

MEIN FITNESS

8]Y `K]ggY b gWX UZh` \]b hY f
A i g_Y` \ mdY fhfc d \]Y

8]Y `K]ggY b gWX UZh` \]b hY f A i g_Y` \ mdY fhfc d \]Y `K Ybb `Yg` i a
XUg` A i g_Y` k UWX ghi a ` [Y\ hž`]gh` A i g_Y` \ mdY fhfc d \]Y `XUg` N]Y`
j]Y `Yf` :]hb YggY b h\ i g]UghY b `i b X` dfc ZY gg]cb Y``Yf` 5h\ `YhY b"
5VYf` k Ug` ghY W_h\]bhY f` X]Yg Ya` Dfc nY gg3` K]Y` k UWX gY b
A i g_Y` b` hUhgÀWX`]WX 3` K Y`WX Y` : U_hcfY b` VYY]bZi ggY b` X]Y
A i g_Y` \ mdY fhfc d \]Y 3` \ b` X]Yg Ya` 5fh]_Y` i b hY fgi WX Yb` k]f` X]Y
k]ggY bgWX UZh`]WX Yb` ; fi b X` U[Yb` i b X` A YWX Ub]ga Yb` XYf
A i g_Y` \ mdY fhfc d \]Y ``K Ug`]gh` A i g_Y` \ mdY fhfc d \]Y 3
A i g_Y` \ mdY fhfc d \]Y `VYnY]WX b Yh` XUg` K UWX ghi a ` j cb
A i g_Y` [Yk VVY` 9g` \ UbXY` h` g]WX` i a` Y]b Y` nY` i` ÀfY
5b dUggi b[gfYU` h]cb` XYg` ? ÒfdY fg`Ui Z` \ cWX]bhY bg]j` Yg
? fUZh hfU]b]b["8i fWX` fY[Y` a` À`][Y` 6Y` Ughi b[`XYf` A i g_Y` b
k YfXYb` X]Yg Y` XU ni` Ub[YfY[hž` g]WX` Ubni dUggY b` i b X` ghÀf` _Yf
ni` k YfXYb` 6Y]` XYf` A i g_Y` \ mdY fhfc d \]Y` Yf` \ Ò\ h` g]WX` b]WX h
X]Y` 5bnU\` XYf` A i g_Y` nY` `Ybž` gcb XYfb` X]Y` ; fÒ» Y` XYf
j cf\ UbXYb Yb` A i g_Y` nY` `Yb` 8]Y` NY` `Yb` / Ua d\AY`]d/



8]Y 'K]ggYb gWX UZh` \]b hYf
A i g_Y`\ md Yfhfc d \]Y

K Ybb`Yg`i a 'XUg`A i g_Y`k UWX ghi a '[Y\ hž`]gh`A i g_Y`\ md Yfhfc d \]Y
XUg`N]Y`j]Y`Yf` :]hbYggYbh\ i g]UghYb`i bX`dfcZYgg]cbY`Yf`5h\`YhYb"
5VYf`k Ug`ghYW_h\]b hYf`X]YgYa `DfcnYgg3`K]Y`k UWX gYb`A i g_Y`b
hUhgÀWX`]WX 3`K Y`WX Y` : U_hcfYb`VYY]bZi ggYb`X]Y
A i g_Y`\ md Yfhfc d \]Y 3`b`X]YgYa `5fh]_Y`i b hYfgi WX Yb`k]f`X]Y
K]ggYb gWX UZh`]WX Yb` ; fi bX`U[Yb`i bX`A YWX Ub]ga Yb`XYf
A i g_Y`\ md Yfhfc d \]Y"

K Ug`]gh`A i g_Y`\ md Yfhfc d \]Y 3

A i g_Y`\ md Yfhfc d \]Y`VYnY]WX bYh`XUg`K UWX ghi a `j cb

A i g_Y[Yk YYV"·9g·\UbXY'h'g]W\ i a 'Y]bY'nY`i `ÀfY
5bdUggi b[gfYU_h]cb 'XYg?ÒfdYfgUi Z\cW\]bhYbg]j Yg
?fUZhkfU]b]b["·8i fW\ fY[Y'a À»][Y·6Y`Ughi b['XYf'A i g_Y'b'k YfXYb
X]YgY`XUni 'Ub[YfY[hž'g]W\ 'Ubni dUggYb'i bX'ghÀf_Yf'ni 'k YfXYb"

