

MEIN FITNESS

:]hb Ygg`ZØf` ; Ua Yf. `6Yk Y[i b[`ZØf`9!
Gdcfh`Yf

→ XYf`a cXYfbYb`K Y`h`XYg` ; Ua]b[g`[Yk]bbh`X]Y`d\mg]gWX Y
; Ygi bX\Y]h`XYf`Gd]Y`Yf`ni bY\ a YbX`Ub`6YXYi hi b["
K A\fYbX`X]Y`X][]hU`Y`I b\Yf\U`hi b[g]bXi ghf]Y`Vcca h`i bX`9!
Gdcfh`ni `Y]bYa `UbYf_UbbhYb`K Yhh`_Ua dZ`k]fXž`nY][h`g]WX
[`Y]WX nY]h][ž`XUgg`X]Y`g]hnYbXY`@YVYbgk Y]gYž`X]Y`a]h`Ub[Yb
; Ua]b[!GYgg]cbg`Y]b\Yf[Y\hž`Yfbgh\UZhY`d\mg]c`c[]gWX Y
5i gk]f_i b[Yb`UVYb`_Ubb`8]YgYf`5fh]_Y`i b\Yfgi WX h`X]Y
j YfgWX]YXYbYb`8]a Ybg]cbYb`XYg`6Yk Y[i b[ga Ub[Y`g`VY]
; Ua Yfbž`XYf`b]WX h`bi f`X]Y`_OfdYf`]WX Y`@Y]ghi b[gZA\][_Y]hž
gcbXYfb`Ui WX`X]Y`U`[Ya Y]bY` ; Ygi bX\Y]h`VYY]bZi ggYb
_Ubb`=a `YfghYb`5VgWX b]hh`k YfXYb`k]f`X]Y`d\mg]c`c[]gWX Yb
?cbgYe i YbnYb`XYg`6Yk Y[i b[ga Ub[Y`g`XYhU]`]Yfh
UbU`mg]YfYbž`Y]bgWX`]Y` `]WX`XYf`5i gk]f_i b[Yb`Ui Z
A i g_i `Uhi fž<Yfn!`fY]g`Ui Z`GmghY`a`i bX`GhcZ`k YWX gY`"=a
nk Y]hYb`5VgWX b]hh`VYhfUWX hYb`k]f`X]Y`YbhgWX Y]XYbXY
6YXYi hi b[`j cb`?fUZh`i bX`5i gXUi YfhfU]b]b[`]a
/ Ua d\Y`]d/



=b`XYf'a cXYfbYb`K Y`h`XYg'; Ua]b[g`[Yk]bbh`X]Y`d\mg]gWY
; Ygi bX\Y]h`XYf`Gd]Y`Yf`ni bY\`a YbX`Ub`6YXYi hi b["K Á\fYbX`X]Y
X][]hU`Y`I b\hYf\`U`hi b[g]bXi ghf]Y`Vcca hi bX`9!Gdcfh`ni `Y]bYa
UbYf_UbbhYb`K Yhh_Ua dZ`k]fXž`nY][h`g]WY`[`Y]WY nY]h][ž`XUgg`X]Y
g]hnYbXY`@VVYbgk Y]gYž`X]Y`a]h`Ub[Yb`; Ua]b[!GYgg]cbg
Y]b\Yf[Y\hž`Yfbgh\`UZhY`d\mg]c`c[]gWY`5i gk]f_i b[Yb`\UVYb
_Ubb``8]YgYf`5fh]Y`i b\hYfgi WYh`X]Y`j YfgWY]YXYbYb`8]a Ybg]cbYb
XYg`6Yk Y[i b[ga Ub[Y`g`VY]; Ua Yfbž`XYf`b]WYh`bi f`X]Y
_ØfdYf`WY`@Y]ghi b[gZÀ\][_Y]hž`gc bXYfb`Ui WY`X]Y`U`[Ya Y]bY
; Ygi bX\Y]h`VYY]bZI ggYb`_Ubb"

