

MEIN FITNESS

:]hb Ygg ZØf 9`hYfb. 'K cf_ci hg'a]h?]bXYfb

↳ XYf \Yi h][Yb ; YgY ``gWX UZh'k]fX 'X]Y '6YXYi hi b['j cb
 _ØfdYf]WX Yf'5_hj]hÀh ZØf 'X]Y ; Ygi bX\Y]hj cb : Ua]]Yb
 ni bY\ a YbX 'UbYf_Ubbh" = a a Yf'a Y\ f'Ghi X]Yb 'VY`Y[Ybž'XUgg
 fY[Y`a À»][Y '6Yk Y[i b['b]WX h'bi f'X]Y '_ØfdYf]WX Y :]hbYgg
 j YfVYggYfhž'gcbXYfb 'Ui WX 'Y]bYb 'dcg]hj] Yb '9]bZi gg'Ui ZX]Y
 dgmWX]gWX Y ; Ygi bX\Y]h'\Uh": Øf'9`hYfb 'i bX ?]bXYf]gh'Yg
 YbhgWX Y]XYbXž[Ya Y]bgUa 'U_hj] ni 'gY]bž'i a 'b]WX h'bi f
 :]hbYggn]Y`Y ni 'YffY]WX Ybž'gcbXYfb 'Ui WX 'XUg'ZUa]]ÀfY '6UbX
 ni 'ghÀf_Yb" ↳ XYf'j cf]Y[YbXYb '5bU'mgY'k]fX 'i b hYfgi WX hž
 k]Y '_ØfdYf]WX Y'5_hj]hÀh U'g']b hY[fUhj] Yf'6YghUbXhY]`'XYg
 : Ua]]Yb 'VYbg'X]Yb hž]bXYa 'g]Y 'gck c\ ``X]Y 'd\mg]gWX Y 'U'g
 Ui WX 'X]Y 'dgmWX]gWX Y ; Ygi bX\Y]h'ZØfXYfh" Ni bÀWX gh'k]fX 'X]Y
 Z bXUa YbhU'Y 'Fc``Y'j cb '6Yk Y[i b['ZØf'XUg'K c\ 'VYZ]bXYb
 / Ua d\AY``]d/



↳ XYf \Yi h][Yb ; YgY ``gWX UZh'k]fX 'X]Y '6YXYi hi b['j cb
 _ØfdYf]WX Yf'5_hj]hÀh ZØf 'X]Y ; Ygi bX\Y]hj cb : Ua]]Yb
 ni bY\ a YbX 'UbYf_Ubbh" = a a Yf'a Y\ f'Ghi X]Yb 'VY`Y[Ybž'XUgg
 fY[Y`a À»][Y '6Yk Y[i b['b]WX h'bi f'X]Y '_ØfdYf]WX Y :]hbYgg
 j YfVYggYfhž'gcbXYfb 'Ui WX 'Y]bYb 'dcg]hj] Yb '9]bZi gg'Ui ZX]Y

dgmW]gWY'; Ygi bX\Y]h\Uh": Øf'9`hYfb'i bX'?]bXYf]gh'Yg
YbhgWY]XYbXž[Ya Y]bgUa 'U_hj ni 'gY]bž'i a 'b]W h'bi f
:]hbYggn]Y'Y ni 'YffY]W Ybž'gcbXYfb'Ui W XUg'ZUa])ÀfY'6UbX'ni
ghÀf_Yb"': Øf'XYf'j cf']Y[YbXYb'5bU'mgY'k]fX'i bhYfgi W h'k]Y
_ØfdYf]W Y'5_hj]hÀh'U'g]bhY[fUhj Yf'6YghUbXhY]'XYg
: Ua])Yb'YVYbg'X]Ybž]bXYa 'g]Y'gck c\`X]Y'd\mg]gW Y'U'g'Ui W
X]Y'dgmW]gWY'; Ygi bX\Y]h'ZØfXYfh"