6Y]·XYf'A i g_Y`\mdYfhfc\]Y·Yf\Ò\h'g]W\ 'b]W\h'X]Y·5bnU\ ``XYf
A i g_Y`nY`Ybž'gcbXYfb 'X]Y'; fÒ»Y·XYf'j cf\UbXYbYb 'A i g_Y`nY`Yb"
8]Y·NY`Yb'bY\ a Yb'Ub'Jc'i a Yb'ni 'i bX'k YfXYb 'X]W\Yf'i bX
ghÀf_Yf"·8]Yg·Z\fh'ni 'Y]bYa 'g]W\hVUfYb 'K UW\ghi a 'XYf
A i g_i 'Uh\ f"

A YW\Ub]ga Yb 'XYf'A i g_Y`\mdYfhfc\]Y

8Ug'A i g_Y'k UW\ghi a ']gh'Y]b'_ca d`YI Yf'DfcnYggž'XYf'j cb
j YfgW\]YXYbYb': U_hcfYb 'VYY]bZi ggh'k]fX"·8]Y·Zc`[YbXYb
A YW\Ub]ga Yb'gd]Y·Yb'Y]bY'k]W\h][Y·Fc``Y·VY]·XYf
A i g_Y`\mdYfhfc\]Y.

A YW\Ub]gW\Y·6YUbgd\fi W\i b[

8]Y'a YW\Ub]gW\Y·6YUbgd\fi W\i b['XYf'A i g_Y'b'Xi fW\
\cW\]bhYbg]j Yg·HfU]b]b['hfÀ[h'a U» [YV`W\ ni f
A i g_Y`\mdYfhfc\]Y·VY]"·6Y]a '·?fUZhkfU]b]b['k YfXYb 'X]Y
A i g_Y`ZUgYfb '[YXY\ bhi bX'VYgW\ÀX][hž'k Ug'ni 'A]_fcf]ggYb 'ja
A i g_Y[Yk YYV'Z\fh"·8]YgY'A]_fcf]ggY'g][bU'g]YfYb 'XYa '·?ÒfdYfž
XUgg'Y]bY'F YdUfUh\ f'YfZc fXYf']W\ 'gh"·þZc`[YXYggYb 'k YfXYb
Ybhn\ObX']W\Y·DfcnYggY'Ui g[Y·Ògh'i bX'VYgh]a a hY'NY`hmdYbž'k]Y
GUhY``]hYb\nY`Ybž'U_hj]Yfh"

GUhY``]hYb\nY`Yb

GUhY``]hYb\nY`Ybž'g]bX']bU_hj Y'A i g_Y`ghUa a nY`Ybž'X]Y']b'XYf
BÀ\Y'j cb 'A i g_Y`nY`Yb'fi \Yb"·6Y]·G\W\ÀX][i b['cXYf'GhfYgg']a
A i g_Y[Yk YYV'k YfXYb 'GUhY``]hYb\nY`Ybž'U_hj]Yfh'i bX
X]Z\YfYbn]YfYb'g]W\ ni 'A i g_Y`nY`Yb"·8Ug'VYXYi hYhž'XUgg

GUhY``]hYbnY``Yb`ni f`FY[YbYfUh]cb`i bX`FYdUfUhi f`j cb
A i g_Y`[Yk YVY`VY]hfU[Yb``6Y]a `A i g_Y`Ui ZVUi `hY]`Yb`g]W`X]Y
U_h]j]YfhYb`GUhY``]hYbnY``Yb`i bX`Z g]cb]YfYb`a]hXYb
YI]gh]YfYbXYb`A i g_Y`nY``Yb``8]Yg`ZØ\fh`ni `Y]bYf`J Yf[fØ» Yfi b[
XYf`A i g_Y`nY``Yb`i bX``YhnhYbX`]W`ni f`A i g_Y`\mdYfhfc d\]Y"

