

MEIN FITNESS

<]b k Y]g ZØf g]W\ gY`Vgh. : 't 'W_`H\ Y < UhYfg

GY]Yb 'k]f`Y\ f`]W\ . '8]Y 'YYž`VYggYf`ni 'k YfXYbž`]gh`b]W\ h
]a a Yf`gcž`k]Y `Yg`gW\ Y]bh" '8 Yf`cZZYbg]W\ h`]W\ Y '5bgUhn`]ghž
 XUgg`X]Y 'J YfVYggYfi b['Ua 'K UW\ ghi a ' [Ya YggYb 'k]fX" 'I bX
 K UW\ ghi a 'k]fX' [Ya YggYbž`]bXYa 'a Y\ f`YffY]W\ h`k]fX 'U`g
 V]g\Yf" 'I bX' @Y]ghi b[']a d`n]Yfhj cb 'B Uhi f`Ui g`Y]bYb
 J Yf[`Y]W\ 'a]h`Y]bYf`ZfØ\YfYb`G]hi Uh]cb`cXYf`NY]h" '5VYf`k Ug
 k ÁfYž`k Ybb`X]Y 'YY`XYg`K UW\ ghi a g`b]W\ h`k ÁfY3`[YfUXY
 [Ya YggYb`XUfUbž`k]Y`ghUf`_`G]Y' [Ydi g\h`\UVYb`cXYf
 k Y`W\ Yb ': cfhgW\ f]hh`G]Y`e i Ubh]Z]n]YfYb`_cbbhYb3`K Ug`k ÁfYž
 k Ybb`Yg`VYggYf`k ÁfYž`]a 'A ca Ybh` fYi XYž`F i \Y`cXYf
 ? `Uf\Y]h`ni 'Z]bXYbž`i a 'VYggYf`ni 'k YfXYb3`8]YgY
 9][YbgW\ UžhYb`YfZcfXYfb`Y]bY 'J YfVYggYfi b['XYg
 GY`VghVYk i gghgY]bg` [Y[YbØVYf`/ Ua dΔY``]d/



GY]Yb 'k]f`Y\ f`]W\ . '8]Y 'YYž`VYggYf`ni 'k YfXYbž`]gh`b]W\ h]a a Yf`gcž
 k]Y `Yg`gW\ Y]bh"

8 Yf`cZZYbg]W\ h`]W\ Y '5bgUhn`]ghž`XUgg`X]Y 'J YfVYggYfi b['Ua

K UWXghi a '[Ya YggYb'k]fX''I bX'K UWXghi a 'k]fX'[Ya YggYbž
]bXYa 'a Y\ f'YffY]WXh'k]fX'U'g'V]g\Yf''I bX' @Y]ghi b['a d'']n]Yfh
j cb'BUhi f'Ui g'Y]bYb'J Yf['Y]WX'a]h'Y]bYf'ZfØ\YfYb'G]hi Uh]cb'cXYF
NY]h''

5VYf'k Ug'k ÀfYž'k Ybb'X]Y' 9YY'XYg'K UWXghi a g'b]WXh
k ÀfY3'[YfUXY'[Ya YggYb'XUfUbž'k]Y'ghUf'_G]Y'[Ydi g\h'\UVYb
cXYf'k Y'WX Yb': cfhgWX f]hh'G]Y'e[Ubh]Zn]YfYb'_cbbhYb3'

K Ug'k ÀfYž'k Ybb'Yg'VYggYf'k ÀfYž]a 'A ca Ybh: fYi XYžF i \Y'cXYF
?`Uf\Y]h'ni 'Z]bXYbž'i a 'VYggYf'ni 'k YfXYb3'8]YgY'9][YbgWX UZhYb
YfZcfXYfb'Y]bY'J YfVYggYfi b['XYg'GY'VghVYk i gghgY]bg'[Y[YbØVYf
XYf'DfcXi _h]j]hÀh''XYf'GY'VghdZY[Y'ØVYf'K YhVYk YfVgZÀ\][_Y]h''

I bHfYfgWX]YX'WX Y'NY]hYb'YfZcfXYfb'i bHfYfgWX]YX'WX Y
9fZc'[ga Yggi b[Yb''

K Ybb'Yg'gWX k]Yf]['k]fXž'a ØggYb'G]Y'Y]bYb'K Y['Z]bXYbž'i a
Xi fWX ni \U'hYb''

