

MEIN FITNESS

Gc `g]Y\h`Y]b `dYfZY_h`Ui g[Yk c[YbYf
k ØWYb h`]WYf`HfU]b]b[gd`Ub`Ui g

A]h>J cfhY]Yb'k]Y'VYggYfYf'GWX`UZe i U`]hAhž[YghY][YfhYf
; Y\]fb'Y]ghi b['i bX[YghY][YfhYf'Ni Zf]YXYb\Y]h]gh'Yg'_Y]b
K i bXYfž'k Ufi a '6Yk Y[i b['Y]b'gc'k]WXh][Yf'6YghUbXhY`
ΔfYg'HU[YgUV`Ui Zg']gh"8]Y'HUhgUWX Yž'XUgg'G]Y'Ui ZghY\Yb
i bX`cg`Y[Ybž]gh'Ub'g]WX'gWXcb'Y]b ; Yk]bbž'UVYf
K]ggYbgWX UZh'i bX'9I dYfhYb'g]bX'g]WX'Y]b][. '9g'[]Vhj]Y`Y
J cfhY]Yž'k Ybb'G]Y'ΔfYb'HfU]b]b[gd'Ub'X]j Yfg]Z]n]YfYbž
Y]bgWX`]Y`]WX'XYf'J Yfa Y]Xi b['j cb'J Yf'Yhni b[Yb"
5Vk YWXg`i b['gh'X]Y'K ØfnY'XYf':]hbYgg ž'gU[h'5XUa
FcgUbhYž? fUZh'i bX'9fbA\fi b[gWXUWX'j cb'Dfca]bYbhYb"
9]bY'XYf'g]WX YfghYb'A Ø[']WX'_Y]hYbž'Y]b'D'UhYUi 'ni
YffY]WX Ybž'VYghY\h'XUf]bž]a a Yf'k]YXYf'XUggY'VY'HfU]b]b[
ni 'UVgc'j]YfYb" '9g']gh'nk Uf'b]WXh'YXYfa Ubhbg'GUWX Yž'UVYf
G]Y' _ØbbYb'YXYb'HU['hfU]b]YfYbž'k Ybb' / Ua dʌY`]d/



A]h`J cfhY]`Yb`k]Y `VYggYfYf`GWX`UZe i U`]hÀhž`[YghY][YfhYf
; Y\]fb`Y]ghi b[`i bX`[YghY][YfhYf`Ni Zf]YXYb\Y]h`gh`Yg`_Y]b
K i bXYfž`k Ufi a`6Yk Y[i b[`Y]b`gc`k]WX h][Yf`6YghUbXhY]`Δ fYg
HU[YgUV`Ui Zg`]gh`8]Y `HUhgUVWX Yž`XUgg`G]Y`Ui ZghY\Yb`i bX`c`g`Y[Ybž
]gh`Ub`q]WX`qWXcb`Y]b` ; Yk]bbž`UVYf`K]ggYbgWX UZh`i bX`9I d`fYhYb

g]bX'g]W\`Y]b][. '9g'[]Vh'j]Y`Y`J cfhY]`Yž`K Ybb`G]Y`Δ fYb
HfU]b]b[gd`Ub`X]j Yfg]Zn]YfYbž`Y]bgW\`]Y»`]W\`XYf`J Yfa Y]Xi b['j cb
J Yf`Yhni b[Yb"'

5Vk YW\`g`i b['gh`X]Y`K ØfnY`XYf` :]hbYgg ž`gU[h`5XUa `Fc gUbhYž
? fUZh`i bX`9fbÀ\ fi b[gW\`UW\`j cb`Dfc a]bYb hYb" 9]bY`XYf
g]W\`YfghYb`A Ò[']W\`_Y]hYbž`Y]b`D`UhYUi`ni`YffY]W\`Ybž`VYghY\h
XUf]bž]a a Yf`k]YXYf`XUggY`VY`HfU]b]b['ni`UVgc`j]YfYb"

