYb`
; `Y]WX [Yk]WX h`i bX`Y]bYf`\\YfYb`F i a dZghUV`]hÀh`ZØ\fYb"

9]b`k Y]hYfYf`d\mg]c`c []gWX Yf`J cfhY` `VYghY\h]b`XYf` : ÒfXYfi b[`j cb
8i fWX`i h`i b[`i bX`J YfVYggYfi b[`XYf`GUI Yfg hcZ] Yfgcf[i b[`XYg
; Yk YVYg``8Yf`X]fY`hY`? cbhU_h`a]h`XYa`6cXYb`_Ubb`X]Y
6`i hn]f_i `Uh]cb`]b`XYb` : Ø» Yb`ghY][Yfbž`k Ug`ni f`U``[Ya`Y]bYb
J]hU`]hÀh`VY]hfU[Yb`_Ubb``8]Yg`Yfa`Ò[`]WX h`b]WX h`bi f`Y]bY
gWX bY`YfY`9f\c`i b[`b`UWX`XYa`HfU]b]b[ž`gcbXYfb`ZÒfXYf`Ui WX`X]Y
; Ygi bX\Y]h`XYg` ; Yk YVYg`Xi fWX`Y]bY`Yf`\\hY`BÀ\ fghcZ]ni Z`f`

J c fhY`

6YgWX fY]Vi b[

J YfVYggYfi b[`XYf` : i » a i g_i `Uhi f	GhÀf`i b[`XYf`_`Y]bYb`A i g_Y`b i bX`j YfVYggYfY`GhUV`]hÀh`
J YfVYggYfi b[`XYf` Dfcdf]cnYdh]cb	9f\ Ø`hY`GYbg]V`]hÀh`ZØf ? ÒfdYfdcg]h]cb`i bX`6Yk Y[i b["
F YXi n]Yfi b[`XYf` ; Y`Yb_VY`Ughi b[B UhØf`]WX YfY 6Yk Y[i b[ga`YWX Ub]_ž`k`Yb][Yf` 5Vbi hni b["

J c fhY]`	6 YgWX fY]Vi b[
J YfVYggYfhY `A i g_i `Uh f	; `Y]WX a Á»][Yg`HfU]b]b[`XYf 6 Y]ba i g_i `Uh fžk Yb][Yf J YfgdUb b[Yb"
9f\ Ø\ hY `8 i fWX V`i hi b[6 YggYfY `GUi Yfghc Z] Yfgcf[i b[i bX`gWX bY`YfY`F Y[YbYfUh]cb"

Ni gUa a YbZUggYbX ``Ággh`g]WX `gU[Ybž`XUgg`XUg`6UfZ » hfU]b]b[
Y]bY`J]Y`nU\ ``d\ mg]c`c[]gWX Yf`J c fhY]`Y`a]h`g]WX `Vf]b[hž`X]Y`Ui Z
bUhØf]WX Y`6Yk Y[i b[gUV`Ái ZY`i bX`i » [Ygi bX\Y]h
ni fØW_ni ZØ\ fYb`g]bX``CV`ZØf`@Y]ghi b[ggdcfh`Yf`cXYf
: fY]nY]hgdcfh`Yfž`X]Y`bhY[fUh]cb`j cb`6UfZ » hfU]b]b[`_ØbbhY`Y]bY
k Yfhj c``Y`9f[Ábni b[`ni f`J YfVYggYfi b[`XYf`_ØfdYf]WX Yb` :]hbYgg
XUfghY``Yb"

9]bZ`i gg`Ui Z`X]Y`@Y]ghi b[`i bX`XUg
J Yf`Yhni b[gf]g]_c

8]Y`8 i fWX ZØ\ fi b[`j cb`6UfZ » hfU]b]b[`\\Uh`YbhgWX Y]XYbXY
5i gk]f_i b[Yb`Ui Z`X]Y`gdcfh]WX Y`@Y]ghi b[`i bX`XUg
J Yf`Yhni b[gf]g]_c`j cb`5h\`YhYb``Gh`X]Yb`VY`Y[Ybž`XUgg`XUg
HfU]b]b[`c\ bY`GWX i \Y`b]WX h`bi f`X]Y`9ZZ]n]Ybn`XYf`6Yk Y[i b[Yb
j YfVYggYfhž`gcbXYfb`Ui WX`X]Y`a`i g_i `ÁfY`i bX
[`Y]WX [Yk]WX hghYWX b]gWX Y`GhUV]`]hÀh`Yf\ Ø\ h``8]YgY`J c fhY]`Y
Yf[YVYb`g]WX`Ui g`Y]bYf`j YfVYggYfhYb`dfcdf]cnYdhjj Yb
K U\fbY\ a`i b[ž`X]Y`VY]a`6UfZ » `Ui Z`[YZØfXYfh`k]fX"