=a`YfghYb`5VgWYb]h\h`k YfXYb`k]f`X]Y`d\mg]c`c[]gWYb
?cbgYe i YbnYb`XYg`6Yk Y[i b[ga Ub[Y`g`XYhU]`Yfh`UbU`mg]YfYbž
Y]bgWY`]Y»`]WY`XYf`5i gk]f_i b[Yb`Ui ZA i g_i `Uhi fž<Yfn!`fY]g`Ui Z
GmghYa`i bX`GhcZk YWYgY`";=a`nk Y]hYb`5VgWYb]h\h`VYhFUWYhYb`k]f
X]Y`YbhgWY]XYbXY`6YXYi hi b[`j cb`?fUZh`i bX`5i gXUi YfhfU]b]b[
]a`9!Gdcfhž`XUg`b]WYh`bi f`X]Y`Gd]Y`Y]ghi b[`cdh]a`YfYbž`gc bXYfb
Ui WY`dfÀj Ybhj`[Y[Yb`[Ygi bX\Y]h]WY`6YY]bhfÀWYh][i b[Yb
k]f_Yb`_Ubb``5VgWY`]Y» YbX`dfÀgYbh]YfYb`k]f`dfUI]gbU\Y
GhfUhY[]Yb`ni f`b\hY[fUh]cb`j cb`[]hbYgg]b`XYb`cZh`Y_h]gWYb
5`hU`j cb`; Ua Yfbž`i a`XUg` `Y]WY`[Yk]WYh`nk]gWYb`j]fhi Y`Yf
FYU`]hÀhi bX`d\mg]gWYf`; Ygi bX\Y]h`ni`ZØfXYfb"

8]Y`j cf`]Y[YbXY`5bU`mgY`n]Y`h`XUfUi Z`UVž`Y]b`6Yk i gghgY]b`ZØf`X]Y
Bch`YbX][_Y]h`Y]bYg`U_h]j Yb`@VVYbggh]g`ni`gWUZZYb`i bX`XYb
Gd]Y`Yfb`K Yf_nYi [Y`Ub`X]Y`<UbX`ni`[YVYbž`i a`]`fY`[]hbYgg`a`]h
]fYb`; Ua]b[!@Y]XYbgWYUZhYb`]b`9]b`_Ub[`ni`Vf]b[Yb"

D\mg]c`c[]gWY`5i gk]f_i b[Yb`j cb
6Yk Y[i b[ga Ub[Y`VY]; Ua Yfb

8Yf`5bgh]Y[`j cb`9!Gdcfh`i bX`; Ua]b[`]b`XYf'a cXYfbYb
; YgY`gWUZh`Uh`ni`Y]bYa`h]YZYb`J YfghÀbXb]g`XYf
d\mg]c`c[]gWYb`5i gk]f_i b[Yb`j cb`6Yk Y[i b[ga Ub[Y`[YZØ\fh`
K Á\fYbX`J`]XYcgd]Y`Y`Y]bY`J`]Y`nU\`j cb`_c[b]h]j Yb`[_Y]hYb
i bX`gcn]U`Yb`b\hYfU_h]cbYb`ZØfXYfbž`[]Vh`Yg`U`Ufa`YfYbXY`c`[Ybž
X]Y`Ui g`Ub[Ub\U`hYbXYa`G]hnYb`i bX`6Yk Y[i b[ga Ub[Y`
fYgi`h]YfYb`"b\hVYgcbXYfY`VY]; Ua Yfb`g]bX`Zc`[YbXY

d\mg]c`c[]gWX Y`J YfAbXYfi b[Yb`ni `VYcVUWX hYb.

