

# MEIN FITNESS

: ]hb Ygg'i bX '? i bgh. '9]bY 'J YfV]bXi b[  
 : ]hb Ygg'i bX '? i bgh. '9]bY 'J YfV]bXi b[ '8]Y 'J YfV]bXi b[ nk ]gWX Yb : ]hb Ygg'i bX '? i bgh'a U[ 'Ui Z'XYb 'YfghYb '6']W\_ i b[ Yk Ø\ b`]WX 'YfgWX Y]bYb "GWX ']Y» `]WX 'g]bX : ]hb Ygg'i bX \_ØfdYf`]WX Y '6Yk Y[ i b[ 'a ]h'gdcfh]WX Yf'5\_hjj ]hÀhj YfVi bXYbž k À\ fYbX '? i bgh'cZh'a ]h' fYUhjj Yb '5i gXfi W\_gZcfa Yb 'k ]Y A U`YfY]ž'A i g]\_ 'cXYf' HUbn' Uggcn]]Yfh'k ]fX" '8cWX 'VY] [ YbUi YfYf' 6YhfUWX hi b[ ' [ ]Vh'Yg'Xi fWX Ui g'; Ya Y]bgUa \_Y]hYb i bX 'gmbYf[ ]gh]gWX Y '9ZZY\_hY 'nk ]gWX Yb : ]hb Ygg'i bX '? i bgh" '↳ X]YgYa '5fh]\_Y 'k YfXYb 'k ]f'i bg'a ]h'X]YgYf' J YfV]bXi b[ [ YbUi Yf'VYZUggYb 'i bX 'Yf'\_ÀfYbž'k ]Y 'VY]XY '6YfY]WX Y j cbY]bUbXYf'dfcZjh]YfYb '\_ØbbYb" '? i bgh'U'g ↳gd]fUh]cbgei Y``Y 'ZØf': ]hb Ygg'? i bgh'\_Ubb 'Y]bY 'ZUgn]b]YfYbXY ↳gd]fUh]cbgei Y``Y 'ZØf': ]hb YggU\_hjj ]hÀhYb 'gY]b" ↳gVYgcbXYfY j ]gi Y``Y '? i bghk Yf\_Y 'k ]Y'; Ya À'XY 'cXYf'G\_i `dhi fYb '\_ØbbYb Y]bY 'ghUf\_Y 'Ya ch]cbU'Y 'K ]f\_i b[ '/ Ua dΛY``]d/



: ]hb Ygg'i bX '? i bgh. '9]bY 'J YfV]bXi b[

8]Y'J YfV]bXi b[ 'nk ]gWYb': ]hbYgg'i bX'?i bgh'a U[ 'Ui ZXYb 'YfghYb  
6]W\_i b[ Yk Ø\ b]WYfgWY]bYb" GWA 'Y» `]Wg]bX': ]hbYgg'i bX  
\_ØfdYf]WY 6Yk Y[ i b[ 'a ]hgdcfh]WYf'5\_hjj ]hAhj YfVi bXYbž  
k Á\fYbX'?i bgh'cZh'a ]h\_fYUhj Yb'5i gXfi W\_gZcfa Yb'k ]Y'A U'YfY]ž  
A i g]\_cXYf'HUbn'Uggcn]Yfh'k ]fX" 8cWVY] [ YbUi YfYf  
6YhfUW hi b[ '[ ]Vh'Yg'Xi fWUUi g'; Ya Y]bgUa \_Y]hYb'i bX  
gmbYf[ ]gh]gWY'9ZZY\_hY'nk ]gWYb': ]hbYgg'i bX'?i bgh" ≠ X]YgYa  
5fh]\_Y'k YfXYb'k ]f'i bg'a ]hX]YgYf'J YfV]bXi b[ '[ YbUi Yf'VYZUggYb  
i bX'Yf'\_ÀfYbžk ]Y'VY]XY'6YfY]WY j cbY]bUbXYf'dfcZjh]YfYb  
\_ØbbYb"