5VYf'5i gXUi Yf'\Uh'_Y]bY'Y]b n][Y'8YZ]b]h]cb"8Yf'Y]b n][Y'K Y[ž'i a
VYggYf'ni 'k YfXYbž]gh'b]WX h'Xi fWX"

9XYfž'XYf'Yhk Ug'UbXYfYg'gU[hž]gh'Ybhk YXYf'ni '\UfhbÀW_][ž'i a
XYb': Y\`Yf'gY]bYf'Y][YbYb'5fh'ni 'Yf'_YbbYbž'a i gg'Ui gVfYbbYbž
cXYf'ni 'Y[c]gh]gWX ž'i a 'ni 'Yf'_YbbYbž'XUgg'XYf'HfY]VghcZZ'Y]bYf
DYfgcb'XUg': Yi Yf'Y]bYf'UbXYfYb'DYfgcb']gh''

8Ug'g]bX'gWX k YfY'NY]hYb''7CJ=8!%- '\Uh'i bg'U''Y'Ui Z
i bHfYfgWX]YX'WX Y'K Y]gY'j Yfk ØghYh'Y]b][Y'a Y\ f'U'g'UbXYfY''5VYf
k]f'U''Y'g]bX'VYhfcZZYb'i bX'VYhfcZZYb''

B]WX hg']gh'bcfa U''i bX'b]Ya UbX'k Y]ž'k Ug']\b'Yfk UfhYh'5VYf'Yg
[]Vh'Y]bY'[fØ»YfY'@Y_h]cb'XUf]b" Bcfa U'']gh'a a Yf'fY'Uh]j'ni 'NY]h
i bX'G]hi Uh]cb''

9]bY'[`cVU'Y'DUbXYa]Y'Àggh'i bg'U''Y']bbY\U'hYb'i bX
bUWX XYb_Yb''5VYf'X]Y': À\][_Y]hž]bbYni \U'hYbž'9fk Ufhi b[Yb

Ubni dUggYb`i bX`i fYi XY`Ub`XYf`Gh]`Y`ni `ZjbXYbžk]fX`g]W`Yhnh
i bX`b`YXYf`NY]hj cb`Gw`k]Yf][_Y]hYb`cXYf`<YfUi gZcfXYfi b[Yb
Ui gnU\`Yb"

9g`]gh`NY]hž`Gw`Uw`ni`gd]Y`Yb

K Ybb`Yg`i a`ΔfY` ; Ygi bX\Y]h`i bX`i]hbYgg`[Y\hž`k YfXY`]w`G]Y
]a a Yf`Yfa i h][Ybž`gc`j]Y`k]Y`a Ø[`]w`ni`hi bž`i a`[Ygi bX`ni
gY]b``8Yg\U`V`\UVY`]w`a`]w`j cb`U``XYb`i]h!DfcZ]g`]bgd]f]YfYb
`UggYbž`X]Y`j Yfgi w`Ybž`a Y\f`K cf_ci hg`ni f`J YfZØ[i b[`ni
ghY``Yb``gc`k`Y`k`f`Yg`[Ya`Uw`h`\UVYb`

@Y]XYf`\Uh`X]Y`Ubduaggi b[gZ\A`[Y`A`YbhU`]hÀh`Y]bY`Xi`b_`Y`GY]hY``H/
k`Ug`Xi`_Ubbgh`]gh`b]w`h`XUggY`VY`k`]Y`i`a`YXYb`DfY]g`VYggYf
k`YfXYb`

W`.\UVY`Ui`w`ni`j`]Y``Gw`Ua`ØVYf`X]Y`NY]h`cXYf`X]Y`?Àa`dZY`XYf
A`Ybgw`Yb`[YgY\Yb``B`f`k`Y`k`]f`[YgdYffh`g]bXž`Y]»`h`XUg`b]w`hž
XUgg`G]Y`g]w`]b`X]Y`VYghY`cfa`ΔfYg`@VYVYbg`Vf]b[Yb`a`ØggYb``
C`XYf`YggYb`G]Y`[YgØbXYf`U`g`Y`ni`j`cf``

8`]YgY`9`]bghY`i`b[`(``h`b]w`h`bi`f`]b`NY]hYb`XYf`GdYffi`b[``K`Ybb`XUg
@VYVYb`<`]bXYfb]ggY`Ui`Zk`]fZž`]gh`Yg`a`Ubw`a`U`VYggYfž`Gw`Uw`ni
gd]Y`Yb`U`g`8`Ua`Y`