- A i g_Y`Uhfc d\]Y. `8 i fWX `X]Y`ZY\`YbXY`_ØfdYf`]WX Y
5_h]j]hÀh`ca a h`Yg`ni `Y]bYa `5VVUi `j cb`A i g_Y`a UggYž
]bgVYgcbXYfY`]b`XYb`i b hYfYb`9I hYfYa]hÀhYb"
- 6Yk Y[`]WX _Y]hgY]bgWX fAb_i b[Yb. `@Ub[Zf]gh][Yg`G]hnYb
ZØ\ fh`ni `Y]bYf`J Yf_Øfni b[`XYf`A i g_i `Uh`fž`k Ug`X]Y
: `YI]V`]hÀh`i bX`6Yk Y[`]WX _Y]h`Y]b[YgWX fAb_h"
- Ghc ZZk YWX gY`ghØfi b[Yb. `A Ub[Y`bXY`6Yk Y[i b[`]gh`a]h
Y]bYa `Yf\ Ø\ hYb`F]g]c`ZØf`Yhh`Y]V][_Y]h`i bX
`bgi `]bfYg]ghYbn`j YfVi bXYb"
- < U`hi b[gd`fc V`Ya Y. `; Ua Yfb`Xfc\Yb`< U`hi b[ggWX ÁXYb
k]Y`F i bXfØW_Yb`cXYf`B UW_Ybj YfgdUb`b[Ybž`X]Y`Xi fWX
`Ub[Yg`G]hnYb`]b`i bVYe`i Ya`Yb`Dcg]h]cb`Yb`j Yfi`fgUWX h
k`YfXYb"
- ? UfX]cj Ug_i `ÀfY`Dfc V`Ya Y. `9]bY`gYXYb hÀfY
@YVYbgk Y]gY`_Ubb`ni `Yf\ Ø\ hYa`6`i hXfi W_`i bX`UbXYfYb
< Yfn!`fY]g`Ui Z!9f_fUb_i b[Yb`ZØ\ fYb"

8]Y`5i gk]f_i b[Yb`j cb`6Yk Y[i b[ga`Ub[Y`Ui Z; Ua`Yfb`g]bX`b]WX h
bi`f`d\mg]c`c[]gWX Yf`B Uh`f`DgmWX c`c[]gWX Y`U_hcfYb`gd]Y`Yb
YVYbZU`g`Y]bY`k`YgYbh`WX Y`F`c`Y`9]bY`g]hnYbXY`@YVYbgk Y]gYž
[YdUUfh`a]h`]bhYbg]j`Ya`; Ua`]b[ž`_Ubb`ni`f`9bhghY\`i`b[`j`cb`GhfYgg
i`bX`5b[ghni`ghÀbXYb`VY]hfU[Yb`Ghi`X]Yb`nY][Ybž`XUgg`Y]b`A`Ub[Y`
Ub`_ØfdYf`]WX Yf`5_h]j`hÀh`X]Y`Gh]a`a`i`b[`bY[Uh]j`VYY]bZi`ggYb
_Ubb`i`bX`X]Y`K`U\fgWX Y]b`]WX _Y]h`j`cb`8YdfYgg]cb`Yb`Yf\ Ø\Yb
_Ubb"

9]b`k`Y]hYfYf`k`]WX h][Yf`5gdY`h`g]bX`X]Y`5i`gk`]f_i`b[Yb`Ui`Z`XUg
_c[b]h]j`Y`i`b_h]cb]YfYb`6Yk`Y[i`b[`U`h`g]WX`U`g`Yb`hgWX`Y]XYb`X`ZØf
X]Y`5i`ZfYWX`hYf\`U`hi`b[`j`cb`?`cbnYb`hfU]cb`i`bX`;`YXÀWX`hb]g
Yfk`]YgYb`9]b`g]hnYb`XYf`@YVYbggh`ž`k`]Y`Yf`\`Ai`Z[`VY`];`Ua`Yfb`ni
VYcVUWX`hYb`]ghž`_Ubb`ni`Y]bYf`5VbU\`a`Y`XYf`[Y]gh][Yb
@Y]ghi`b[gZÀ\`][_Y]h`ZØ\`fYb`>`b`j`]Y`Yb`;`À`Yb`k`]fX`Y]bY`FYXi`_h]cb
XYf`5i`Za`Yf_gUa`_Y]hggd`UbbY`i`bX`Y]bY`9f\ Ø\`i`b[`j`cb`_c[b]h]j`Yb
9fa`ØXi`b[gYfgWX`Y]bi`b[Yb`Xc_i`a`Ybh]Yfh"