Ni bÀW gh'k]fX'X]Y'Z bXUa YbhU'Y'Fc``Y'j cb'6Yk Y[i b['ZØf'XUg
K c\`VYZ]bXYb'j cb'9`hYfb'i bX'?]bXYfb'VYhfUW hYh'z'i a 'X]Y
Bch'k YbX][_Y]h'Y]bYf'U_hj Yb '@YVYbgk Y]gY'ni 'i bhYfghfY]W Yb"
5bgW]Y» YbX'k YfXYb'YZZY_hj Y'K cf_ci h!GhfUhY[]Yb'j cf[YghY``h
X]Y'Yg'9`hYfb'Yfa Ø[']W Ybž]\fY'?]bXYf'g]bbj c``]b']\fY
:]hbYggfc i hbYb'ni 'jhbY[f]YfYb''Ni 'Yhnh'k YfXYb'X]Y
dgmWc'c[]gW Yb'JcfhY]Y'XYg'[Ya Y]bgUa Yb'HfU]b]b[g'YfØfhYfhž
i a 'ni 'nY][Ybž'k]Y'j bVYk Y[']W _Y]h'b]W h'bi f'XUg']bX]j]Xi Y``Y
K c\`VYZ]bXYb'VYY]bhfÀW h][Yb' _Ubbž'gcbXYfb'Ui W XUg'ZUa])ÀfY
?'a U'i bX'X]Y'nk]gW Yba YbgW]W Yb'6Yn]Y'i b[Yb"8]YgY
i a ZUggYbXY'6YhfUW h[b['ZØf'f'ni 'Y]bYa 'J YfghÀbXb]g'XUfØVYfž
k]Y'6Yk Y[i b['b]W h'bi f'ni f'_ØfdYf]W Ybž'gcbXYfb'Ui W 'ni f
Ya ch]cbU'Yb'GhUV']hÀh'j cb': Ua])Yb'VY]hfU[Yb' _Ubb"

8]Y'6YXYi hi b['j cb'6Yk Y[i b['ZØf'9`hYfb
i bX'?]bXYf

8]Y'6YXYi hi b['j cb'6Yk Y[i b['ZØf': Ua])Yb' _Ubb' b]W h'\cW
[Ybi ['Y]b[YgWÀhnh'k YfXYb"?ØfdYf]W Y'5_hj]hÀh'jgh'b]W h'bi f
ZØf'X]Y'; Ygi bX\Y]hj cb'9fk UW gYbYb'i bX'?]bXYfb'j cb
YbhgWY]XYbXYf'6YXYi hi b[ž'gcbXYfb'ZØfXYfh'Ui W XUg
Ya ch]cbU'Y'i bX'gcn]U'Y'K c\`VYZ]bXYb"FY[Y'a À»][Y'6Yk Y[i b[
hfÀ[h'ni f'GhÀf_i b['XYg' à a i bgmghY a g'VY]ž'fYX i n]Yfh'XUg'F]g]_c
W fcb]gW Yf'?fUb_\Y]hYb'i bX'i bhYfghØhnh'X]Y'[Ygi bXY
9bhk]W_i b['j cb'?]bXYfb"

9`hYfb'i bX'?]bXYf'g]bX'Xi fW'6Yk Y[i b['a]hY]bUbXYf
j YfVi bXYb"; Ya Y]bgUa Y'5_hj]hÀhYb'gW UZZYb'Y]bY'ZUa])ÀfY
6]bXi b[ž'X]Y'X]Y'?ca a i b]_Uh]cbgZÀ\][_Y]hYb'j YfVYggYfh'i bX'XUg
J YfhfUi Yb'ghÀf_h'Ghi X]Yb'nY][Ybž'XUgg': Ua])Ybž'X]Y'fY[Y'a À»][

[Ya Y]bgUa 'Gdcfh'hfY]VYbžY]bY 'VYggYfY '6Yn]Y\i b['ni Y]bUbXYf
 \UVYb"8]YgY '5_hj]]hÀhYb 'gW\ UZZYb 'b]W\ h'bi f'A Ø[']W\ _Y]hYb 'ZØf
 ≠hYfU_h]cbžgc bXYfb 'ZØfXYfb 'Ui W\ 'HYUa [Y]gh'i bX
 Ni gUa a YbUfVY]h"

8]Y 'dcg]h]j Yb 'd\mg]c`c[]gW\ Yb '9ZZY_hY 'j cb '6Yk Y[i b['g]bX
 VYgcbXYfg'VY]?]bXYfb 'j cb '6YXYi hi b['?']bXYfžX]Y 'fY[Y'a À»][
 U_hj 'g]bXžnY][Yb 'Y]bY 'J YfVYggYfi b[']\fYf'a chcf]gW\ Yb
 : À\][_Y]hYb 'i bX '?ccfX]bUh]cb"8]YgY '9bhk]W\ 'i b[']gh
 Yb hgW\ Y]XYbX 'ZØf'XUg'GY 'VghVYk i gghgY]b 'XYf'?]bXYf"
 6Yk Y[i b[ga Ub[Y\ ']\b[Y[Yb '_Ubb 'ni 'Y]bYf 'J]Y'nU\ 'j cb
 DfcV'Ya Yb 'k]Y', VYf[Yk]W\ h'ZØ\ fYbžk Ug'X]Y '@VYbgei U']hÀh'ghUf_
 VYY]bhfÀW\ h][Yb '_Ubb "