? i bgh'U'g' ≠ gd]fUh]cbgei Y''Y'ZØf': ]hbYgg

? i bgh'\_Ubb'Y]bY'ZUgn]b]YfYbXY' ≠ gd]fUh]cbgei Y''Y'ZØf  
: ]hbYggU\_hjj ]hAhYb'gY]b" ≠ gVYgbXYfY'j ]gi Y''Y'?i bghk Yf\_Y'k ]Y  
; Ya Á'XY'cXYf'G\_i 'dhi fYb'\_ØbbYb'Y]bY'ghUf\_Y'Ya ch]cbU'Y  
K ]f\_i b[ 'UVYb'i bX'i bgYfY': UbhUg]Y'i bX'?fYUhj ]hAh'gh]a i 'YfYb"  
8]YgY'\_ØbghYf]gWYb'K Yf\_Y'\_ØbbYb'i bg'a chjj ]YfYbžbYi Y'K Y[ Y  
XYf'\_ØfdYf]WYb'6Yk Y[ i b[ 'ni 'Yf\_i bXYb'i bX'i bgYf  
: ]hbYggb]j YUi 'ni 'j YfVYggYfb"

9]b'6Y]gd]Y''g]bX'HUbnXUfV]Yhi b[ Yb"6Y]a'6YhfUW hYb'Y]bYf  
VYY]bXfi W\_YbXYb'6U''Yhjj cfØ\ fi b[ 'k YfXYb'k ]f'b]Wahbi f'j cb'XYf  
Ýgh\Yh]\_XYf'HAbnYf]bbYb'i bX'HAbnYf'ZUgn]b]Yfhž'gbXYfb'Ui W  
j cb']\YfYf'?ØfdYfVY\YffgW i b[ 'i bX': 'YI ]V]hAh"8]Yg'\_Ubb'i bg  
XUni ']bgd]f]YfYbžgY'Vgh'HUbn\_i fgY'ni 'VYgi WYb'cXYf'i bgYfY  
6Yk Y[ ']WY\_Y]h'Xi fW 'GhfYhW]b[ !, Vi b[ Yb'ni 'j YfVYggYfb"

9]b'k Y]hYfYg'6Y]gd]Y''g]bX'6]XYf'j cb'B Uhi f'UbXgWUZhYbž'X]Y  
F i 'Y'i bX'<Ufa cb]Y'Ui gghfU\`Yb"8]YgY'\_ØbbYb'i bg'XUni  
a chjj ]YfYbžC i hXccf!5\_hjj ]hAhYb'k ]Y'K UbXYfb'cXYf'x[ [ Yb  
bUW ni [ Y\Ybži a 'X]Y'GWA Øb\Y]h'XYf'B Uhi f'\Ui hbU\ ni 'Yf'VVYb  
i bX'[ 'Y]W nY]h[ 'i bgYfY'\_ØfdYf]WY': ]hbYgg'ni 'j YfVYggYfb"

? ØfdYf]WY': ]hbYgg'U'g'A YX]i a'ZØf'\_fYUhj Y  
5i gXfi W\_gZcfa Yb

?ÒfdYf]W\Y: ]hbYgg\_Ubb'Ui W\U'g'A YX]i a 'ZØf'\_fYUhj Y  
5i gXfi W\_gZcfa Yb'X]YbYb" 6Yk Y[ i b[ 'Ub'g]W\ \_Ubb'U'g'Y]bY: cfa  
XYf?i bgh'VYhfUW\hYh'k YfXYb" 9g[ ]Vhj ]Y'Y'GdcfhUfhYb'i bX  
: ]hbYggU\_hj ]hÀhYbž'X]Y'Y]bY'\c\Y'Àgh\Yh]gW\Y?ca dcbYb\Y'\UVYb  
i bX'\_fYUhj Y'6Yk Y[ i b[ Yb'YfZcfXYfb"