D\mg]c`c[]gWX Y`5i`gk`]f_i`b[Yb`6YgWX`fY]Vi`b[

| | |
|--|--|
| D\mg]c`c[]g\W Y`5i gk]f_i b[Yb A i g_Y`Uhfc\]Y | 6Yg\W fY]Vi b[5VVUI `j cb`A i g_Y`a UggY`Xi f\W 6Yk Y[i b[ga Ub[Y` |
| 6Yk Y[`]\W _Y]hgY]bg\W f\Ab_i b[Yb | J Yf_\O fni b[XYf`A i g_i `Uhi f`i bX : `YI]V`]h\Ab_hgj Yf`i gh |
| Ghc Z\k Y\W gY`gh\O fi b[Yb | 9f\O \hYg`F]g]_c`Z\O f : Yhh`Y]V][_Y]h`i bX =bgi `]bfYg]ghYbn |
| < U`hi b[gdfcV`Ya Y | F i bXf\O W`Yb`i bX B UW`Ybj YfgdUb\i b[Yb`Xi f\W `Ub[Yg`G]hnYb |
| ? UfX]cj Ug_i `AfY`DfcV`Ya Y | 9f\O \hYf`6`i hXfi W`i bX`< Yfn! ? fY]g`Ui Z 9f_fUb_i b[Yb |

8]Y ``Ub[Zf]gh][Yb`?cbgYe\i YbnYb`XYg`6Yk Y[i b[ga Ub[Y`g`_ObbYb
gY\ f`Yfbgh`gY]b``=b\gVYgcbXYfY`VY]; Ua Yfb`]gh`Yg`k YgYbh`\W z`Y]b
6Yk i gghgY]b`Z\O f`X]Y`Y][YbY]; Ygi bX\Y]h`i Ybhk]W`Y`b``8]Y
=bhY[fUh]cb`j cb`fY[Y`a A`][Yb`6Yk Y[i b[gY]b\Y]hYb`]b`XYb`5``hU[
_Ubb`b]W`h`bi f`X]Y`d\mg]g\W Yb`gcbXYfb`Ui W`X]Y`_c[b]h]j Yb
@Y]ghi b[Yb`j YfVYggYfb``8]YgY`[Yk cbbYbYb`9f`Ybbhb]ggY`g]bX`Z\O f
X]Y`; Ua Yf!7ca a i b]hm`Ybh\W Y]XYbXz`i a`Y]bYb`[Yg\obXYfYb
@YVYbghh``ni`Z\O fXYfb`i bX`[`Y]\W nY]h`[`X]Y`JcfhY`Y`XYg`; Ua]b[`ni
[Yb]Y``Yb"

8]Y`F c``Y`j cb`? fUZh!`i bX`5i gXUi YfhfU]b]b[
]a`9!Gdc\cfh

=a`9!Gdc\cfh`k c`ghfUhY[]g\W Yg`8Yb`Yb`i bX`g\W bY``Y`FYU`h]cbYb
Yb hg\W Y]XYbX`g]bXz`k]fX`XYf`_O\fdYf`]\W Y`5gdY`h`c\Zh
j Yfb UW`Agg][h``8Ybbc\W`nY][Yb`k]ggYbg\W UZh`\W Y`Ghi X]Yb`XUgg`
? fUZh!`i bX`5i gXUi YfhfU]b]b[`Y]bYb`Yf\YV`]\W Yb`9]bZ`i gg`Ui Z
X]Y`@Y]ghi b[gZ\A`][_Y]h`j cb`; Ua Yfb`UVYb`_Ubb``8]Y`?ca V]bUh]cb
VY]XYf`HfU]b]b[gZcfa Yb`Z\O fXYfh`b]W`h`bi f`X]Y`_O\fdYf`]\W Y
; Ygi bX\Y]h`gcbXYfb`Ui W`X]Y`_c[b]h]j Y`@Y]ghi b[gZ\A`][_Y]h`i bX
?cbnYbhfUh]cb`k A\fYbX`XYg`Gd]Y`Ybg`

? fUZh\h\h\h]b]b[`V]YhYh`nU`fY]\W Y`JcfhY`Y`Z\O f`; Ua Yf``Ni`XYb
k]W`h`[ghYb`[Y\O fYb.

