

MEIN FITNESS

6fYW\ Yb 'G]Y 'Δ fY 'YfghYb ') ?

9]b ') !_a !@Ui Z_Ubb'bYi Y '@Ai ZYf'Y]bgW\ ØW\ hYfbž'UVYf'k Ybb
 G]Y 'Y]bZUW\ 'i bX 'VYe i Ya 'Y]bY'A Y]`Y 'cXYf'V]g'ni " \$ 'A]bi hYb
 'Ui ZYb '_ØbbYbž'_ØbbYb 'G]Y 'Yg'UVgc'i h'gW\ UZZYb" 'I bX 'XUg
 U``Yg'XUI Yfh'UW\ h'K cW\ Yb 'i bX 'k Yb][Yf'U`g'Y]bY 'Ghi bXY 'Ua
 HU[" '6YZc'[Yb 'G]Y 'XYb 'i bhYb 'ghY\ YbXYb 'D'Ubž'YfgYhnYb 'G]Y
 Δ fYb 'Y]bYb 'F i \YhU['bUW\ '6YXUfZ\ VY\ U'hYb 'G]Y 'YXcW\ 'X]Y
 F Y]\YbZc'[Y 'Δ fYf'HfU]b]b[gY]b\Y]hYb 'VY]" 'fK Ybb 'G]Y
 VY]gd]Y`gk Y]gY 'Ua 'GUa ghU['a]h'XYa 'HfU]b]b['VY[]bbYbž
 gc``hY 'XYf': fY]hU['Δ f'F i \YhU['gY]b" 'f]YfYb 'G]Y 'bUW\ K
 i bgW\ 'Mc[Už'GhfYhW\]b['i bX 'UbXYfY 'gUbZhY ' , Vi b[Yb ']b
 Δ fY 'F ci h]bY" "%\$ 'A Ø[']W\ _Y]hYbž'Δ fY '@Ui ZhYW\ b]_ 'ni
 j YfVYggYfb 'HfU]b]b[gUbk Y]gi b[Yb 'E i Yfni ['a]h'Y]bYf
 UbXYfYb '5YfcV]W\ , Vi b[/ Ua dΛY``]d/



9]b`!)!_a !@Ui Z_Ubb`bYi Y`@Ai ZYf`Y]bgW\ØW\hYfbžUVYf`k Ybb`G]Y
Y]bZUW\i bX`VYe i Ya`Y]bY`A Y]`Y`cXYf`V]g`ni ``\$`A]bi hYb`Ui ZYb
_ØbbYbž_ØbbYb`G]Y`Yg`UVgc`i h`gW\UZZYb``I bX`XUg`U`Yg`XUi Yfh
UW\h`K cW\Yb`i bX`k Yb][Yf`U`g`Y]bY`Ghi bXY`Ua`HU[``

6YZc`[Yb`G]Y`XYb`i b hYb`ghY\YbXYb`D`Ubž`YfgYhnyb`G]Y`Δ fYb`Y]bYb
F i \YhU[`bUW\6YXUfZž`VY\U`hYb`G]Y`YYcW\X]Y`FY]\YbZc`[Y`Δ fYf
HfU]b]b[gY]b\Y]hYb`VY]"`fK`Ybb`G]Y`VY]gd]Y`gk`Y]gY`Ua`GUa`ghU[
a]h`XYa`HfU]b]b[`VY[]bbYbž`gc`hY`XYf`fY]hU[`Δ f`F i \YhU[`gY]b"Ł
=b hY[f]YfYb`G]Y`bUW\K`i bgW\Mc[Už`GhfYhW\]b[`i bX`UbXYfY`gUbžY
, Vi b[Yb`]b`Δ fY`F ci h]bY`

%\$`A Ø[`]W\ _Y]hYbž`Δ fY`@Ui ZhYW\ b]_`ni`j YfVYggYfb

HfU]b]b[gUbk`Y]gi`b[Yb`

E i Yfni [`a]h`Y]bYf`UbXYfYb`5YfcV]W\, Vi b[`U`g`@Ui ZYb`k`]Y
F UXZU\ fYbž`G\W\ k`]a a Ybž`9`]dgYbhfU]bYfž`HfYddYbghY][Yb`cXYf
F i XYfbž`i a`Δ fY`_ØfdYf`]W\Y`:]hbYgg`k`Y]hYf`ni`j YfVYggYfb`

? fUZh hfU]b]b[`a]h`6cXm`Hcb]b[!, Vi b[Ybž`X]Y`a Ø[`]W\ gh`j`]Y`Y
A i g`Y`[fi ddYb`VYUb gdfi W\Ybž`a]h`cXYf`c`bY`;`Yk`]W\ hY"
6Y[]bbYb`G]Y`a`Jh`XYa`i`h`a`Uhjj`Yb`?fUZh hfU]b]b[`Zøf`@Ai ZYf`cXYf
YfghY`Yb`G]Y`Δ f`Y][YbYg`HfU]b]b[`a]h`i`bgYfYa`VfUbXbYi`Yb
G\UdY`Ghi`Xcž`Y]bY`J`YfnY]W\ b]g`a`Jh`a`Y\`f`U`g`%"`)\$`\$, Vi b[Yb`

@UXYb`G]Y`XYb`?U`YbXYf`\]Yf`\Yfi`b hYf

8 YhU]g

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