≠'6Yni ['Ui Z'9'hYfb 'nY][h'g]W\ ž'XUgg '_ØfdYf]W\ Y '5_hj]]hÀh'GhfYgg
 fYXi n]Yfh"8]Y 'Fc ``Y 'XYf '9'hYfb '_Ubb '\YfUi gZcfXYfbX 'gY]bži bX
 fY[Y'a À»][Y '6Yk Y[i b['k]f_h'U'g 'YZZY_hj] Yg 'A]hhY ``ni f
 GhfYggVYk À\h][i b[''5i W\ 'X]Y 'J cFV]XZ b_h]cb 'XYf '9'hYfb 'gd]Y 'h
 Y]bY 'k YgYbh]W\ Y 'Fc ``Y "?]bXYfžX]Y 'U_hj Y '9'hYfb '\UVYbž
 ØVYfbY\ a Yb 'Y\Yf'[Ygi bXY 'J Yf\ U'hYbgk Y]gYb 'i bX 'Ybhk]W\ Y 'b 'Y]b
 dgc]h]j Yg 'J Yf\À\hb]g'ni f'6Yk Y[i b["

9]b 'k Y]hYfYf '5gdY_h'XYf '[Ya Y]bgUa Yb '6Yk Y[i b[']gh'X]Y 'gcn]U'Y
 ≠hYfU_h]cbžX]Y 'gck c\ ``ZØf '9'hYfb 'U'g 'Ui W\ 'ZØf'?]bXYf 'k]W\ h][']gh'
 5_hj]]hÀhYb 'k]Y': Ua]]Ybk UbXYfi b[Ybž[Ya Y]bgUa Yg 'FUXZU\ fYb
 cXYf 'HY]bU\ a Yb 'Ub'; fi ddYbgdcfhUfhYb 'ZØfXYfb 'gcn]U'Y
 : À\][_Y]hYb 'i bX '\Y 'Zbž: fYi bXgW\ UzhYb 'ni 'gW\ 'Y]» Yb"8]YgY
 gc n]U'Yb '6]bXi b[Yb 'g]bX 'Yb hgW\ Y]XYbX 'ZØf 'X]Y 'Ya ch]cbU'Y
 ≠hY``][Ybn 'i bX 'XUg 'U ``[Ya Y]bY 'K c\ 'VYZ]bXYb 'XYf'?]bXYf"

I a 'X]Y '6YXYi hi b['j cb '6Yk Y[i b[']a '5 ``hU['ni 'j YfXYi h']W\ Ybž
 _Ubb 'X]Y 'Zc'[YbXY 'HUVY ``Y 'bØhn']W\ Y '9f_Ybbhb]ggY 'V]YhYb.

J c fhY]Y 'j cb	: Øf '9'hYfb	: Øf '?']bXYf
6Yk Y[i b[

GhfYggUVVUI		
J YfVYggYfi b['XYf		
; Ygi bX\Y]h		

J cfhY]`Y`j cb	: Øf`9`hYfb	: Øf`?]bXYf
6Yk Y[i b[
: ØfXYfi b[`XYf		
gcn]U`Yb`6]bXi b[
9bhk]W_`i b[
a chcf]gWX Yf		
: À\][_Y]hYb		
J cfV]XZ b_h]cb		

8]Y`bhY[fUh]cb j cb`6Yk Y[i b[`]b`XYb`5``hU[`]gh`b]WX h`bi f`Y]b
J cfhY]`z`gcbXYfb`Y]bY`Bch`YbX][_Y]h`Øf`[Ygi bXY`@VVYbggh]`Y"
8Ug`GWX UZZYb`Y]bYg`I a ZY`Xgž`XUg`6Yk Y[i b[`]ØfXYfhž`gh
YbhgWX Y]XYbX" 8]Yg`_Ubb`Xi fWX`X]Y`D`Ubi b[`] [Ya Y]bgUa Yf
GdcfhU_h]j]hÀhYbž`XUg`9]bØ\`fYb`j cb`fY[Y`a À»][Yb`5i gØ[Yb`]bg
: fY]Y`i bX`X]Y`9fa`i h][i b[`]cb`Gd]Y`Ybž`X]Y`6Yk Y[i b[`]YfZcfXYfbž
YfZc`[Yb`9`hYfb`gc`hYb`XU\Yf`U_h]j`bUWX`K`Y[Yb`gi WX`Ybž`i a
6Yk Y[i b[`]b`XYb`5``hU[`]h`fYf`?]bXYf`ni`]bhY[f]YfYb"