6Yk`Y[i`b[Yb`k`YfXYb`gi`Vh`Yf``8`i`b]a`a`gh`X]f`a`Y\f`NY]h``9g`g]Y\h
j`]Y``Y]w`h`b]w`h`Y]ba`U`gc`Ui`gž`U`g`k`ØfXYb`G]Y`g]w`j`cfk`Àfhg
VYk`Y[Ybž`UVYf`k`Ybb`G]Y`Yg`f]w`h`[`a`Uw`Ybž`VYfY]hYb`G]Y`g]w`
XUfUi`Zj`cfž`Ua`9`bXY`ni`[Yk`]bb`Yb``

DYfgØb`]w`Yg`K`Uw`ghi`a`_Ubb`Ui`Zj`]Y`Y`5`fhYb`YfZc`[Ybž`i`bX`Yg`]gh
`Y]w`h`Ubni`bY\`a`Ybž`XUgg`_ØfdYf`]w`Y`[]hbYgg`Y]bZUw`Yf`k`]fXž
k`Ybb`a`Y\f`NY]h`ni`f`J`YfZØ[i`b[`ghY\h`5`VYf`XUg`]gh`bi`f`Y]b
Hfi`[gw`i`gg`

B`c`w`k`]w`h`[Yf`]ghž`XUgg`XYf`?Ui`Z`]b`X]YgY`A`YbhU`]hÀh`g`w`ÀX`]w`
gY]b`_Ubb`

9]b [fc» Yf HY]` XYf; Ygi bX\Y]h VYghY\h XUf]bž'b]W h'bi f
ZFYi bX]W ni 'ΔfYa ' ? ØfdYfž'gcbXYfb'Ui W ni 'ΔfYa ' ; Y]gh'i bX
< Yfn'ni 'gY]b"

8 Ug`]gh'X]Y`F YU`]hÀh`

8 i `k]fgh'K cf_ci hg'j YfdUggYb"

I bX`VYgW]ggYbY`GYgg]cbg`UVYb"

8 i `k]fgh'a Y\ f`YggYb"

A Ø[`]W Yfk Y]gY`Yf_YbbYb`G]Y'ΔfY`9fbA\fi b[`b]W h'Y]ba U"

J]Y``Y]W h'gW `ΔZgh'Xi `k Y[Yb`GhfYgg`k Yb][Yf"

J]Y``Y]W h'gW `ΔZgh'Xi `a Y\ f`k Y[Yb`GhfYgg"

9g`k]fx`g]W U``Yg`UbXYfg`UbZØ\`Yb` i bX`XUg`]gh]b`Cfxbi b["

K Ug`Ui W]a a Yf`X]Y`G]hi Uh]cb`]ghž`Y]b`HY]`XUj cb`]ghž`U``X]Yg`ni
ØVYfghY\Yb`b]W h'i bfYU`]gh]gW Y`9fk Ufhi b[Yb`gYhnYb"

=W`V]b`gc`ghfYggZfY]`k]Y`G]Y`Yg`ZbXYb`k YfXYbž`UVYf`XUg`\Uh`g]W
[YÀbXYfh" `XYf`HU[`]gh`Y]bY`bYi Y<YfUi gZcfXYfi b[ž`a Y]bY
?]bXYf`ni <Ui gY`ni `c`b[`]YfYbž`5bdUggi b[Yb`ZØf`a Y]b` ; YgW`Δzh
j cfni bY\ a Ybž`ni `VYcVUW hYbž`k]Y` ; fYi bXY`_fUb`_k YfXYbž
A YbgW Yb`ghYfVYb`gY\Ybž`k]Y` ; fYi bXY`]fYb`xV`j Yf`]YfYb`i bX
k]Y`Ya UbX`XUg`Ya ch]cbU`Y` ; Yk]W h`j cb`U``Ya`j Yfk U`hYh`

