

MEIN FITNESS

8]Y 'J c fhY]`Y 'j cb'; fi ddY b hfU]b]b [

8]Y 'J c fhY]`Y 'j cb'; fi ddY b hfU]b]b ['K Y bb 'Y g'i a '_OfdYf]W X Y :]hb Y gg'[Y\hž[]Vh'Yg'j]Y`Y 'j Y fgW X]YXYb Y 'A Ó[`]W X _Y]hYbž'k]Y a Ub 'gY]b Y 'N]Y`Y 'Y ffY]W X Y b '_Ubb" '9]b Y 'VY ']Y V hY 'C d h]c b ']gh X U g'; fi ddY b hfU]b]b [ž'VY]XY a 'a Y\ fYfY 'DY fgcb Y b [Ya Y]bgUa 'Ub 'Y]b Y a ':]hb Y ggdfc [fUa a 'hY]`b Y\ a Y b " 'b X]YgY a '5fh]_Y 'k Y fXYb 'k]f 'Y]b Y b '6']W 'Ui Z 'X]Y 'j]Y`Y b J c fhY]`Y 'j cb'; fi ddY b hfU]b]b ['k Y fZYb 'i b X 'k Ufi a 'Y g 'Y]b Y [i hY 'K U\ ``Z Øf' 'YXYb 'gY]b '_Ubbž'XYf 'gY]b Y ':]hb Y gg j Y fVY ggY fb 'a ÓW hY 'K U g']gh'; fi ddY b hfU]b]b [3 ; fi ddY b hfU]b]b ['gh 'Y]b 'HfU]b]b [gUbgUhñž'VY]XY a 'Y]b Y ; fi ddY 'j cb 'A Y bgW X Y b '['Y]W X nY]h]['Ub 'Y]b Y a 'VY gh]a a hY b :]hb Y ggdfc [fUa a 'hY]`b]a a h" '8]YgYg'Dfc [fUa a '_Ubb j Y fgW X]YXYb Y '5_hj]]hÀhY b 'VY]b \ U 'hYbž'k]Y 'ni a '6Y]gd]Y' 5i gXUi Y fhfU]b]b [ž'? fUZhhfU]b]b ['c XYf'Mc [U" '8]Y'; fi ddY 'k]fX / Ua d A Y ``]d/



8]Y `J c fhY]`Y `j cb `; fi dd Y b hfU]b]b [

K Ybb `Yg `i a ` _ÓfdYf`]W Y :]hb Ygg [Y\hž[]Vh `Yg `j]Y `Y `j YfgW]YXYb Y
A Ó[`]W _Y]hYbžk]Y `a Ub `gY]b Y `N]Y `Y `YffY]W Yb ` _Ubb " 9]b Y `VY `]YVhY
C dh]cb `]gh `XUg `; fi dd Y b hfU]b]b [ž VY]XYa `a Y\ fYfY `DYfgcb Yb
[Ya Y]bgUa `Ub `Y]b Ya `;]hb Yggdfc [fUa a `hY]b Y\ a Yb " `b `X]YgYa
5fh]_Y `k YfXYb `k]f `Y]b Yb `6 `]W `Ui Z X]Y `j]Y `Yb `J c fhY]`Y `j cb
; fi dd Y b hfU]b]b [`k YfZYb `i bX `k Ufi a `Yg `Y]b Y [i hY `K U\ ``ZØf `YXYb
gY]b ` _Ubbž XYf `gY]b Y :]hb Ygg `j YfVYggYfb `a ÓW hY "

K Ug `]gh `; fi dd Y b hfU]b]b [3

; fi dd Y b hfU]b]b [`]gh `Y]b `HfU]b]b [gUb gUhñž VY]XYa `Y]b Y `; fi dd Y
j cb `A YbgW Yb ` [`Y]W nY]h] [`Ub `Y]b Ya `VYgh]a a hYb
:]hb Yggdfc [fUa a `hY]b]a a h " 8]YgYg `Dfc [fUa a ` _Ubb
j YfgW]YXYb Y `5 _h]j]hÀ hYb `VY]b \ U\ hYbžk]Y `ni a `6 Y]gd]Y `
5i gXUi YfhfU]b]b [ž ? fUZh hfU]b]b [`c XYf `M [U " 8]Y `; fi dd Y `k]fX `j cb
Y]b Ya `ei U\]Zn]YfhYb `HfU]b Yf [Y `Y]hY hž XYf `X]Y `HY]b Y\ a Yf
a ch]j]Yfh `i bX `] \ b Yb `VY]XYf `8 i fW ZØ\ fi b [`XYf `, Vi b [Yb ` \ `Zh `