Ø`Y]bYf`NY]hž`b`XYf`X][]hU`Y`A`YX]Yb`cZh`X]Y` : fY]nY]h`YghU`hi`b[
Xca`]b]YfYbž`gh`Yg`i`a`gc`k`]WX h][Yfž`X]Y`F`c`Y`j`cb`6Yk Y[i b[`]b`XYb
`Yfj`cfni`YVYb`5i`Zgd]Y`Yf]gWX`Y`5fh`i`bX`K`Y]gY`6Yk Y[i b[`]b`XYb
5``hU[`Y]bni`VUi`Ybž`ghÀf`h`b]WX h`bi f`X]Y` ;`Ygi`bX\Y]hž`gcbXYfb
hÀ[`h`Ui`WX`ni`f`9bhk`]W_`i`b[`]Y]bYg`dcg]h]j`Yb`i`bX`[Ygi`bXYb
@VVYbggh]`g`VY]ž`j`cb`XYa`gck`c\`9`hYfb`U`g`Ui`WX`?`]bXYf
`Ub[`Z]gh`[`dfcZ]h]YfYb"

9ZZY_h]j`Y`K`cf_ci`h!`GhfUhY[`]Yb`Øf`X]Y
`bhY[fUh]cb`j`cb`?]bXYfb`b`Y]b`K`cf_ci`h!`Dfc`fUa`a`YfZcfXYfh
Y]bY`Xi`fWX`XUWX`hY`<`YfUb`[Y\`Ybgk`Y]gYž`i`a`g]WX`Yfnl`ghY`Ybž`XUgg
X]Y`5_h]j`]hÀhYb`gck`c\`i`bhYf`U`hgUa`U`g`Ui`WX`YZZY_h]j`g]bX"
?]bXYf`\UVYb`cZh`Y]bY`_ØfnYfY`5i`za`Yf_gUa`_Y]hggdUbbY`i`bX
Y]bYb`[fØ`YfYb`Gd]Y`hf]YV`U`g`9fk`UWg`YbYž`k`Ug`VYXYi`hY`hž`XUgg
hfxU]h`cbY`Y`HfU]b`b[`gfci`h]bY`a`Ø`[`]WX`Yfk`Y]gY`b`]WX`h`X]Y`VY`ghY
K`U\`gh`GhUhXYggYb`gc`hYb`GhfUhY`[Yb`Yb`h`k`]W`Y`h`k`YfXYbž`i`a
6Yk`Y[i`b[`]b`XYb`5``hU[`]ni`]bhY[f]YfYb`i`bX`5_h]j`]hÀhYb`ni
[YghU`hYbž`X]Y`gck`c\`Øf`9`hYfb`U`g`Ui`WX`Øf`?]bXYf`Ub`gd`fYWX`YbX

g]bX"

9]b 'VYk À\fhYf'5bgUhñ]gh'X]Y'J Yfk YbXi b['j cb'Gd]Y`Y`Ya Yb hYb
]a 'HfU]b]b[''Gd]Y`Y'_ÒbbYb'gck c\``X]Y'A ch]j Uh]cb'ghY][Yfb 'U`g
Ui W X]Y'_ÒfdYf]W Y':]hbYgg'j YfVYggYfb"9`hYfb '_ÒbbYb
VY]gd]Y`gk Y]gY`Y]bY'J Uf]UbhY'j cb' J YfghYW_Yb'gd]Y`Ybž'VY]'XYf
X]Y'?]bXYf'gWbY``ni 'Y]bYa 'VYgh]a a hYb'Di b_h`Ui ZYb'a ØggYbž
k À\fYbX'X]Y'9`hYfb'g]Y'gi Wb`Gc`W Y'5_h]j]hÀhYb'ZÒfXYfb'b]W h
bi f'X]Y'5i gXUi Yfž'gcbXYfb'ghÀf_Yb'Ui W X]Y'ZUa]]ÀfY'6]bXi b["

9]b 'k Y]hYfYf'YZZY_h]j Yf'K Y[ž?]bXYf']b'K cf_ci hg'ni ']bhY[f]YfYbž
]gh'X]Y'9]bVYn]Y\ i b['j cb'A i g_]i bX'HUbn"?']bXYf'']VVYb`Yg'ni
hUbnYbž'i bX'Y]bY'HUbnfc i h]bY'_Ubb'Y]W h]b'Y]bY'_ÒfdYf]W Y
HfU]b]b[gY]b\Y]h'i a [Yk UbXY'h'k YfXYb"8]Yg'_ÒbbhY'Y]bY
k _ÒWbYbh]W Y': Ua]]Yb!8UbW!DUfhm'gY]bž'VY]'XYf'9`hYfb'i bX
?]bXYf'[Ya Y]bgUa ']\fY'@YV']b[g]YXYf'gd]Y`Yb'i bX'ni 'XYb
F\mh\ a Yb'hUbnYb"8]YgY': cfa'XYf'6Yk Y[i b['gW i 'h'b]W h'bi f
j YfgW]YXYbY'A i g_Y'[fi ddYbž'gcbXYfb'a UW h'Gdcfh'Ui W ni
Y]bYa 'i b hYf\U'hgUa Yb'9f'YVb]g"