I bX`Ub[Yg]W hg`U``XYggYb`k Y]`]W ž`XUgg`]W`b]f[YbXk c`gc`ghUf_
VYhfcZZYb`k Uf`k]Y`A`]`cbYb`UbXYfYfž`i bX`Yg`]gh]a a Yf`bcW
gW k]Yf][`ZØf`a]W ``8Yf`Di b_h`Bch`]gh`Bch`I bX`k Ybb`G]Y`XUVY]
g]bXž`a ØggYb`G]Y`Yg`Yf`YbbYb`i bX`fYgdY_h]YfYb` ; Øf`X]W`i bX
UbXYfY`"

9g`[]vh`_Y]bY`ZU`gW Y`6Yk Y[i b[

=a 'A ca Ybh'a Y\ f'XYbb'Y'9g']gh'k]W h]['ni '_cbhfc``]YfYbž
k Ug'G]Y '_cbhfc``]YfYb '_ÒbbYb"

J YfVf]b[Yb 'G]Y 'Δ fY 'NY]h'XUa]h'g]W h 'Ui Z'X]Y '_`Y]bYb '8]b[Y'ni
_cbnYbh]YfYbž'X]Y 'G]Y 'ZØ`Ybž'ni 'YbhZYfbYbž'k Ug'G]Y 'fbc 'k Y]h'k]Y
a Ò[']W h'Yb'k AggYfhž[Ygi bX 'ni 'V'Y]VYb 'i bX 'Δ fYb '?cdZØVYf
K UggYf'ni '\ U'hYb"

; Ya Y]bgUa 'a ØggYb 'k]f'i bg'U'g'A YbgW h Yb '[Y[YbgY]h][
i b hYfghØhnYbž'k Y] '_Y]bYf'j cb 'i bg'k Y]» ž'k Ug'X]Y 'Ni _i bZh'Vf]b[h"
5VYf']W h 'k Y]» 'XUg. '8]Y '@YVYž: fYi bX']W h '_Y]h'i bX'; YXi 'Xž'X]Y 'G]Y

g]W h 'gY'Vgh'i bX 'UbXYfYb '[YVYbž'k YfXYb 'G]Y 'Xi fW h 'X]Y 'DUbXYa]Y
i bX 'k Ybb 'k]f'i bgYfY 'bYi Y 'Bcfa U']hAh'gW h UZZYbž'ghAf_Yf'a UW h Yb"
W h '\ UVY 'a]h'5fbc 'X 'G W h UfnYbY[[Yf'[YgdfcW h Yb " '8 Ug'5fbc 'X
G W h UfnYbY[[Yf" '8 Yf'['Y]W h Y 'Hmdž'XYf 'ZfØ\ Yf') !* 'Ghi bXYb 'Ua
HU['hfU]b]Yfh'\Uh' Gc[Uf'Yf'gU[h'Yg'gY] 'k]W h]['z'X]Y '_`Y]bYb 'G]Y[Yž
X]Y 'G]Y ']b 'ZfØ\ YfYb 'NY]hYb 'j]Y'`Y]W h'bcW h 'b]W h 'Y]ba U' 'UbYf_Ubbh
\UVYbž'Ubni dUggYb 'i bX 'ni 'ZY]Yfb"

5`g'Yf' \Uh'Y 'C dYfUh]cb 'Ua 'c ZZYbYb '< YfnYb 9f'VY[Ubb 'b]W h
a]h'XYb '['Y]W h Yb '9fk Ufhi b[Ybž'X]Y 'YXYb '5gdY_h'gY]bYg'9fZc'[g
hf]YVYb " '9f' \Uh'Y 'Y]b '[fÒ» YfYg 'N]Y'ž'VY[Ubb 'UVYf'XUa]h'X]Y
FYU']hAh'Ubni dUggYb 'i bX 'Ubni [Y\Yb"

8 Ug'VYXYi hYhYž'X]Y ? fUZh'Ui Zni VUi Ybž'Y]bYb 'K U'_Yf'ni 'VYbi hnYb"
8 Ubb 'a UW h Y %\$ \$ 'G W h f]h'Y"; YZc'[h'j cb 'Y]bYa ' ; Y\Yb 'c \bY
ZfY a XY <]ZY" 'XYf' A Y]YbghY]b 'k Uf'Y]b ' ; fi bXž'ghc 'n ni 'gY]b
i bX 'VfUW h Y]\b 'bÀ\Yf'Ub 'XYb 'C fhž'Ub 'XYa 'Yf'a Y\ f'hi b '_cbbhY"
8 Yb _Yb 'G]Y 'XUfUbž'X]Yg '_Ua 'j cb 'Y]bYa 'A Ubbž'XYf 'ZfØ\ Yf'a Y\ f
U'g') \$\$ 'DZ bX '\c W h Yž' i bX 'Yhnh'k Uf'Y]b 'K U'_Yf'Y]b '9fZc'[" '9g'k Uf
b]W h ' bcfa U' ž'UVYf'Yg'k Uf'bc'hk YbX]["