Dfc hY]bV]cgmbh\YgY

9]b`k Y]hYfYf`k]W`h][Yf`A YW`Ub]ga i g`XYf`A i g_Y`\mdYfhfc d\]Y`]gh
X]Y`Dfc hY]bV]cgmbh\YgY``I a `A i g_Y`[Yk YVY`Ui Zni VUi Ybž`a i gg
XYf`?ØfdYf`Ui gfY]W`YbXY`A Yb[Yb`Ub`Dfc hY]bYb`VYfY]hghY``Yb``
Dfc hY]bV]cgmbh\YgY`VYnY]W`bYh`XYb`Dfc nYggž`VY]`XYa `bYi Y
Dfc hY]bY`Ui g`5a]bcgÀi fYb`[YV]`XYh`k YfXYb``8]YgY`Dfc hY]bY`g]bX
6Ui ghY]bY`ZØ`A i g_Y`nY``Yb``6Y]`Ui gfY]W`YbXYf`Dfc hY]bni Z`f`i bX
Y]bYa `Ub[Ya YggYbYb`HfU]b]b[gfY]n`k]fX`X]Y`Dfc hY]bV]cgmbh\YgY
Yf\Ø\hž`k Ug`ni `A i g_Y`k UW`ghi a `ZØ\fh`

: U_hcfYbž`X]Y`X]Y`A i g_Y`\mdYfhfc d\]Y
VYY]bZ`i ggYb

J YfgW`]YXYbY` : U_hcfYb`_ØbbYb`X]Y`A i g_Y`\mdYfhfc d\]Y
VYY]bZ`i ggYb``<]Yf`g]bX`Y]b][Y`k]W`h][Y`5gdY`hY`ni `VYUW`hYb.

=b hYbg]hÀh`XYg`HfU]b]b[g

8]Y`=b hYbg]hÀh`XYg`HfU]b]b[g`gd]Y`h`Y]bY`Yb`hgW`Y]XYbXY`Fc``Y`VY]a
A i g_Y`k UW`ghi a ``<c\Y`6Y`Ughi b[Yb`i bX`K`]XYfghÀbXY`g]bX
YfZcfXYf`]W`ž`i a `X]Y`A i g_Y`b`ni `gh]a i `]YfYb`i bX`ni `ZcfXYfb``8]Yg
ZØ\fh`ni f`5_h]j]Yfi b[`j cb`GUhY``]hYbnY``Yb`i bX`ni f`9f\Ø`i b[`XYf
Dfc hY]bV]cgmbh\YgY``9]b`dfc[fYgg]j Yf`K`]XYfghUbX`]a `HfU]b]b[ž`VY]
XYa `X]Y` ; Yk]W`hY`i bX`6Y`Ughi b[Yb`fY`[Y`a `À»][``[YghY][Yfh
k YfXYbž]gh`k]W`h][ž`i a `c`bh]bi]Yf`]W`Yg`A i g_Y`k UW`ghi a `ni
YffY]W`Yb``

9fbÀ\ fi b[

8]Y\f]WX h][Y'9fbÀ\ fi b['gh`Y]b'k Y]hYfYf'Yb hgWX Y]XYbXYf': U_hcf'ZØf
X]Y'A i g_Y`\md Yfhfc d\]Y''8Yf?ØfdYf'VYbØh][h'Ui gfY]WX YbX
9bYf[]Y'i bX'6Ui ghY]bYži a 'A i g_Y'[Yk YVY'Ui Zni VUi Yb''9]bY
dfchY]b fY]WX Y'9fbÀ\ fi b['']YZYfh'X]Y'bch YbX][Yb'5a]bcgÀi fYb
ZØf'X]Y'DfchY]bV]cgmbh\ YgY''Ni gÀhn`]WX ']gh`Y]bY'Ui g[Yk c[YbY
Ni Z \f'j cb'?c\`Yb\mXfUhYb'i bX': YhhYb'k]WX h][ži a '9bYf[]Y'ZØf
XUg'HfU]b]b['VYfY]hni ghY''Yb''9g']gh'Ui WX'fUhgUa ž[YbØ[YbX
?U`cf]Yb'ni '_cbgi a]YfYbži a 'Y]bYb', VYfgWX i gg'Ub'9bYf[]Y'ZØf
XYb'A i g_Y'Ui Z/Ui'ni '[Yk À\ fY]ghYb"