- J YfVYggYfi b['XYf? ØfdYf\ U`hi b['i bX'XYf'GhUV]`hÀh
- GhÀf_i b['XYf'A i g_i `Uhi fž'X]Y'ZØf`'Àb[YfYg'G]hnYb
YfZcfXYf`]W`]gh
- 9f\ Ø\i b['XYf'U``[Ya Y]bYb`:]hbYgg`i bX'J Yff]b[Yfi b['XYg
J Yf`Yhni b[gf]g]_cg

8 Ug'HfU]b]b['a]h; Yk]W hYb 'c XYf? ØfdYf[Yk]W h'Y][bYh'g]W
VYgbXYfg`[i hž'i a 'X]Y'gdYn]ZgW Yb '5bZcfXYfi b[Yb'XYg'9!Gdcfhg
ni 'YfZØ``Yb``9]bY'Ghi X]Y'\Uh[YnY][hž'XUgg'Gd]Y`Yfž'X]Y'fY[Y'a À»][
?fUZhkfU]b]b['Xi fW ZØ\ fYbž'Yf\ YV`]W k Yb][Yf
9fa ØXi b[gYfgW Y]bi b[Yb'i bX'GWa YfnYb`]a 'F ØW_Yb! 'i bX
B UW_YbVYfY]W VYf]W hYb``8]Yg'ghY\h`]a '9]b_`Ub['a]h'XYb
9f[YVb]ggYb'XYf'5a Yf]WUb`>ci fbU`'cZ'Gdcfhg'A YX]WbYž'XUg
X]Y'6YXYi hi b['j cb`?fUZhkfU]b]b['ni f'J cfVYi [i b['j cb
a i g_i `ÀfYb'8mgVU'UbWb`VYhcbh"

=a ' ; Y[YbgUhn'XUni`]gh'5i gXUi YfhfU]b]b['Yb hgW Y]XYbX'ZØf'X]Y
9f\ U`hi b['XYf?cbnYbhfUh]cb'i bX'FYU_h]cbgZÀ\][_Y]h'k À\ fYbX
'Ub[Yf'Gd]Y`g]hni b[Yb``Ni 'XYb'J cfhY]`Yb`[Y\ ØfYb.

- J YfVYggYfi b[Yb'XYf'_UfX]cj Ug_i `ÀfYb` ; Ygi bX\Y]h
- 9f\ Ø\i b['XYf'GUI YfghcZZUi ZbU\`a Y'i bX'b]YXf][YfY
9fa ØXi b[
- GhY][Yfi b['XYf'[Y]gh][Yb'K UWgUa '_Y]h'i bX
FYU_h]cbg[YgW k]bX][_Y]h

8 Ug'5i gXUi YfhfU]b]b['_Ubb`]b` : cfa 'j cb'7UfX]c!, Vi b[Yb'k]Y
`x[[]b['z'F UXZU\ fYb 'c XYf'GW k]ja a Yb'Xi fW [YZØ\ fh'k YfXYb"
Ghi X]Yb '\UVYb`VY`Y[hž'XUgg'Gd]Y`Yfž'X]Y'fY[Y'a À»]['Ub
5i gXUi YfhfU]b]b[g'hY`bY\`a Ybž'b]W h`bi f'Y]bY`VYggYfY'd\mg]gW Y
5i gXUi Yfž'gcbXYfb'Ui W`Y]bY`j YfVYggYfH`_c[b]h]j Y
J YfUfVY]hi b[g[YgW k]bX][_Y]h'Ui Zk Y]gYb``8]Yg'g]bX
YbhgW Y]XYbXY` : U_hcfYb`VY]a 'Gd]Y`Yb`j cb'gck c\``9]bnY`gd]Y`Yf!
U`g`Ui W`A i `h]d`UmYf!Gd]Y`Yb"

9]bY`]bhYfYggUbhY`HUVY`Y`ni f'J YfUb gW ui`]W i b['XYf'9ZZY_hY`j cb
?fUZh!`i bX'5i gXUi YfhfU]b]b['Ui ZX]Y'Gd]Y`Y]gh`i b[Yb`]gh`i bhYb
Ui Z[YZØ\ fh

| | | |
|--------------------|---------------------------------------|--------------------------------------|
| HfU]b]b[gUfh | D\ mg]gWX Y`J c fhY]`Y | ? c[b]h]j Y`J c fhY]`Y |
| ? fUZh hfU]b]b[| A i g_Y`Ui Z`Ui ž ? ØfdYf\ U`hi b[| 9f\ Ø\ i b[`XYf ? cbnYb hfUh]cb |
| 5i gXUi YfhfU]b]b[| J YfVYggYfi b[`XYf 5i gXUi Yf | GhY][Yfi b[`XYf F YU_h]cb gnY]h |