9g'a U['g]W h 'gc 'UbZØ\ 'Ybž'U'g'k ØfXYb 'G]Y 'Δ fY '9fk Ufhi b[Yb
AbXYfbž'UVYf 'G]Y 'VUi Yb 'k]f'_]W h 'G W h k i b['Ui Z'

9g'_ca a Yb 'VYggYfY 'NY]hYbž'UVYf'XUg' \ Y]» h'b]W h h'XUgg'Yg']a

A ca Ybh'b]W h'gW k Yf']gh"

K Ybb'G]Y'b]W h'_Uf'gY\Yb'_ObbYbž]gh'Yg'k]W h][žg]W .Ui ZXYb
bÀW ghYb'GW f]hh'ni '_cbnYbf]YfYb'i bX'ni 'k]ggYbž'XUgg'YYf'G]Y
Ui g'XYa 'BYVY'ni 'Y]bYf'NY]h'i bX'Y]bYa 'Cfh'ZØ\fhž'Ub'XYa 'X]Y
8]b[Y'VYggYf'g]bX"

8 Ug'; YgØbXYghYž'k Ug'G]Y'h'i b'_ObbYbž]gh'ni 'YfbYbž'X]Y'_Y]bYb
; Yk]bbY'ni 'ZY]Yfbž'gY]Yg'XYf'GdUn]Yf[Ub[ž'XUg'; Ya ØgYž'XUg'G]Y
YggYbž'XYf'; fYi bXž'XYb'G]Y'Ubfi ZYbž'cXYf'gc[Uf'XYf'h]YZY
5hYa ni ['i bX'X]Y'9f]bbYfi b['XUfUbž'XUgg' X]Yg'j cfØVYf[Y\Yb
k]fx "

:]W 'X]Y'< UggYfž'X]Y'X]f'Yhk Ug'UbXYfYg'gU[Yb"

A UbW a U'[Y\h'Yg'b]W h'i a '[i hY'cXYf'gW 'YW hY
9bhgW Y]Xi b[Yb''9g'[Y\h'i a '5_h]cb'[Y[Yb'I bhÀh][_Y]hž'i bX'YXY
5_h]cb']gh'Y]b'; Yk]bb"

8 Yb_Yb'G]Y'XUfUbž'k]f'VUi Yb'_Y]bY'?fUž'Ui Zž'i a 'gW k YfYfY
; Yk]W hY'ni '\YYVYb''K]f'VUi Yb'?fUž'Ui Zž'i a 'i bg']b'gc'W Yb
A ca YbhYb'ni '\Y'ZYb"

5`g'A YbgW Yb'Yb'hk]W_Y'b'k]f'i bg'k Y]hYf'i bX'dUggYb'i bg'Ub
G]h'Uh]cbYb'Ub''Gc'ØVYf'YYb'i bX'[YY]Yb'k]f"'

ΔfY':]hbYggn]Y'Y'k YfXYb'XU'gY]bž'Y[U'cV'G]Y'g]Y'\Yi hYž'a cf[Yb
cXYf']b'' A cbUhYb'YffY]W Yb'_ObbYb''

W W UZZY'9bYf[]Yž'k c'Xi '_Ub bgh"

GdUfYb'G]Y'9bYf[]Yž'k Ybb'G]Y'g]W .Ui g[Y'Ui [h'ZØ\`Yb"

I bX'XYb_Yb'G]Y'XUfUbž'ghUf'_ni 'V'Y]VYb'i bX'k Y]hYf'ni ``ÀW Y'b"

K Ybb'G]Y'X]Yg'h'i bž'k YfXYb'g]W 'X]YgY'GW f]hh'Y'Ub gUa a Y'bž'G]Y
k YfXYb'_UfYf'gY\Ybž'X]Y'HY]Y'k YfXYb'Ub'Cfh'i bX'GhY'Y'gY]b'i bX
XUbb' G W U W a Uh"

≠bgd]f]Yfh'j cb'6:

8 YhU]`g

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