; Ya Y]bgUa Y `A ch]j Uh]cb

9]b ` [fc » Yf `J c fhY]`XYg `; fi dd Y b hfU]b]b [g `]gh `X]Y [Ya Y]bgUa Y
A ch]j Uh]cbž X]Y `a Ub `j cb `XYb `Ub XYf Yb `HY]b Y\ a Yfb `Yf \ A `h " `b
Y]b Yf `; fi dd Y `ni `hU]b]Yf Yb ` _Ubb `gY `f `]b gd]f]Yf Yb X `gY]b ž XU `a Ub
X]Y `9fZc ` [Y `XYf `Ub XYf Yb `g]Y\ h`i bX `XUXi fW `gY `Vgh `a ch]j]Yfh `k]fX ž
gY]b `6 YghYg `ni ` [YVYb " 5i » YfXYa `gW UZh `X]Y `; fi dd Y b Xmb Ua]_
Y]b Y `d cg]h]j Y `5ha cg d \ A fYž]b `XYf `a Ub `g]W ` [Y [YbgY]h][
Ub gdc fb Yb `i bX `i b hYf gh Ø hnYb ` _Ubb "

Ghfi _hi f]YfhYg `HfU]b]b [

; fi ddYbhfU]b]b['V]YhYh'XYb'JcfhY]`'Y]bYg'ghfi _hi f]YfhYb
HfU]b]b[gd`Ubg"·8Yf`HfU]bYf'd`Ubh'X]Y` Vi b[Yb']a 'JcfUi g'i bX
ghY``h'g]WX Yfž'XUgg'YYXYf'HY]`bY\ a Yf'F ØW_g]WX h'Ui ZgY]b
]bX]j]Xi Y``Yg':]hbYgg`Yj Y``bY\ a Yb'_Ubb"·8i fWX 'Y]bY`[i h'[Yd`UbhY
Fc i h]bY'k YfXYb'U``Y·5gdY_hY'XYg`HfU]b]b[g'UV[YXYW_hž'i a 'Y]bY
i a ZUggYbXY'i bX'Ui g[Yk c[YbY':]hbYgg'ni 'YffY]WX Yb"

DfcZYgg]c bY``Y·5b`Y]hi b[

9]b'k Y]hYfYf'[fc»Yf'JcfhY]`'XYg'; fi ddYbhfU]b]b[g']gh'X]Y
dfcZYgg]cbY``Y·5b`Y]hi b['Xi fWX 'XYb`HfU]bYf"·8Yf`HfU]bYf`]gh
ei U`]Zn]Yfh'i bX`\Uh'9fZU\fi b['XUf]bž'X]Y` Vi b[Yb'_cffY_h
Ui gni ZØ\fYb'i bX']bX]j]Xi Y``Y·5bdUggi b[Yb_j cfni bY\ a Yb"·8]Yg
\`Zh'XUVY]ž'J Yf`Yhni b[Yb'ni 'j Yfa Y]XYb'i bX'X]Y·9ZZY_h]j]hÀh'XYg
HfU]b]b[g'ni 'a UI]a]YfYb"·8i fWX 'X]Y·dYfgØb`]WX Y·5i Za Yf_gUa _Y]h
XYg`HfU]bYfg'_ØbbYb': Y\`Yf'_cff][]Yfh'i bX'X]Y·HYWX b]_j YfVYggYfh
k YfXYb"

5V k YWX g`i b[gfY]WX Yg`HfU]b]b[

; fi ddYbhfU]b]b['V]YhYh'Ui WX 'XYb'JcfhY]`'Y]bYg
UVk YWX g`i b[gfY]WX Yb`HfU]b]b[g'·8]Y`HfU]bYf'_ØbbYb
j YfgWX]YXYbY` Vi b[Yb'i bX`HfU]b]b[ga Yh\cXYb'_ca V]b]YfYbž'i a
g]WX Yfni ghY``Ybž'XUgg'_Y]bY`@Ub[Yk Y]`Y`Ui Z_ca a hi bX'X]Y
A ch]j Uh]cb '\cWX 'V`Y]Vh"·8Ug`HfU]b]b['_Ubb'Y'bUWX 'N]Y`gYhni b[
i bX`ØbbYfYggYb`XYf`HY]`bY\ a Yf`Ub[YdUggh'k YfXYbž'i a 'Y]b
VfY]hYg`GdY_hfi a 'Ub'5_h]j]hÀhYb`Ubni V]YhYb"