Ni gUa a YbZUggYbX ``Àgg h]g]WX .gU[Ybž XUgg`X]Y`=bhY[fUh]cb`j cb
? fUZh! i bX`5i gXUi YfhfU]b]b[`]b`XYb`bcfa U`Yb`HfU]b]b[gUV`Ui Z`j cb
; Ua Yfb`b]WX h`bi f`X]Y`_ØfdYf]WX Y` :]hbYgg`j YfVYggYfb`_Ubbž
gcbXYfb`Ui WX`X]Y`[Y]gh][Y`@Y]ghi b[gZÀ\][_Y]h`ZØfXYfb`9!Gdcfh`Yf
gc``hYb`g]WX`XYa bUWX`b]WX h`bi f`Ui Z`\fY` ; Ua]b[!: À\][_Y]hYb
_cbnYb hf]YfYbžgcbXYfb`Ui WX`X]Y`J c fhY]`Y`Y]bYf`[Ubn\ Y]h]WX Yb
:]hbYggghfUhY[]Y`]b`6YhfUWX h`n]Y\Yb`8]Yg`k]fX`Ub[Zf]gh][`ni`Y]bYf
VYggYfYb`Gd]Y`Y]ghi b[`VY]hFU[Yb`i bX`X]Y`U`[Ya`Y]bY
@VVYbgei U`]hÀh`Yf\ Ø\ Yb`

GhfUhY[]Yb`ni`f`=bhY[fUh]cb`j`cb` :]hbYgg`]b
XYb` ; Ua]b[!5``hU[

8]Y`=bhY[fUh]cb`j`cb` :]hbYgg`]b`XYb` ; Ua]b[!5``hU[`]gh`Y]bY
<YfUi gZcfXYfi b[ž`X]Y`Y]bYb`VYk i gghYb`i bX`ghfi _hi f]YfhYb`5bgUh
YfZcfXYfh`J`Y` ; Ua Yf`j YfVf]b[Yb`Ghi bXYb`Ua`6]XgWX]fa ž`k Ug
ni`Y]bYf`gYXYbhÀfYb`@VVYbgk Y]gY`ZØ\ fh`I a`YXcWX`Y]bY
Ui g[Yk c[YbY`@VVYbgk Y]gY`ni`ZØfXYfb`i bX`[Ygi bX\Y]h]WX Yb
DfcV`Ya`Yb`Ui Z[fi bX`j cb`6Yk Y[i b[ga Ub[Y`j cfni VYi [Ybž
a ØggYb`gdYn]ZgWX Y`GhfUhY[]Yb`Ybhk]WX`h`i bX`YhUV`]Yfh`k YfXYb`

9]bY`XYf`YZZY`h]j ghYb`A`Yh\cXYb`ni`f`=bhY[fUh]cb`j`cb` :]hbYgg`]b
XYb` ; Ua]b[!5``hU[`VYghY\h`XUf]bž` :]hbYggdUi`gYb`]b`XYb
Gd]Y`UV`Ui`Z`ni`]b`hY[f]YfYb`8]YgY`DUi`gYb`gc`hYb`ghfUhY[]gWX
d`Uhn]Yfh`k`YfXYbž`i a`g]WX`Yfni`ghY`Ybž`XUgg`g]Y`X]Y`?`cbnYb hfUh]cb
b]WX`h`ghØfYbž`UVYf`XYbbcWX`fY[Y`a`À»][Y`6Yk`Y[i b[`ZØfXYfb` : Øf
X]YgY`DUi`gYb`_ØbbhYb`Zc`[YbXY`5_h]j`hÀhYb`Y]b[Yd`Ubh`k`YfXYb`.