9]b'6Y]gd]Y`']gh'Mc[ Už'Y]bY'8 ]gn]d']bž'X]Y'X]Y'd\mg]gW\Y'6Yk Y[ i b[  
a ]h[ Y]gh][ Yf'?`Uf\Y]h'i bX'gd]f]hi Y``Yf'5i g[ Y[ `]W\Yb\Y]h  
j YfV]bXYh'Mc[ U!DcgYb '\_ObbYb'Ài »Yfgh'\_i bghj c``'i bX'Y'Y[ Ubh  
k ]f\_Yb'i bX'X]Y?ÒfdYfVY\YffgW\i b[ 'i bX: 'YI]V]]hÀh'XYf  
DfU\_h]n]YfYbXYb'VYhcbYb"J]Y'Y'Mc[ U'Y\YfYf'i bX'!Y\YfYf]bbYb'g]bX  
?Øbgh'Yf'i bX'bi hnYb']\fY: À\][ \_Y]hYb']a '6YfY]W\XYf'6Yk Y[ i b[  
i bX'?ÒfdYfUi gXfi W\_gž'i a ']\fY?i fgY'ni '[ YghU'hYb'i bX']\fY  
GW\Ø'Yf'ni ']bgd]f]YfYb"

5i W\HUbñ\_Ubb'U'g'\_fYUhj Y'5i gXfi W\_gZcfa 'VYhfUW\hYh'k YfXYbž  
VY]XYf'XYf?ÒfdYf'U'g'bhfi a Ybh[ Ybi hnñ'k ]fX"J YfgW\]YXYbY  
HUbñgh]Y'k ]Y'A cXYfb'8 UbW\ž<]d!<cd'cXYf'6U''Yh'Yf'Ui VYb'XYb  
HÀbñYf]bbYb'i bX'HÀbñYfbž'g]W\Ui Zj ]Y'ZÀ'h][ Y'K Y]gY  
Ui gni XfØW\Yb'i bX']\fY'9a ch]cbYb'i bX'; YZØ\Y'Xi fW\6Yk Y[ i b[  
ni a '5i gXfi W'ni 'Vf]b[ Yb"

8]Y'6YXYi hi b[ 'j cb'? fYUhj ]hÀh'ZØf'X]Y  
: ]hbYgg

?fYUhj ]hÀh'gd]Y'h'Y]bY'Yb\hgW\Y]XYbXY'Fc``Y'VY]XYf'9ffY]W\i b[  
j cb': ]hbYgg]Y'Yb"l a 'Y]bY'\_cbh]bi ]Yf]W\Y'A ch]j Uh]cb  
Ui ZfYW\hni Yf\U'hYb'i bX'g]W\Xi fW\K ]YXYf\c'i b[ Yb'i bX  
<YfUi gZcfXYfi b[ Yb'ni '\_Àa dZbž'gh'Yg'k ]W\h][ ž\_fYUhj 'ni  
XYb\_Yb'i bX'bYi Y'K Y[ Y'ni 'Z]bXYbž'i a 'XUg'HfU]b]b[ ']bhYfYggUbh  
i bX'i bhYf\U'hgUa 'ni '[ YghU'hYb"

9]b'\Ài Z[ Yg'DfcV'Ya 'VY]: ]hbYggdfc[ fUa a Yb']gh'X]Y'A cbchcb]Y"  
K Ybb'k ]f'i bg'a a Yf'bi f'Ui Z'X]Y[ 'Y]W\Yb', Vi b[ Yb'i bX'Fc'i h]bYb  
\_cbnYbhf]YfYbž'\_Ubb'XUg'HfU]b]b[ 'gW\bY``'Ub[ k Y][ 'k YfXYb'i bX