9]b`nYbhfU`Yf`5gdY_h`XYg`6UfZ » hfU]b]b[g`]gh`X]Y`J YfÁbXYfi b[`XYf
@Ui Za`YWX Ub]`_`@Ái ZYfž`X]Y`c\ bY`GWX i \Y`hfu]b]YfYbž`hYbX]YfYb
XUni ž`a`]h`Y]bYf`_ØfnYfYb`GWX f]hh`Ab[Y`i bX`Y]bYf`\Ø\YfYb
Hf]hhZYe`i Ybn`ni ``Ui ZYbžk Ug`X]Y`Ui Z`X]Y` ; Y`Yb`Y`Ui g[YØVhYb
? fÁZhY`Yf\ YV`]WX`j Yff]b[Yfh`8]YgY`5bdUggi b[Yb`\Ab[Yb`ghUf_`
a`]h`Y]bYa`[Yf]b[YfYb`F]g]_c`j cb` , VYf`Ughi b[gj`Yf`Yhni b[Yb
ni gUa a Ybžk]Y`Yh k U`GWX]YbVY]bgWX a YfnYb`cXYf
5WX]``YggY\ bYbYbhnØbXi b[Yb"

6Y]`XYf`5bU`mgY`XYf`J Yf`Yhni b[gžÁ``Y`nY][h`g]WX`Y]b`g][b]Z_Ub hYg
A`i ghYf```bhYf`i a ZUggYbXYb`I`bhYfgi WX`i b[`k`i fXY`ZYgh[YghY``hž

XUgg`5h\`YhYbžX]Y`fY[Y`a Á»][`6UfZ »ZXca]b]YfhYbžY]bY`i a`
` \$i`fYXi n]YfhY`J Yf`Yhni b[gfUhY`a`J Yf[`Y]W\`ni`GW\`i\`Ái ZYfb
Ui Zk]YgYb"8]Yg`Aggh`g]W\`Ui ZX]Y`Zc`[YbXY`5gdY_hY
ni fØW_ZØ\fYb.

- J YfVYggYfhY`i » ghUV]`]hÀh. A i g_i `Uhi f`i bX`6ÀbXYf
XYg`i » Yg`k YfXYb`[YghÀf_h"
- ; Y`Yb_gW\`i hn. `8Yf`bUhØf`]W\`Y`5i ZdfU```k]fX`Xi fW\`
j YfVYggYfhY`8Àa dZ b[gY][YbgW\`UZhYb`XYg`i » Yg`VYggYf
UVgcfV]Yfh"
- Cd h]a]Yfi b[`XYf`6Yk Y[i b[gUV`Ài ZY. `5h\`YhYb
Ybhk]W\`Y`b`YZZ]n]YbhYfY`HYW\`b]_YbžX]Y`X]Y`6Y`Ughi b[
[`Y]W\`a Á»][Yf`j YfhY]`Yb"

9]b`k Y]hYfYf`J c fhY]`]gh`X]Y`GhY][Yfi b[`XYf`@Y]ghi b[gZÀ\`][_Y]h
Xi fW\`X]Y`J YfVYggYfi b[`XYf`F i a dZghUV]`]hÀh`6UfZ » hfU]b]b[
ZØfXYfh`Y]bY`ghÀf_YfY`5_hj]Yfi b[`XYf`h]YZYb`F i a dZa i g_i `Uhi fž
k cXi fW\`5h\`YhYb`Y]bY`VYggYfY`? ØfdYf\`U`hi b[`Y]bbY\`a Yb`i bX
X]Y`GhUV]`]hÀh`k Á\`fYbX`_ca d`YI Yf`6Yk Y[i b[gUV`Ài ZY`Yf\`Ø\`Yb
_ØbbYb": i b_h]cbYb`k]Y`U[`]Yg`K YW\`gY`b`j cb`F]W\`hi b[Yb`cXYf
YI d`cgj] Y`K YbXi b[Yb`k YfXYb`cd h]a]Yfhž`k Ug`]b`GdcfhUfhYb`k]Y
: i » VU``cXYf`6Ug_YhVU``j cb`YbhgW\`Y]XYbXYf`6YXYi hi b[`]gh"