F Y[YbYfUh]cb

8]Y'FY[YbYfUh]cb'']gh`Y]b'cZh'i b hYfgWXÀhnhYf': U_hcf'ZØf'X]Y
A i g_Y`\md Yfhfc d\]Y''8]Y'A i g_Y'nY''Yb'VYbØh][Yb'NY]h'ni f
F YdUfUhi f'i bX'5bdUggi b['bUWX'XYa' HfU]b]b[''5i gfY]WX YbX
GWX'UZ'F i \YdUi gYb'nk]gWX Yb'XYb' HfU]b]b[gY]b\Y]hYb'i bX'Y]b
Ui g[Yk c[YbYg'J Yf\À`hb]g'j cb'6Y'Ughi b['i bX'9f\c'i b['g]bX
Yb hgWX Y]XYbX'ZØf'XUg'A i g_Y'k UWXghi a "", VYfhfU]b]b['_Ubb'ni
Y]bYf'bY[Uhj Yb'5i gk]f_i b['Ui ZX]Y'A i g_Y`\md Yfhfc d\]Y'ZØ\ fYb"

<Ài Z][' [YghY''hY': fU[Yb'ØVYf
A i g_Y`\md Yfhfc d\]Y

? Ub b'YXYf'A i g_Y`\md Yfhfc d\]Y'YffY]WX Yb 3

; fi bXgÀhn`]WX '_Ubb'YXYf'A YbgWX'A i g_Y`\md Yfhfc d\]Y'YffY]WX Ybž
k Ybb'Yf'X]Y'f]WX h][Yb' HfU]b]b[ga' Yh\cXYb'i bX
9fbÀ\ fi b[g[Yk c\ b\Y]hYb'Ubk YbXYh''5''YfX]b[g'[]Vh'Yg
[YbYh]gWX Y'1 b hYfgWX]YXYžX]Y'XUg'A i g_Y'k UWXghi a 'VYY]bZi ggYb
_ØbbYb''9]b][Y'A YbgWX Yb'\UVYb'j cb'B Uh f'Ui g'Y]bYb

gWX bY ``YfYb `A i g_Y`Ui ZVUi `U`g`UbXYfY" 8 Ug`VYXYi hYh`YXcWX
b]WX hZ`XUgg`A YbgWX Yb `a]h`Ub[gUa YfYa `A i g_Y`k UWX ghi a ` _Y]bY
: c fhgWX f]hhY`Yfn]Y`Yb ` _ObbYb " A]h`XYa `f]WX h][Yb `HfU]b]b[` i bX
Y]bYf`[YY][bYhYb `9fbA\fi b[` _ObbYb `g]Y`XYbbcWX
A i g_Y`\mdYfhfc d\]Y`YffY]WX Yb `i bX`\fY`A i g_i `Uhi f`Ui ZVUi Yb"
K]Y ``Ub[Y`XUi Yfh`YgZ`i a ` A i g_Y`\mdYfhfc d\]Y`ni
YffY]WX Yb 3

8]Y`NY]hZ`X]Y`VYbObh][h`k]fXZ`i a `g]WX hVUfY`A i g_Y`\mdYfhfc d\]Y`ni
YffY]WX YbZ`j Uf]]Yfh`Y`bUWX `]bX]j]Xi Y``Yb `: U_hcfYb `k]Y
HfU]b]b[gYfZU\fi b[Z`[YbYh]gWX Yb `J cfUi ggYhni b[Yb `i bX
9fbA\fi b[" `b`XYf`FY[Y`XUi Yfh`Yg`a Y\`fYfY`K cWX Yb `V]g`A cbUhY
]b`hYbg]j Yb `HfU]b]b[gZ`i a `g][b]Z`_UbhY`a i g_i `AfY`J YfAbXYfi b[Yb
ni `gY\`Yb `9g`]gh`k]WX h][Z`[YXi `X][`ni `gY]b `i bX`_cbh]bi]Yf`]WX `ni
hU]b]YfYbZ`i a ``Ub[Zf]gh][Y`9f[YVb]ggY`ni `Yfn]Y`Yb"
K]Y`cZh`gc ``hY`a Ub `hU]b]YfYbZ`i a
A i g_Y`\mdYfhfc d\]Y`ni `YffY]WX Yb 3