X]Y'A ch]j Uh]cb'gWk ]bXYb"  
<]Yf'\_ca a h'X]Y?i bgh]bg'Gd]Y'.  
?fYUh]j Y'6Yk Y[ i b[ Yb'i bX'HfU]b]b[ gY]b\Y]hYbžX]Y'j cb  
j YfgWk]YXYbYb'\_Øbgh`Yf]gWkYb'8]gn]d`]bYb']bgd]f]Yfh'g]bXž'\_ØbbYb  
XUg'HfU]b]b[ 'Ui ZdYddYb'i bX'bYi Y'<YfUi gZcfXYfi b[ Yb'V]YhYb"  
9]b'6Y]gd]Y``]gh'XUg'gc[ YbUbhY' 5Yf]U'`Mc[ U ž'VY]'XYa 'X]Y  
HY]bY\ a YbXYb' ]b'HØWkYfb' \Ab[ Yb'i bX'Mc[ UØVi b[ Yb']b'XYf'@ Zh  
Xi fWkZØ\fYb"8]YgY' ]bbcj Uh]j Y'HfU]b]b[ ga Yh\cXY'\_ca V]b]Yfh'X]Y  
Y'Ya YbhUfY'; fi bX'U[ Y'XYg'Mc[ Ug'a ]h'XYf'Ygh\Yh]\_ 'XYg  
GWk YVYbg'i bX'j Yf'Y]h'XYa 'HfU]b]b[ 'Y]bY'bYi Y'8]a Ybg]cb"  
<Ài Z][ ' [ YghY``hY': fU[ Yb'fl 5E Ł

%''K ]Y'\_Ub b'? i bgh'a Y]b': ]hbYggdfc[ fUa a 'VYfY]WkYfb3

?i bgh'\_Ub b'U'g'bgd]fUh]cbgei Y``Y'X]YbYbži a 'bYi Y  
: ]hbYggU\_h]j ]hÀhYb'Ui gni dfcV]YfYb'i bX'g]Wk'gY'Vgh  
\YfUi gni ZcfXYfb"5i Wk'Xi fWk'X]Y'bhY[ fUh]cb'j cb'\_fYUh]j Yb  
6Yk Y[ i b[ Yb'i bX'HfU]b]b[ ga Yh\cXYb'\_ØbbYb'G]Y'&f  
: ]hbYggdfc[ fUa a 'Ui ZdYddYb'i bX'Ui ZfY[ YbXYf'[ YghU'hYb"  
&''K Y'WkY'\_fYUh]j Y'6Yk Y[ i b[ gZcfa Yb'\_ØbbYb']b'a Y]b  
: ]hbYggdfc[ fUa a ']bhY[ f]Yfh'k YfXYb3

9g'[ ]Vh]j Y`Y'\_fYUh]j Y'6Yk Y[ i b[ gZcfa YbžX]Y'G]Y']b'&f  
: ]hbYggdfc[ fUa a ']bhY[ f]YfYb'\_ØbbYb"6Y]gd]Y`Y'\]YfZØf'g]bX  
HUbnž'Mc[ Už'D]UhYgž5\_fcVUh]\_cXYf'gc[ Uf'?Ua dZ\_i bgh"

' ''K ]Y'\_Ub b'? fYUh]j ]hÀh'\Y'ZYbžX]Y'A ch]j Uh]cb'VY]a  
HfU]b]b[ 'Ui ZfYWk hni Yf\U'hYb3

?fYUh]j ]hÀh'\ ]ZhžXUg'HfU]b]b[ 'bhYfYggUbh'i bX'i bhYf\U'hgUa 'ni  
[ YghU'hYb"8i fWk'JUf]Uh]cbYb'XYf', Vi b[ YbžB i hni b[ 'j cb'A i g]\_  
cXYf'j ]gi Y``Yb'<]Zga ]hhY'b'i bX'bhY[ fUh]cb'j cb'\_Øbgh`Yf]gWkYb  
9'Ya YbhYb'\_ØbbYb'G]Y'X]Y'@Ub[ Yk Y]Y'j Yfa Y]XYb'i bX'X]Y  
A ch]j Uh]cb'Ui ZfYWk hYf\U'hYb"