I a`X]Y`dchYbn]Y``Yb`J c fhY]`Y`XYg`6UfZ » hfU]b]b[g`j c`ghÀbX][`ni
fYU`g]YfYbž]gh`Yg`YXcW\`k]W\`h][žXYb`bhY`fUh]cb`gd`fcnYgg
gW\`f]hbk Y]gY`Ubni [Y\`Yb"8]Yg`VYXYi hYhž`XUgg`5h\`YhYb`b]W\`h
gcZcfh`Ui Z6UfZ » hfU]b]b[`i a gW\`k Yb`Yb`gc`hYbž`XU`d`Øhn`]W\`Y
J YfÀbXYfi b[Yb`XUg`J Yf`Yhni b[gf]g]_c`Yf\`Ø\`Yb`_ØbbYb"9]bY
HUVY``Yž`X]Y`X]Y`gW\`f]hbk Y]gY`5bUa`bYgY`j cb`6UfZ » hfU]b]b[
ni gUa a`Yb`ZUgghž`_ØbbhY`k]Y`Zc`[h`Ui ggY\`Yb.

D\`UgY

8Ui`Yf

9a`dZc\`YbY

5_hj]`hÀhYb

9]bZØ\`fi b[%!&`K`cW\`Yb) !%\$`A`]bi`hYb `Y]W\`hYg`@Ui`ZYb
5bdUggi b[gd\`UgY	&!(`K`cW\`Yb	6UfZ » ØVi b[Yb`i bX J Uf]Uh]cb`XYf I`bhYf`fØbXY

D\UgY	8Ui Yf	9a dZc\`YbY 5_h]j]hAhYb @Ab[Yf`8]ghUb nYb i bX`bhYfj U`hfU]b]b[
!bhYbg]j]Yfi b[gd\Ug (\Z`K cW\Yb Y		

Ni gUa a YbZUggYbX ``Aggh'g]W\gU[Yb\Z'XUgg`6UfZ » hfU]b]b['gck c\`X]Y @Y]ghi b['j cb`5h\`YhYb`ghY][Yfb `U`g`Ui W\XUg`F]g]_c`Z\O fJ Yf`Yhni b[Yb`j Yff]b[Yfb `Ubb"8]Y`dcg]h]j Yb`9ZZY_hY`g]bX`_`Ufž a ØggYb`YXcW\Xi fW\Y]bYb`k c\`ØVYf`Y[hYb`HfU]b]b[gUb gUhni bhYfghØhnhik YfXYbži a `bUW\U\h][Y`9f[YVb]ggY ni `Yfn]Y`Yb"

9a dZY\`i b[Yb`Z\O f`X]Y`bhY[fUh]cb`j cb
6UfZ » hfU]b]b[']b`XUg` :]hbYggfY[]a Y

6UfZ » hfU]b]b['_Ubb`j]Y`Y`J cfhY]`Y`V]YhYbž`YXcW\`]gh`Y]bY g]bbj c``Y`bhY[fUh]cb`j]b`XUg` :]hbYggfY[]a Y`Yb hgW\Y]XYbXži a `X]Y [Yk ØbgW\hYb`9ZZY_hY`ni `YffY]W\Yb`i bX`Yj Ybhi Y``Y`J Yf`Yhni b[Yb ni `j Yfa Y]XYb" <]Yf`g]bX`Y]b][Y`dfU_h]gW\Y`9a dZY\`i b[Yb`ni f`bhY[fUh]cb`j cb`6UfZ » hfU]b]b[']b`XY]b`VYghY\YbXYg :]hbYggdfc[fuA a "

Ni U``YfYfgh`gh`Yg`k]W\h][ža]h`i fnYb`HfU]b]b[gY]b\Y]hYb`ni VY[]bbYb"8U`j]Y`Y`A YbgW\Yb`Ub`Y]b`VYe i Ya Yg`GW\i \k Yf_ [Yk Ø\`b\`g]bXž`_Ubb`XUg`d`Øhn`]W\Y`6UfZ » hfU]b]b[A i g_Y`j YfgdUbbi b[Yb`i bX`GW\ a YfnYb`j Yfi fgUW\Yb"9]b gW\f]hhk Y]gYf`5bgUhñVY[]bbYbX`a]h%\$`V]g`%)`A]bi hYb`dfc HfU]b]b[gY]b\Y]hž`_Ubb`\Y`ZYbž`XYb`?ØfdYf`Ub`X]Y`bYi Y` : cfa`XYg HfU]b]b[g`ni ` [Yk Ø\`b\`Yb"