- ?i fn`k cf_ci`hg`fh"6") !%\$`A`]bi`hYb`8`Y\`bYb`cXYf`Y]WX`hYg
5i Zk`Àfa`YbŁ
- GWX`bY`Y`7`Ufx]c!,`Vi`b[Yb`fh"6")<`Ua`dY`a`ÀbbYf`cXYf
6i fdYYgŁ

- GhÀf_YbhFU]b]b[`a]hXYa 'Y][YbYb '? ÒfdYf[Yk]W h'fh"6"
@Y[YghØhnYž? b]YYVi [YbŁ

9]b 'k Y]hYfYf'bØhn`]W Yf'5bgUhn`]ghX]Y 'B i hn'i b['j cb':]hbYgg!
5ddg'cXYf'hFU[VUfYb':]hbYgg[YfÀhYb"8]YgY 'HYWbc'c[]Yb
_ÒbbYb 'XUni 'VY]hfU[Ybž: cfhgW f]hhY 'ni 'hfUW_Yb 'i bX
a ch]j]YfYbXY'N]Y 'Y 'ni 'gYhnYb"; Ua Yf' _ÒbbYb 'b[']\fY
Gd]Y 'Y 'Ya YbhY 'b hY [f]Yf hY ':]hbYgg!5ddg'bi hnYbžX]Y 'gdYn]Z]gW Y
. Vi b[Yb 'b['9W hnY]hj cfgW 'U[Yb 'i bX 'Ub gdcfbYb"

I a 'Y]b 'YZZY_h]j Yg':]hbYggdfc[fUa a 'ni '[YghU'hYbž_Ubb'Yg
\]ZfY]W gY]bžY]bYb 'k ÒW Yb h`]W Yb 'HfU]b]b[gd'Ub 'ni
YfghY ``Yb"8]YgYf'gc ``hY 'b XYb '5 ``hU['Y]b[Yd'Ubh'k YfXYbžgc XUgg
X]Y '9]b\U'hi b['j cb':]hbYgn]Y 'Yb 'Yf 'Y]W hYf h'k]fX" '9]b '6Y]gd]Y 'ZØf
gc 'Y]bYb 'D'Ub ' _ÒbbhY 'k]Y 'Zc[h'Ui ggY \ Yb.

| HU[| 5_h]j]hÀh | 8Ui Yf |
|-----------|-------------------|-----------------|
| A cbhU[| 7UfX]c '8Y\ bYb | ' \$ 'A]bi hYb |
| A]hhk cW | ? fUZhkfU]b]b[| ' \$ 'A]bi hYb |
| : fY]hU[| Mt[U'cXYf'D]UhYg | ' \$ 'A]bi hYb |

Ni gÀhn`]W ']ghYg 'j cb '6YXYi hi b['žg]W 'a]h'UbXYfYb'; Ua Yfb 'ni
j YfbYhnYbžX]Y 'Y]b 'À\ b[]W Yg' =b hYfYggY 'Ub '6Yk Y[i b[' \UVYb"8]Yg
_Ubb 'b : cfa 'j cb 'C b 'b]Y!; fi ddYb 'cXYf' 'c_U'Yb '7ca a i b]h]Yg
[YgW Y\ Ybž]b 'XYb Yb ':]hbYggU_h]j]hÀhYb 'cf[Ub]g]Yf h'k YfXYb"
Gc 'W Y'; Ya Y]bgW UZhYb 'ZØfXYfb 'b]W h'bi f 'X]Y 'A ch]j Uh]cbž
gcbXYfb 'gW UZZYb 'Ui W 'Y]b ': YZØ\ 'XYf 'Ni [Y\ Øf][_Y]h' i bX
I b hYfghØhni b["

8UfØVYf' \]bUi g'gc ``hYb'; Ua Yf 'X]Y '9f[cbca]Y ']\fYf
Gd]Y 'i a [YVi b['VYfØW_g]W h][Yb"9]b 'VYe i Ya YgžUb dUggVUfYg
GYhi d '_Ubb 'XYb '6Yk Y[i b[gXfUb['ZØfXYfb"6Y]gd]Y 'gk Y]gY
_ÒbbYb '\Ò\ Ybj YfghY ``VUfY 'GW fY]Vh]gW Y 'g]bbj c ``gY]bžX]Y 'Yg
Yfa Ò[']W Ybžk À\ fYbX 'XYg 'Gd]Y 'Ybg 'ni 'ghY \ Yb 'i bX
6Yk Y[i b[gZfY] \ Y]h'ni '[Yb]Y » Yb"