( " ; ]Vh`Yg`gdYn]Y``Y` : ]hbYggdfc[ fUa a YžX]Y`XYb`\_fYUh]j Yb  
5gdY\_h`VYhc bYb 3

↓UžYg`[ ]Vh`gdYn]Y``Y` : ]hbYggdfc[ fUa a YžX]Y`XYb`\_fYUh]j Yb`5gdY\_h  
VYhc bYb`9]b`6Y]gd]Y`gh`Ni a VUžXUg`HUbni bX` : ]hbYggY`Ya YbhY  
\_ca V]b]Yfhž`cXYf`6UffY!HfU]b]b[ žXUg`9`Ya YbhY`Ui g`6U``Yhž  
D]`UhYg`i bX`Mc[ U`j YfY]bh"

) ``K ]Y`\_Ub b`]W`j cb`XYf`J YfV]bXi b[ `nk ]gW`Yb` : ]hbYgg`i bX  
? i bgh`dfcZ]h]YfYb 3

G]Y`\_ObbYb`j cb`XYf`J YfV]bXi b[ `nk ]gW`Yb` : ]hbYgg`i bX`? i bgh  
dfcZ]h]YfYbž`bXYa`G]Y`A f` : ]hbYggdfc[ fUa a  
UVk YW`g`i b[ gfY]W`Yfž`bYfYggUbhYf`i bX`\_fYUh]j Yf`[ YghU`hYb"  
8]Yg`\_Ub b`ni`Y]bYf`VYggYfYb`A ch]j Uh]cbžY]bYa` \Ø\YfYb  
GdU» ZU\_hcf`i bX`YhnhYbX`]W`ni`VYggYfYb` : ]hbYggYf[ YVb]ggYb  
ZØ\ fYb"

: Un]h

8]Y`J YfV]bXi b[ `nk ]gW`Yb` : ]hbYgg`i bX`? i bgh`gh`ZUW`hYb fY]W`i bX  
V]YhYh`nU`fY]W`Y`A Ø[ `]W`\_Y]hYb`ni f`[ Y`[ YbgY]h][ Yb`6YfY]W`Yfi b[  
? i bgh`\_Ub b`U`g`bgd]fUh]cbgei Y``Y`X]YbYbži a`bYi Y  
: ]hbYggU\_h]j ]hÀhYb`ni`Yb hXYW`Ybžk A\fYbX`\_ØfdYf`]W`Y` : ]hbYgg`U`g  
A YX]i a`ZØf`\_fYUh]j Y`5i gXfi W\_gZcfa`Yb`X]YbYb`\_Ub b`? fYUh]j ]hÀh  
gd]Y`h`Y]bY`k YgYbh]W`Y`F c`Y`VY]`XYf`A ch]j Uh]cb`i bX  
5i ZfYW`hYf\U`hi b[ `Y]bYg`UVk`YW`g`i b[ gfY]W`Yb  
: ]hbYggdfc[ fUa a g`8i fW`X]Y`bhY`fUh]cb`j cb`\_Øbgh`Yf]gW`Yb  
9`Ya`YbhYb`i bX`\_fYUh]j`Yb`6Yk`Y`i b[ Yb`\_ObbYb`G]Y`A f`HfU]b]b[  
Ui`Z`Y]b`bYi`Yg`@Yj`Y`Vf]b[ Yb`9g`c\bh`g]W`žX]Y`J YfV]bXi b[  
nk ]gW`Yb` : ]hbYgg`i bX`? i bgh`ni`Yf\_i`bXYb`i`bX`j`cb`XYb  
gmb`Yf[ ]gh]gW`Yb`9ZZY`hYb`VY]XYf`6YfY]W`Y`ni`dfcZ]h]YfYb"

8 YhU]`g

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