9g`]ghnk Uf`b]W\`h`YXYfa Ubbg`GUW\`Yž`UVYf`G]Y`_ÒbbYb`YXYb`HU[
hU]b]YfYbž`K Ybb`G]Y`Ui ZY]bYb`F i \YhU['j Yfn]W\`hYb`a ÒW\`hYb`
gc`Ub[Y`G]Y`X]Yg`_i ['hi b" 8Ug`VYXYi hYhž`XUgg`G]Y`Δ fYb`? ÒfdYf
dZY[Yb`i bX`b]W\`h`ØVYfhfY]VYb" G]Y`_ÒbbYb`g]YVYb`HU[Y`X]Y
K cW\`Y`7UfX]c!`cXYf`? fUZhhfU]b]b['a UW\`Ybž`K Ybb`G]Y`a ÒW\`hYb`ž
gU[h`8Ybb]g`7UfXcbYž`8Cž@Y]hYf`XYf`Gdcfha YX]n]b`XYf
; fi bXj Yfgcf[i b['Ua`BM`@Ub[cbY`A YX]W\`7YbhYf" Jcf`U`Ya`ž
k Ybb`G]Y`_Y]bY`a UI]a U`Yb`@Zh`a UW\`Yb`i bX`g]W\`ZØf`_`Y]bYfY
GÀhnY`a]h`Yhk U`%\$`K]YXYf\c`i b[Yb`YbhgW\`Y]XYb" `fl`bX`ghY`Yb
G]Y`g]W\`Yfž`XUgg`G]Y`X]YgY`GW\`Ui a ghcZZfc`Y`bUW\`YXYa`HfU]b]b[
hYZZYb"Ł

K`]Y`ghfi`_hi`f]Yfgh`Xi`U`gc`XY]bYb`K`ÒW\`Ybh`W\`Yb`HfU]b]b[gd`Ubž
i`a`J`Yf`Yhni`b[Yb`ni`fYXi`n]YfYb`i`bX`X]Y`9f[YVb]ggY`ni
cdh]a`]YfYb3`Gw\`]Y»`]W\`gh`X]Y`9a`dZY\`i`b['XYg`7YbhYf`Zcf
8]gYUgY`7cbhfc`UbX`DfYj`Ybh]cb`f787Łn]Ya`]W\`k`Y]h`[YZUggh`%)`\$
A`]bi`hYb`a`cXYfUhY`5_hjj`]hÀh`dfc`K`cW\`Y`f6Y]gd]Y`Y`g]bX`Y]b`ZchhYf
GdUn]Yf[Ub[`cXYf`Y]bY`FUXhci`f`]b`cW\`YfYa`HYa`dcž`Ui`h`XYf
bUh]cbU`Yb`;`Ygi`bX\`Y]hgVY\ÒfXYŁi`bX`nk`Y]`HU[Y`XYf
A`i`g`Y`ghÀf`i`b[":

Gi`W\`Yb`G]Y`b]W\`h`k`Y]hYf`U`g`X]YgYb`dYfZY`h`Ui`g[Yk`c[Yb`Yb
k`ÒW\`Ybh`W\`Yb`HfU]b]b[gd`Ub`a`jh`ZfYi`bX`]W\`Yf`;`Yb`Y\`a`][i`b['j`cb
Fc gUbhY`DfcV]YfYb`G]Y`Yg`Ui`gž`i`bX`G]Y`_ÒbbYb`ghÀf`Yf`k`YfXYbž
k`À\`fYbX`G]Y`Δ fY`U`[Ya`Y]bY`?`cbX]h]cb`j`YfVYggYfb`i`bX`Δ fY
9bYf[]Y`ghY`[Yfb`ž`gU[h`Yf`"

``A`cb`hU[.`CVYf`_ÒfdYf`!`?`fUZhhfU]b]b[`f(`)`V]g`*`\$
A`]bi`hYbŁ`"

9g`]gh_i_Y]b` ; Y\Y]a b]gž_XUgg`?fUZhkfU]b]b[`Y]b`k]W h][Yf
6YghUbXhY]`YYg`k ØW Ybh]W Yb`HfU]b]b[gd`Ub g`]gh`G]W Yfž
< Ub hY`b`i bX`@Ub[\Ub hY`b`gY\Yb`a UbW a U`ØVYfk Á`h][Yb X`Ui gž
UVYf`?fUZhkfU]b]b[`Ubb`Y`ZYbžgW`Ub_Y`A i g_Y`b`Ui Zni VUi Ybž
X]Y`?bcW YbghÁf_Y`ni `Yf\Ø\Yb`i bX`J Yf`Yhni b[Yb`j cfni VYi [Yb`
DfcV]YfYb`G]Y`X]YgYg`?i fn\Ub hY`hF]b]b[`ZØf`XYb`CVYf`ØfdYf`Ui g
cXYf`]b hY[f]YfYb`G]Y`<=H`a]h`X]YgYa`?ØfdYf[Yk]W hgfU]b]b[`ZØf
ni`<Ui gY`]b`A`f`CVYf`ØfdYfhfU]b]b[``K`Ybb`Yg`XUfi a`[Y\hž`Y]b Ya
k ØW Ybh]W Yb`5ž !HfU]b]b[gd`Ub`ni`Zc`[Ybž`XYb`Yb`G]Y`XUFUbž
=fY`?fUZhfc i h]b Y`U`Y`XfY]`V]g`j`]Yf`K`cW Yb`ni`ÁbXYfbž`i a
k Y]hYf\]b`9f[YVb]ggY`ni`gY\YbžgW`Á[h`<c`m`F`]b[Yf`j`cfž`Y]b Y
55: 5!nYfh]Zn]YfhY`DYfgcbU`HfU]b Yf]b`i`bX`fØbXYf]b`j`cb`@= H98"
fGW WUi Yb`G]Y`g]W`X]YgYb`j`]Yfk ØW`[Yb`?fUZhkfU]b]b[gd`Ub`Ub`
`