=b g[YgUa h'YfZcfXYf h'X]Y '=b hY [fUh]cb 'j cb':]hbYgg 'b XYb'; Ua]b[!
5 ``hU['Y]b Yb 'a i 'h]ZchcfU 'Yb '5bgUhnžXYf 'gck c \ 'X]Y 'dYfgØb 'W Y

A ch]j Uh]cbžX]Y HYWXbc`c[]Ybi hni b['U`g`Ui WX`X]Y`gcñ]U`Y
I bhYfghØhni b['VYfØW_g]WX h][h`'8 i fWX`X]YgY`GhfUhY[]Yb`_ØbbYb
; Ua Yf`b]WX h`bi f`]\fY`_ØfdYf`]WX Y` ; Ygi bX\Y]h`j YfVYggYfbž
gcbXYfb`Ui WX`]\fY`Gd]Y``Y]ghi b[`ghY][Yfb"

: Un]h. '8]Y`6YXYi hi b['j cb` :]hbYgg`ZØf`9!
Gdcfh`Yf

Ni gUa a YbZUggYbX`Aggh`g]WX`ZYghghY`YbžXUgg`X]Y
d\mg]c`c[]gWX Yb`5i gk]f_i b[Yb`j cb`6Yk Y[i b[ga Ub[Y``VY]
; Ua Yfb`[fUj]YfYbXY`[Ygi bX\Y]h]WX Y`F]g]_Yb`VYf[YbžX]Y`gck c\`
X]Y`_ØfdYf`]WX Y`U`g`Ui WX`X]Y`[Y]gh][Y`@Y]ghi b[gZÀ\][_Y]h
VYY]bhfÀWX h][Yb`_ØbbYb`8 i fWX`[Yn]Y`hYg`?fUZh!`i bX
5i gXUi YfhfU]b]b[``Aggh`g]WX`YXcWX`b]WX h`bi f`X]Y`_ØfdYf`]WX Y
:]hbYgg`ghY][YfbžgcbXYfb`Ui WX`X]Y`_c[b]h]j Y`DYfZcfa UbWX`ja
K Yhh_Ua dZ`8]Y`bhY[fUh]cb`j cb`fY[Y`a À»][Yf`6Yk Y[i b[`]b`XYb
; Ua]b[!5``hU[`YfZcfXYfh`VYk i gghY`i bX`ghfUhY[]gWX Y`D`Ubi b[ž
V]YhYh`YXcWX`XYb`9!Gdcfh`Yfb`X]Y`A Ø[`]WX`_Y]hž]\fY`@Y]ghi b[`Ui Z
XUg`bÀWX ghY`@Yj Y``ni `\\YYVYb"

8]Y`6YhfUWX hi b[`XYf` :]hbYgg`U`g`]bhY[fU`Yb`6YghUbXhY]`XYf`9!
Gdcfh?`i `hi f`gc`hY`b]WX h`bi f`U`g`cdh]cbU`Yf`Ni gUhñ`VYhfUWX hYh
k YfXYbžgcbXYfb`U`g`Yb`hgWX Y]XYbXYf` : U_hcf`ja`GhfVVYb`bUWX
<ØWX gh`Y]ghi b[Yb`8]Y`Gmbh\YgY`j cb` ; Ua]b[`i bX` :]hbYgg
YfØZZbYh`bYi Y`DYfgdY`h]j Yb`ZØf`Y]bY`bUWX \U`h][Y`?Uff]YfY`]a`9!
Gdcfh`i bX`hfÀ[h`gca]h`ni f`[Ubn\Y]h]WX Yb` ; Ygi bX\Y]h`XYf`Gd]Y`Yf
VY]``@Yhnh]WX`]Y[h`Yg`Ub`XYf` ; Ua]b[!7ca a i b]hmž`X]Y
9f`Ybbhb]ggY`ØVYf`X]Y`Bch`YbX][_Y]h`j cb`6Yk Y[i b[`ni
j YfVfY]hYb`i bX`Y]b`bYi Yg`6Yk i gghgY]b`ZØf` :]hbYgg`ni`gWX UZZYbž
XUg`gck c\`XYb`K Yhh_Ua dZ`U`g`Ui WX`XUg`U``[Ya`Y]b`Y
K c\`VYZ]bXYb`ZØfXYfh"

8 YhU]`g

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