- G]W\YfY`X]f`Y]bY`[YY][bYhY`I a [YVi b[ž`X]Y`ZfY]`j cb gW\UfZ`b`C`V`Y`hYb`c`XYf`i b`YVYb`Yb`C`VYfZ`A`W\Yb`]gh"
- : Ø\`fY`XUg`6UfZ » hfU]b]b['ni b`A`W\gh`Ui Z`k Y]W\Ybž`ghUV`Yb C`VYfZ`A`W\Yb`k]Y` : fUg`c`XYf`HYdd]W\`Xi fW\`
- 6YfØW_g]W\h][Y`XYb`U_hi Y``Yb`HfU]b]b[gghUbX`5bZ\`b[Yf gc``hYb`\`Ai Z][Yf`DUi gYb`Y]b`Y[Yb"

9]bY`gW\f]hhk Y]gY`GhY][Yfi b[']gh`YVYbZU`g`k]W\h]["B`UW\`XYb YfghYb`K cW\Yb`_Ubbgh`Xi`X]Y`8Ui Yf`c`XYf`bhYbg]hAh`XYg

6UfZI » hfU]b]b[g`Yf\ Ø\ Yb"·5W\ hY `XUfUi Z\ X]Y : fYe i Ybn`Ui Z`Yhk U`& V]g`·A U`·dfc`K cW\ Y`ni `a]`XYfbžk Á\ fYbX `UbXYfY ·5_hj] h\hYb k Y]hYf\]b]a`fY[i`ÀfYb`GW\ i \k Yf_`Xi fW\ [YZØ\ fh`k YfXYb"

8UfØVYf\]bUi g`_Ubb`X]Y ? ca V]bUh]cb]j cb`6UfZI » hfU]b]b[`a]h hfUX]h]cbY`Ya`? fUZh`i bX`5i gXUi YfhfU]b]b[`g]bbj c`gY]b"·8Ug`N]Y`gc`hY`gY]bžX]Y`A i g_i `Uhi f`XYf`Ø» Y`i bX`i b\hYfgW\ Yb_Y`ni gh\hYb`gck]Y`X]Y`dfcdf]cnYdhj] Yb`A\][_Y]hYb`ni`Yb\hY]W\Y`b"·9]b[Yn]Y`hYg`HfU]b]b[`_ÒbbhY`c`[YbXYg`i a ZUggYb.

, Vi b[

8Ui Yf`f\]b\

<Ài Z][_Y]h`fdfc
K cW\ Y\

6UfZI » ``Ui ZYb	%%!%)	&!'>
K UX Yb`YYb)	&!'>
GUbXVU[`K U`_]b[%%!&\$	%!&

Ni g\hY`]W\`XUni`gc`hY`X]Y`A cV`]h\hXYf`Ø» Y`b]W\ h\j YfbUW\`Àgg][h k YfXYb"·8Y\ b!`i bX`A cV`]h\hgØVi b[Yb`Z\ f`XYb`i »`i bX`XYb`? b\W\Y`_ÒbbYb`X]Y`5bdUggi b[gZ\`i bX`i b_h]cbU`]h\hXYf`i »`a i g_i `Uhi f`j YfVYggYfb"·Ni`XYb`Ya dZc\`YbYb`_, Vi b[Yb[Y\ÒfYb.

- : i ggnY\`Yb`[fY]ZYb`fY]bY < UbXhi W\`cXYf`Y]b`_`Y]bYf`6U`·a]h`XYb`NY\`Yb`[fY]ZYb\
- : i »[Y`Yb_`a cV`]g]YfYb`f\ fY]gY`a]h`XYa`i »[Y`Yb_n]Y\`Yb\
- K UX YbghfYW\Yf`8Y\bi b[Yb`fUb`Y]bY`K UbX`Y\`bYb`i bX`XUg`\`b\hYfY`6Y]b`ghfYW\Yb\