``8]Yb ghU[.`I`b hYf`ØfdYf!`?fUZhkfU]b]b[`fl`\$`V]g`*`\$`
A`]bi`hYb`

K`Ybb`Yg`i`a`XUg`VYb`[Y\hž`Ui`hYhX]Y`U`[Ya`Y]b Y` : Ui`ghfY`[Yž
XUgg`Ui`h`XYa`?fUb`_Yb\Ui`g`ZØf`gdYn]Y`Y`7\]f`f`[]Y`(`,`Ghi`bXYb
9f\c`i`b[gnY]h`nk`]gW Yb`XYf`5fVY]h`Ub`XYfgY`VYb`A`i`g_Y`[f`ddY
`]Y`[Yb`gc`hYb`fK`Ybb`G]Y`hF]b]YfYbž`Ybhk`]W`Y`b`G]Y
a`_]fcg_cd]gW`_`Y]b Y`F`]ggY`]b`XYb`A`i`g_Y`bž`X]Y`9bhñØbXi`b[Yb
\Yfj`cffi`Zbž`i`bX`=f`?ØfdYf`VfUi`W`h`X]YgY`NY]h`XUnk`]gW`Ybž`i`a
X]Y`F`]ggY`ni`fYdUf]YfYb`"=?cbnYbhf]YfYb`G]Y`g]W`YXcW`Ua
nk`Y]hYb`HU[`=fYg`k ØW`Ybh]W`Yb`HfU]b]b[gd`Ub g`Ui`Z`X]Y`?fUZh
XYg`I`b hYf`ØfdYfg`i`a`XYb`CVYf`ØfdYfa`i`g_Y`b`Y]b Y`DUi`gY`ni
[Øbb`Yb`

``A`]hhk`cW`M`[U`cXYf`Y]b Y`gW`c b Yb XY`5_h]j`]hÁh
k`]Y`6UffYž`Y]W`hYg`F`UXZU\`fYb`cXYf`G`W`k`]a`a`Yb
fl`\$`V]g`*`\$`A`]bi`hYb`

K`Á`fYb X`G]Y`=fYb`k ØW`Ybh]W`Yb`HfU]b]b[gd`Ub`Ui`ZhY`Ybž
j`Yfa`Y]XYb`G]Y`Ygž`Ub`Ui`Z]b`Ub`XYf`Zc`[Yb`XYb`HU[Yb`X]YgY`VY
5_h]j`]hÁh`Xi`fW`ni`ZØ\`fYb`ž`gU[h`8`f`7`UfXcbY`K`Ybb`G]Y`U`gc
Y]b`Yb`HU[`a`]h`c\Yf`5i`gk`]f`_i`b[`UVYbž`UggYb`G]Y`X]YgYb`HU[
a`]h`Y]b`Ya`HU[`a`]h`[Yf]b[Yf`5i`gk`]f`_i`b[`Zc`[Yb`"9]b`@ck`!`a`dUW`!