8 UfØVYf'\]bUi g'g]bX': Ua]]YbUi gZØ[Y`Y]bY'\Yfj cffU[YbXY
A Ò['W_Y]hž'U_h]j Y'NY]h'ni 'j YfVf]b[Yb''K UbXYfbž'F UXZU\fYb'cXYf
gc[Uf'GW k]a a Yb'g]bX'5_h]j]hÀhYbž'X]Y'X]Y'[UbnY': Ua]]Y
[Ya Y]bgUa '[Yb]Y'Yb'_Ubb'"bXYa 'a Ub'X]Y'BUh f'Yf_i bXYh'cXYf
Y]bYb'c_U'Yb'DUF_VYgi W hž'_ca V]b]Yfh'a Ub'GdU»'a]h
6Yk Y[i b[''6Y]Y]bYf'K UbXYfi b['_ÒbbYb'ni a '6Y]gd]Y'
gd]Y`Yf]gW Y'9`Ya Yb hY'k]Y'X]Y'Gi W Y'bUW'VYgh]a a hYb'H]YfYb
cXYf'DZUbnYb']b hY[f]Yfh'k YfXYbž'k Ug'Ui W XUg'6Yk i gghgY]b'XYf
?]bXYf'ZØf'']fY'I a [YVi b['ZÒfXYfh"

8]Y'GWUZI b['Y]bYg'[Ya Y]bgUa Yb'HfU]b]b[gnY]hd'Ub g'_Ubb
YYVYbZU'g'\]ZFY]W gY]b": Ua]]Yb'_ÒbbYb'Y]bYb'k _ÒWbYbh]W Yb
NY]hd'Ub'YfghY'Ybž']b'XYa 'ZYghY'HU[Y'ZØf'VYgh]a a hY'5_h]j]hÀhYb
ZYgh[Y`Y[h'k YfXYb" Gc'YbhghY\h'Fc i h]bYž'X]Y'gck c\``9`hYfb'U`g
Ui W ?]bXYf'a ch]j]Yfhž'U_h]j 'ni 'V`Y]VYb": Øf'?]bXYf'_Ubb'Yg
VYgcbXYfg'Ui ZFY[YbX'gY]bž'g]W'Ui Z'Y]bYb'VYgcbXYfYb'HU['b'XYf
K cW Y'ni 'ZFYi Ybž'Ub'XYa 'g]Y'[Ya Y]bgUa 'a]h]\fYb'9`hYfb'Gdcfh
hY]VYb'_ÒbbYb"

5 _h]j]hÀh

J c fhY]

J YfghYW_Yb	: ØfXYfh'5i gXUi Yf'i bX HYUa UfVY]h
: Ua]`]Yb!8 UbWY!DUFhm	GhY][Yfh'X]Y': fYi XY'i bX':]hbYgg
K UbXYfb	J YfVYggYfh'X]Y':]hbYgg'i bX B Uhi fVYk i gghgY]b
F UXZU\fYb	: ØfXYfh'_ccfX]bUh]j Y : À\][_Y]hYb

9I dYf]a Ybh]YfYb 'G]Y'a]h]j YfgWY]YXYbYb '5 _h]j]hÀhYbž'i a
\YfUi gni ZjbXYbž'k Ug'ZØf'X]Y': Ua]`]Y'Ua 'VYghYb 'Z b_h]cb]Yfh"
: `YI]V]`]hÀh'i bX 'GdU» 'g]bX 'YbhgWY]XYbX" 'K Ybb '?]bXYf'XUg'; YZØ\`
\UVYbž'XUgg'6Yk Y[i b['Y]bY ``Àgh][Y'DZ]WY h']ghž'k YfXYb 'g]Y
k U\fgWY]b`]WY 'k Yb][Yf'a ch]j]Yfh'gY]bž'XUfUb 'hY]`ni bY\ a Yb"
GhUhXYggYb 'gc ``hYb '5 _h]j]hÀhYb '[YghU'hYh'k YfXYbž'X]Y'gck c\`
GdU» 'a UWYb 'U'g'Ui WY '_ØfdYf']WY 'ZcfXYfbX 'g]bX" 'Ni XYa ' _Ubb 'X]Y
6YhY]`][i b['j cb '?]bXYfb 'Ub 'XYf'D'Ubi b['j cb '5 _h]j]hÀhYb 'XYfYb
9b[U[Ya Ybh'i bX 'J cfZfYi XY 'ghY][Yfb"