8]Y`<`A i Z[_Y]h`XYg`HfU]b]b[g`\`Ab[h`j cb`j YfgWX]YXYbYb `: U_hcfYb
UVZ`k]Y`VY]gd]Y`gk Y]gY`XYa `HfU]b]b[gj c`i a Yb `i bX`XYf`b`hYbg]hAh"
5`g`U``[Ya Y]bY`F]WX h]b]Y`k]fX`Ya dZc\`YbZ`&!` `A U`dfc`K cWX Y
?fUZh`hU]b]b[`Xi fWX ni ZO\fYbZ`i a `A i g_Y`\mdYfhfc d\]Y`ni
YffY]WX Yb `9g`]gh`YXcWX `k]WX h][Z`XYb`A i g_Y`b`Ui gfY]WX YbX`F`i `Y!
i bX`9f\c`i b[gd\UgYb`ni `V]YhYbZ`i a `, VYf`Ughi b[`i bX
J Yf`Yhni b[Yb`ni `j Yfa Y]XYb `9b`Ui g[Yk c[YbYf`HfU]b]b[gd`Ub
i bX`Y]b`Ui gfY]WX YbXYg`A U»`Ub`F`Y[YbYfUh]cb`g]bX`Yb`hgWX Y]XYbX
ZOF`XYb `9fZc`["

? Ub b `a Ub `A i g_Y`\mdYfhfc d\]Y`c`b`Y`? fUZh`hU]b]b[
YffY]WX Yb 3

A i g_Y`\mdYfhfc d\]Y`]gh`Yb[`a]h`? fUZh`hU]b]b[`j YfVi bXYbZ`XU`Yg

Y]bY`\c\Y`6Y`Ughi b[`XYf`A i g_Y`b`YfZcfXYfhž`i a `X]Y`bchk YbX][Yb
5bdUggi b[Yb`Ui gni `ÒgYb``CVk c\``Y]b][Y`UbXYfY`5_hjj]hÀhYbž`k]Y
VY]gd]Y`gk Y]gY`?ÒfdYf[Yk]W hghfU]b]b[`cXYf`VYgh]a a hY
GdcfhUfhYbž`ni `A i g_Y`k UW ghi a `ZØ\fYb`_ÒbbYbž`]gh`?fUZhkfU]b]b[
XYf`YZZY_hjj ghY`K Y[ži a `A i g_Y`\mdYfhfc d\]Y`ni `YffY]W Yb``9g`]gh
k]W h][žXYb`A i g_Y`b`ghÀbX][`Y]bYb`dfc[fYgg]j Yb`K]XYfghUbX`ni
V]YhYbž`i a `cdh]a U`Y`9f[YVb]ggY`ni `Yfn]Y`Yb"

: Unjh

A i g_Y`\mdYfhfc d\]Y`]gh`Y]b`_ca d`YI Yf`DfcnYggž`XYf`Ui Z
j YfgW]YXYbYb`A YW Ub]ga Yb`VUg]Yfh`?fUZhkfU]b]b[ža YW Ub]gW Y
6YUbgdfi W i b[žGUhY``]hYbnY``Yb`i bX`DfchY]bV]cgmbh\YgY`gd]Y`Yb
Y]bY`YbhgW Y]XYbXY`Fc``Y`VY]a `A i g_Y`k UW ghi a ``8]Y`f]W h][Y
9fbÀ\fi b[žUi gfY]W YbXY`Fi \Yd\UgYb`i bX`Y]b`Ub[Ya`YggYbYg
HfU]b]b[`g]bX`YVYbZU``g`k]W h][Y`U`hcfYbž`X]Y`X]Y
A i g_Y`\mdYfhfc d\]Y`VYY]bZi ggYb``A]h`XYf`f]W h][Yb
<YfUb[Y\Ybgk Y]gY`i bX`; YXi`X`_Ubb`YXYf`A i g_Y`\mdYfhfc d\]Y
YffY]W Yb`i bX`gY]bY`:]hbYggn]Y`Y`YffY]W Yb"

8YhU]`g

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