? cghYbYfgdUfb]g

; fi ddYbhfU]b]b['_Ubb'Ui WX 'ZbUbñ]Y``j cfhY]`'UZh'gY]b"·8]Y`? cghYb
ZØf'Y]bYb`DYfgcbU`HfU]bYf'g]bX'cZh'\Ø\Yf`U`g`X]Y`? cghYb`ZØf
; fi ddYbhfU]b]b[ž'XU'g]Y`Ui Z'a Y\`fYfY`HY]`bY\ a Yf`Ui Z[YhY]`h
k YfXYb'_ØbbYb"·8]Yg`a UWX h'; fi ddYbhfU]b]b['ni 'Y]bYf

YfgWk]b[`]WYb 'Cdjhcb 'ZOf'X]Y YYb][Ybz'X]Y 'j cb 'dfcZYgg]cb Y``Yf
5b`Y]hi b['dfcZh]YfYb 'a 'W hYbz'UVYf'Y]b 'VY[fYbnhYg'6i X[Yh
\UVYb"

Gcn]U`Y 'b hYfU_h]cb

9]b 'k Y]hYfYf'JcfhY]'XYg'; fi ddYbhfu]b]b[g']gh'X]Y 'gcn]U`Y
=b hYfU_h]cb"=b 'Y]bYf'; fi ddY'ni 'hfu]b]YfYb 'Yfa 'O[`]W h'Yg'XYb
HY]'bY\ a Yfbz?cbhU_hY'ni '_bØdZYb 'i bX'bYi Y'A YbgWYb
_YbbYbni 'YfbYb"8]YgY'gcn]U`Y ?ca dcbYbhY'_Ubb'XUg'Hfu]b]b[
Ub[YbY\ a Yf'a UWYb 'i bX'ni 'Y]bYa ' ; YZØ\ ``XYf'Ni [Y\ Of][_Y]h
i bX'XYg'Ni gJa a Yb\ U`hg'ZØ\ fYb"

J YfVYggYfhY '@Y]ghi b[

8i fW 'X]Y 'HY]bU\ a Y'ua ' ; fi ddYbhfu]b]b['_Ubb'X]Y '@Y]ghi b[
[YghY][Yfh'k YfXYb"8]Y 'A ch]j Uh]cb 'i bX'XYf'K YhhVYK YfVz'XYf']b
Y]bYf'; fi ddY'YbhghY\ hz'_ObbYb 'XUni 'VY]hfu[Ybz'XUgg'a Ub 'gY]b
6YghYg'[]Vh'i bX'ØVYf'gY]bY'; fYbnYb '\]bUi g[Y\ h"8i fW 'X]Y
ghAbX][Y'<YfUi gZcfXYfi b['i bX'XUg'; YYXVUW 'XYg'Hfu]bYfg
_ObbYb'; cfhgWf]hhY '[Ya UW h'i bX'X]Y 'Y][YbY':]hbYgg'j YfVYggYfh
k YfXYb"

: 5 E

: fU[Y '%. '=gh'; fi ddYbhfu]b]b['ZOf'5bZAb[Yf'[YY][bYh"8]Y 'Hfu]bYf
]a ' ; fi ddYbhfu]b]b['ghY``Yb 'g]W Yfz'XUgg'X]Y ', Vi b[Yb 'Ub 'XUg
:]hbYgg'Yj Y``'XYg'HY]bY\ a Yfg'Ub[YdUggh'k YfXYb"5i » YfXYa
V]YhYb'; fi ddYb 'Y]bYb 'i bhYfghØhnYbXYb 'i bX'a ch]j]YfYbXYb
FU\ a Ybz'XYf'5bZAb[Yfb '\]Zbz'\fY':]hbYggn]Y'Y ni 'YffY]W Yb"