GWY`]Y» `]WY ']gh'Yg'k]WY h][žXYb '?]bXYfb 'Ui WY '[i hYg'J cfV]'X 'ni
gY]b" 'K Ybb '9'hYfb 'U_h]j 'g]bX 'i bX '6Yk Y[i b['b']\fYb '5 ``hU[
]b hY[f]YfYbž'g]bX '?]bXYf'Y'Yf'VYfY]hž'X]YgYa '6Y]gd]Y'`ni 'Zc`[Yb"
8Ug ``Ub[Zf]gh][Y'N]Y ``]gh'Ygž'Y]bY 'dcg]h]j Y'9]bghY ``i b['ni f
6Yk Y[i b['ni 'gWY UZZYbž'X]Y 'g]WY 'ØVYf'X]Y '?]bX\Y]h\`]bUi gn]Y\YbX
i bX 'ni f'; Yk c\ b\ Y]h'k]fX"

DgmWY c`c[]gWY Y 'J cfhY]`Y 'XYg'[Ya Y]bgUa Yb
HfU]b]b[g'ZØf': Ua]`]Yb

8Ug'[Ya Y]bgUa Y 'HfU]b]b[']bbYf\U'V'XYf': Ua]`]Y'V]YhYh'b]WY h'bi f
d\mg]gWY Y 'J cfhY]`Yž'gcbXYfb ' \Uh'Ui WY 'h]Yz[fY]ZYbXY
dgmWY c`c[]gWY Y '5i gk]f_i b[Yb 'Ui Z'X]Y 'A]h[']YXYf" '9g' _Ubb '\Y'ZYbž
GhfYgg'UVni VUi Ybž'XUg'Ya ch]cbU'Y 'K c\`VYZ]bXYb 'ni 'ghY][Yfb 'i bX
X]Y '6]bXi b['nk]gWY Yb 'XYb ': Ua]`]Yba]h[']YXYfb 'ni 'ghÀf_Yb" '‡
X]YgYa '5VgWY b]hh'k YfXYb 'X]Y 'j YfgWY]YXYbYb 'dgmWY c`c[]gWY Yb
J cfhY]`Y 'XYg'[Ya Y]bgUa Yb 'HfU]b]b[g'i b hYfgi WY h"

9]bY 'XYf'ghÀf_ghYb 'dgmWY c`c[]gWY Yb 'J cfhY]`Y 'XYg'[Ya Y]bgUa Yb

HfU]b]b[g`]gh`X]Y`J YfVYggYfi b[`XYg`GY`Vghk Yfh[YZØ\ `g"
 Gh` X]Yb`nY][Ybž`XUgg`?]bXYfž`X]Y`fY[Y`a Á»][`a]h`\ fYb`9`hYfb
 hF]b]YfYbž`Y]b` \ Ø\ YfYg`GY`Vghk Yfh[YZØ\ ``Ybhk]W_Y`b`G]Y`ZØ\ `Yb
 g]W\ `b]W\ h`bi f`Z]hYf`i bX`[YgØbXYfž`gcbXYfb`Yf`YVYb`Ui W\ `dcg]hj] Y
 6YghÀf_i b[`Xi fW\ `X]Y`HY]bU\ a Y`Ub`[Ya Y]bgUa Yb`5_hj] hÀhYb"
 9`hYfb`_ØbbYb`X]YgYg`GY`Vghk Yfh[YZØ\ ``ZØfXYfbž]bXYa`g]Y`X]Y
 5bghfYb` i b[Yb`]\ fYf`?]bXYf`UbYf`YbbYb`i bX`g]Y`VY]`]\ fYb
 : c fhgW\ f]hhYb`i b hYfghØhnYb"