5VgW\`Y» YbX`]gh`Ui W\`X]Y`6YfØW\g]W\ h][i b[`]bX]j]Xi Y`Yf`U_hcfYb`j cb`fc`Yf`6YXYi h\i b["Gdcfh`Yf`a]h`gdYn]Z]gW\ Yb`i » dfcV`Ya`Yb`cXYf`J`Yf`Yhni b[gj cf[YgW\]W\ hYb`gc`hYb`j cf`XYf`b\hY`fUh]cb`j cb`6UfZI » hfU]b]b[`Y]bYb`UW\ a`Ubb`_cbgi`h]YfYb`9VYbgc`_Ubb`XUg`Ø\ fYb`Y]bYg`Dfchc_c`g`ni f`VYfk`UW\ i b[`j cb`c fhgW\ f]h\hYb`i bX`a Ò[`]W\ Yb`6YgW\ k`YfXYb`\`ZfY]W\`gY]bži a`5bdUggi b[Yb`j cfni bY\`a`Yb`

: Un]h`·8`]Y`[Ub\`Y]h`]W\`Yb`J`cfhY`Y`XYg

6 UfZi » hfU]b]b [g

Ni gUa a YbZUggYbX ``Àggh'g]W gU[Ybž'XUgg'XUg'6UfZi » hfU]b]b [gck c\ ``d\ mg]c`c[]gW Y`U`g`Ui W ``Y]ghi b[gVYnc[YbY`JcfhY]`Y V]YhYhž'X]Y`b][bcf]Yfh'k YfXYb`gc``hYb"8]Y`j cfUb[Y[Ub[YbYb 5VgW b]hhY`]`i ghf]YfYb`Y]bXfi W_gj c``ž'XUgg'X]Y`UbUhca]gW Y 5bdUggi b[`XYg': i » Yg`i bX`X]Y`GhÀf_i b[`XYf': i » a`i g_i `Uhí f g][b]Z]_UbhY`dcg]hj Y`5i gk]f_i b[Yb`Ui Z`X]Y`[YgUa hY ?ÒfdYfa YW Ub]_`UVYb"8UfØVYf`\]bUi g`nY][h`X]Y`5bU`mgYž'XUgg Y]bY`[Yn]Y`hY`bhY[fUh]cb`j cb`6UfZi » hfU]b]b[`]b`XUg`:]hbYggfY[]a`Y b]W h`bi f`XUg`J Yf`Yhni b[gf]g]_c`j Yff]b[Yfb`_Ubbž`gcbXYfb`Ui W X]Y`gdcfh]W Y`@Y]ghi b[`j YfVYggYfb`\]Zh"

8]Y`9a dZY\`i b[Yb`ni f`gW f]hhk Y]gYb`9]bZØ\ fi b[`X]YgYf HfU]b]b[gZcfa`j YfXYi h]W Ybž'XUgg'XYf` VYf[Ub[`b]W h`UVfi dh YfZc`[Yb`gc``hYž`i a`:, VYf`Ughi b[Yb`ni`j Yfa`Y]XYb"9]b`VYk`i gghYf 5bgUhñž'XYf`gck c\ ``HfU]b]b[`U`g`Ui W`FY[YbYfUh]cb VYfØW_g]W h][hž`_Ubb`XUVY]`Y`ZYbž'X]Y`j`]Y`gY]h][Yb`JcfhY]`Y`XYg 6UfZi » hfU]b]b[g`YZZY_hj`ni`bi hnYb"8]Y`[YgUa`a`Y`hYb 9f`Ybbhb]ggY`Y[Yb`bU\Yž'XUgg'6UfZi » hfU]b]b[`Y]bYb`]bhY[fU`Yb 6YghUbXhY`Y]bYg`[Ubñ\Y]h]W Yb`:]hbYggdfc`fUa`a`g`XUfghY`Y`Y` gc``hYž`i`a`b]W h`bi`f`X]Y`_ÒfdYf]W Y`@Y]ghi b[gZÀ\][_Y]hž`gcbXYfb`Ui W`X]Y`U`[Ya`Y]bY`:]i»[Ygi`bX\Y]h`ni`ZÒfdXYfb"8U\Yf`]gh`Yg`fUhgUa ž`X]YgY`:]cfa`XYg`HfU]b]b[g`]b`6YhfUW h`ni`n]Y\Ybž`i`a`Y]b`cdh]a`U`Yg`:]Y]W Yk`W h`nk`]gW Yb`:]i`b`_h]cbU`]hÀhž`@Y]ghi b[`i`bX`:]Ygi`bX\Y]h`ni`YffY]W Yb`

8 YhU]g

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