: fU[Y '& 'K Ug'g]bX'X]Y 'VYghYb ', Vi b[Yb 'ZOf'Y]b

; fi ddYbhfU]b]b[3

8]Y `VYghYb` , Vi b[Yb `ZØf` ; fi ddYbhfU]b]b[` \Àb[Yb `j cb `XYb `N]Y `Yb
i bX `b hYfYggYb `XYf `HY` bY\ a Yf `UV` 9g ` _Ubb `Y]bY `?ca V]bUh]cb
Ui g `5i gXUi YfhfU]b]b[ž `?fUZhhfU]b]b[` i bX ` `YI]V`]hÀhgØVi b[Yb
Ybh\ U `hYb `6Y`]YVhY `Cd h]cbYb `g]bX `n `6` Ni a VUž `Gd]bb]b[ž `M` [U
cXYf `6cXmk Y][\h` , Vi b[Yb `k]Y `@Y[YghØhnY `cXYf `Gei Uhg`

: fU[Y ` . `K]Y `cZh`gc ``hY `a Ub `Ua ` ; fi ddYbhfU]b]b[
hY` bY\ a Yb 3

8]Y <Ài Z[_Y]h`XYf `HY` bU\ a Y `Ua ` ; fi ddYbhfU]b]b[` \Àb[h `j cb `XYb
]bX]j]Xi Y ``Yb `N]Y `Yb `i bX `XYa ` :]hbYgg`Yj Y ``UV` : Øf `5bZÀb[Yf `k]fX
Ya dZc \ `Ybž `&!` `A U `dfc `K cWY `Ua `HfU]b]b[`hY` ni bY\ a Ybž `i a `Ub
5i gXUi Yf `i bX `?fUZh`ni ` [Yk]bbYb `: cfh[YgWY f]hhYb Y ` _ObbYb ` !)
A U `dfc `K cWY `hF]b]YfYbž `i a `]\fY `@Y]ghi b[`k Y]hYf `ni `ghY][Yfb`

: fU[Y ` (. `)Vh`Yg`]f[YbXk Y `WY `B UWY hY`]Y `VY]a
; fi ddYbhfU]b]b[3

C V k c\ ` ; fi ddYbhfU]b]b[` j]Y `Y `J cfhY`]Y `V]YhYhž` []Vh`Yg`Ui WY `Y]b][Y
dchYbn]Y ``Y `B UWY hY`]Y ``A UbWY `A YbgWYb `VYj cfni [Yb `j]Y ``Y]WY h
XUg`]bX]j]Xi Y ``Y `HfU]b]b[`cXYf `UVYb `gdYn]Z]gWY `N]Y `Yž X]Y
gWY k Yf`]b `Y]bYf` ; fi ddY `YffY]WY h`k YfXYb ` _ObbYb ` 5i » YfXYa ` _Ubb
Yg `a UbWY a U `gWY k]Yf` [`gY]bž Y]bYb `D`Uhn`]b `VYgh]a a hYb `? i fgYb
ni `VY _ca a Ybž `XU `X]YgY `gWY bY ``Ui g[YVi WY h`gY]b ` _ObbYb`

: Unjh

; fi ddYbhfU]b]b[`V]YhYhj`]Y `Y `J cfhY`]Y `ZØf` A YbgWYbž X]Y `] \fY
:]hbYgg`j` YfVYggYfb `a ` _WY hYb ` J cb `XYf` [Ya Y]bgUa Yb `A chj] Uh]cb
i bX `XYf `dfc ZYgg]cbY ``Yb `5b `Y]hi b[`V]g ` \]b `ni f `gcn]U `Yb `b hYfU _h]cb
i bX `XYa `UVk YWY g`i b[gfY]WYb `HfU]b]b[` []Vh`Yg`j`]Y `Y `; fØbXYž
k Ufi a `a Ub `XUg` ; fi ddYbhfU]b]b[`]b `6YhfuWY h`n]Y \ Yb `gc ``hY ` K Ybb
a Ub `bUWY `Y]bYf `YZZY _h]j` Yb `i bX `a chj] YfYbXYb `HfU]b]b[ga Yh\ cXY
gi WY hž`]gh`XUg` ; fi ddYbhfU]b]b[`XYZ]b]hj` `Y]bY ` [i hY `K U\ `

8 YhU]`g

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