8 UfØVYf`\]bUi g`ZØfXYfh`[Ya Y]bgUa Yg`HfU]b]b[`X]Y`9a ch]cbU`Y
 =b hY`][Ybn``K Ybb`9`hYfb`i bX`?]bXYf`ni gUa a Yb`hF]b]YfYbž
 `YfbYb`g]Yž`Ui ZY]bUbXYf`ni `UW\ hYbž`9a dUh\]Y`ni `Ybhk]W_Y`b`i bX
]\ fY`; YZØ\ `Y`Ui gni XfØW_Yb`8]YgY`; Ya Y]bgUa _Y]hYb`gW\ UZZYb
 Y]bYb`F`Ui a ž]b`XYa` : Ua `]Yba]h[`]YXYf`]\ fY`9a ch]cbYb`c`bY
 Jcfi fhY`Y`hY`Yb`_ØbbYb`8]YgY`; Á\][_Y]hž`; YZØ\ `Y`ni `Yf`YbbYb
 i bX`ni `j YfUfVY]hYbž`k]f`h`g]W\ `dcg]hj`Ui Z`X]Y
 nk]gW\ Yba YbgW\ `]W\ Yb`6Yn]Y`i b[Yb`]bbYf`U`V`i bX`Ui » Yf`U`V
 XYf` : Ua `]Y`Ui g"

9]b`k Y]hYfYf`5gdY`h`]gh`X]Y`GhfYggVYk Á`h`[i b[.`? ØfdYf`]W\ Y
 6YhÀh`[i b[`]gh`Y]b`UbYf`UbhYg`A]hhY`ž`i a`GhfYgg`UVni VUi Yb`8Ug
 [Ya Y]bgUa Y`HfU]b]b[`V]YhYh`Y]bY`; Y`Y[Yb\ Y]h`ni f`9b`hgd`Ubbi b[
 i bX`\]Zh`XUVY]ž`X]Y`5`hU[gdfcV`Ya Y`XYg` : Ua `]Yb`YVYbg`ni
 VYk Á`h`[Yb`9g`V]YhYh`b]W\ h`bi f`Y]bY` : `i W\ h`j cf`XYa` \ Y`h]gW\ Yb
 5`hU[ž`gcbXYfb`Yfa Ø[`]W\ h`Yg`XYb` : Ua `]Yba]h[`]YXYfb`Ui W\ ž`]\ fY
 Gcf[Yb`]b`Y]bYf`i b hYfghØhnYbXYb`I a [YVi b[`ni `VYgdfYW\ Yb"

JcfhY`

5i gk]f_i b[`Ui Z`X]Y` : Ua `]Y

GY`Vghk Yfh[YZØ\ `	GhY`[Yfi b[`XYf` GY`Vghk U\ fbY\ a`i b[ž]bgVYgcbXYfY`VY]`?]bXYfb"
9a ch]cbU`Y`+b hY`][Ybn	: ØfXYfi b[`j cb`9a dUh\]Y`i bX Ya ch]cbU`Yf`5i gXfi W_gk Y]gY"
GhfYggVYk Á`h`[i b[J YfVYggYfhY` : Á\][_Y]h`ni f` DfcV`Ya`Ogi b[`i bX GhfYggfYX`i _h]cb"
; Ya Y]bgW\ UZhg[YZØ\ `	GhÀf_i b[`XYf` : Ua `]YbV]bXi b[i bX`XYf`[Y`[YbgY]h][Yb`

J c fhY]`

5 i gk]f_i b['Ui ZX]Y : Ua]`Y

| I b hY fghOhni b["

8 Ug`[Ya Y]bgUa Y`HfU]b]b['ZÒfXYfh`ni XYa 'Y]b `ghUf_Yg`
; Ya Y]bgW W UZhg[Y ZØ\ ``` b`Y]b Yf NY]hž]b`XYf`j`]Y`Y : Ua]`Yb`Xi fW
VYfi Z]W Y`J YfdZ]W h`i b[Yb`i bX`X][]hU`Y`5V`Yb_i b[Yb`[YhfYbbh
g]b Xž`V]YhYb`HfU]b]b[gU_hj]`]hÀhYb`Y]b Y`k Yfhj c``Y` ; Y`Y[Yb\Y]hž`NY]h
a]hY]bUbXYf`ni`j`YfVf]b[Yb``8]YgYg` ; YZØ\ ``XYf
Ni gUa a Yb[Y\ Øf][_Y]h`Ubb`X]Y`6Yn]Y\i b[Yb`ghÀf_Yb`i bX`X]Y
?ca a i b]_Uh]cbgZÀ\][_Y]hYb`]bbYf\U`V`XYf` Ua]`Y`j`YfVYggYfb"
5 VgW`]Y`YbX``Àgg`g]W`gU[Ybž`XUgg`X]Y`dgmW c`c[]gW Yb`J c fhY]`Y
XYg`[Ya Y]bgUa Yb`HfU]b]b[g`ZØf` Ua]`Yb`j`]Y`gW W h`[`i bX
VYXYi hgUa `g]bX``8]Y`?ca V]bUh]cb`Ui g`d\mg]gW Yf`5_hj]`]hÀh`i bX
Ya ch]cbU`Yf`I`b hY fghOhni b[`gW W UZh`Y]b Y`I`a [YVi b[ž`X]Y`gck c\`
XUg`]bX]j`]Xi Y``Y`U`g`Ui W W`XUg`_c``Y_hj`Y`K`c\`VYZ]bXYb`ZÒfXYfh`
9`hYfbž`X]Y`fY[Y`a À`][`a]h`]fYb`?`]bXYfb`hFU]b]YfYbž`]bj`Ygh]YfYb
b]W h`bi f`]b`XYfYb` ; Ygi bX\Y]hž`gcbXYfb`Ui W W`]b`X]Y``Ub[Zf]gh][Y
dgmW gW Y`GhUV`])hÀh`i bX`XUg`ZUa]`ÀfY
Ni gUa a Yb[Y\ Øf][_Y]hg[YZØ\ ``

: Un]h`'8]Y`GmbYf[]Y`j`cb` :`]hb`Ygg`i`bX
: Ua]`Yb nY]h

Ni gUa a Yb[YZUggh`nY][h`X]YgYf`5fh]_Y`ž`k`]Y`k`]W h`[`6Yk`Y`i`b[`ZØf
X]Y`_ØfdYf`]W Y`i`bX`dgmW gW Y` ;`Ygi`bX\Y]h`gck`c\`j`cb`9`hYfb`U`g
Ui W`j`cb`?`]bXYfb`]gh`'8]Y`b hY`fUh]cb`j`cb`gdcfh`]W Yb`5_hj]`]hÀhYb
]b`XYb` Ua]`YbU`hU`[`Ubb`b]W h`bi`f`X]Y`_ØfdYf`]W Y` :`]hb`Ygg
j`YfVYggYfbž`gcbXYfb`Ui W W`Y]b Y`k`Yfhj`c``Y` ;`Y`Y[Yb\Y]h`gW W UZZYbž
NY]h`a`]hY]bUbXYf`ni`j`YfVf]b[Yb`i`bX`6]bXi`b[Yb`ni`ghÀf_Yb`
8`i`fW`YZZY_hj`Y`K`cf_ci`h`GhfUhY`[]Ybž`k`]Y`X]Y`9]b`VYn]Y\i`b[`j`cb
_`]bX[YfYW hYb` ,`Vi`b[Yb`i`bX`gd]Y`Yf]gW W Yb`9`Ya`YbhYbž`k`]fX`Yg
9`hYfb`Yfa`Ø`[`]W hž` :`]hb`Ygg`bU\h`cg`]b`]`]fYb`HU[YgUV`Ui`Z`ni
]b hY`[f]YfYbž`c\`bY`XUVY`]XYb`GdU`Ui`g`XYb`5i`[Yb`ni`j`Yf`]YfYb`

8 UfØVYf`\`]bUi`g``Y[Yb`X]Y`dgmW c`c[]gW W Yb`J c fhY]`Y`XYg
[Ya Y]bgUa`Yb`HfU]b]b[g`bU\Yž`XUgg`gc`W`Y]b Y`DfUI`]g`XUg
K`c\`VYZ]bXYb`XYf`[YgUa`hYb` Ua]`Y`ZÒfXYfh`FY[Y`a À`][Y

_ÓfdYf]WX Y'5 _h]j]hÀh_Ubb'GhfYgg'fYXi n]YfYbž'XUg
GY`Vghk Yfh[YZØ\ ``ghY][Yfb'i bX'X]Y'Ya ch]cbU'Y'J YfV]bXi b[
]bbYf\U'V'XYf': Ua]]Y'ZYgh][Yb" A]h'X]YgYb'9f_Ybbhb]ggYb'Ja
<]bhYf_cdZz_ÓbbYb'9'hYfb'[Yn]Y'hY'GWf]hhY'i bhYfbY\ a Ybž'i a
:]hbYgg'b]WX h'bi f'U'g']bX]j]Xi Y'Y'N]Y'gYhni b[žgbXYfb'U'g
]bhY[fU'Yb'6YghUbXhY]`XYf': Ua]]Yb_i 'hi f'ni 'VYhfUWX hYb"5i Z
X]YgY'K Y]gY'k]fX'XUg[Ya Y]bgUa Y'HfU]b]b['b]WX h'bi f'ni f'E i Y'Y
XYf'; Ygi bX\Y]h'gcbXYfb'Ui WX ni 'Y]bYa ': i bXUa YbhZØf
Ya ch]cbU'Yb'Ni gUa a Yb\U'hi bX'gcn]U'Y'bhYfU_h]cb']b'XYf
: Ua]]Y"

8 YhU]g

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