HfU]b]b[`ghY``h`g]W YfžXUgg`G]Y`Δ fYb`A i g_Y`b`NY]h`[YVYbžg]W ni
Yf\c`YbžVYj cf`G]Y`k]YXYf`a]h`XYb`gW k YfYb`; Yk]W hYb
gW k]b[Yb"

'''8 c b b YfghU[.`<=H`fl&\$`A]b i hYb Ł''

8]YgY`gW bY`Yb`HfU]b]b[gY]b\Y]hYb`bY\ a Yb`b]W h`bi f`k Yb][Yf
NY]h`]b`5bgdfi W U`g`UbXYfYžgc bXYfb`_ObbYb`Ui h`Y]bYf`&\$%`]a
>i fbU`cZD\mg]c`c[m`j YfØZZYbh`]W hYb`Ghi X]Y`Ui W X]Y`[`Y]W Yb
[Ygi bX\Y]h`]W Yb`J cfhY`Y`V]YhYb`k]Y`5i gXUi YfU_hjj]hÀhYb`9g
[]Vh`gc[Uf`<]bk Y]gY`XUfUi Z`XUgg`X]Y`Yb][YbžX]Y`a]h`<=H!
K cf_ci hg`VY[]bbYbžUi Z[fi bX`XYf`J]Y`ZU`h`XYf`6Yk Y[i b[Yb`Y\Yb
Ub`]\fYf`F ci h]bY`ZYgh\U`hYb`fY]bgW`]Y»`]W`Y]bYg`k ØW Ybh`]W Yb
:]hbYgg! HfU]b]b[gd`Ub g`Ł''

<=H`_Obb hY`8 i hnYbXY`j cb` : cfa Yb`UbbY\ a YbžUVYf`Y]b`[i hYf
5bZUb[`k ÀfYžg]W Yhk Ug`Ui gni gi W YbžXUg`a Ub`a U[žk`]Y
@Ui ZYbžF UXZU\fYbžF i XYfb`cXYf`HUb nYb`žgU[h`FcgUbhY` 8 Ubb
hi b`G]Y`Yg`ZØf`NY]h`bYfj U`Y`?i fnY`5i gVfØW`Y`j cb`j c`Yf
5bghfYb[i b[ž[YdUUfh`a]h`k Yb][Yf`]bYbgjj Yf`5fVY]h`XYfgY`VYb
6Yk Y[i b[" ``

''' fY]hU[.` ; Ub n_ØfdYf! ? fUZh hfU]b]b[`fl` \$`V]g`* \$
A]b i hYb Ł''

6YYbXYb`G]Y`Δ fY`5fVY]hgk cW Y`a]h` ; Ubn_ØfdYf! ? fUZh hfU]b]b["
K Ybb`Yg`i a` ? fUZh hfU]b]b[` [Y\hžgc`hYb`G]Y`XUfUi Z`UVn]Y`YbžU`Y
Δ fY`<Ui dha i g_Y`[fi ddYb`k]Y`Δ fY`E i UXgž` ; YgÀ`a i g_Y`bž
?b]YgY\ bYbž6fi gh`i bX`cVYfYb`FØW`Yb`gck]Y`XYb`?Yfb`ni
hFU]b]YfYb`žgU[h`FcgUbhY`9f`Yfa i h][h`XUni žg]W`Ui dhgÀW`]W
Ui Z`gW k YfYfY`A Y\ f[Y`Yb`gØVi b[Yb`ni`_cbnYbhf]YfYb`fK]Y
HcbbYb`j cb`A i g_Y`[fi ddYb`VYUbgdfi W`Ybžk]Y`?fYi n\YVYbž
<ØZhgc`ž?b]YVYi [Ybž6Ub_XfØW`Yb`i bX`F i XYfVYk Y[i b[Yb`a]h
; Yk]W hYb`d`i g`5bh!6Yk Y[i b[gØVi b[Yb`ZØf`Δ fYb`?Yfb`
8 Yb`Yb`G]Y`D`Ub`Yb`i bX`D`Ub`Ybj Uf]Uh]cbYb`gck]Y` , Vi b[Yb
k]Y`X]Y`DU`cZDfYggY`žgU[h`Yf`

'''GUa`ghU[.`GhYUXm! GhUhY! 7UfX]c`fl@Ui`ZYb`cXYf

F UXZU\ fYb 'gc ``Ub[Yž'k]Y 'Yg 'g]Wx 'ZØf 'G]Y 'Ub[YbY\ a
Ub ZØ\ `hŁ`

<=H!K cf_ci hg 'YffY[Yb 'Yi hni hU[Y 'Ui Z[fi bX ']\fYf 'j]Y 'Yb 'J cfhY]`Y
]b 'XYf 'FY[Y 'X]Y [UbñY '5i Za Yf _gUa _Y]hž UVYf 'GhYUXm!GhUhY!
7 Ufx]c 'gh]a a Yf 'bcWx 'k]Wx h]['ZØf 'Δ fY ' ; Ygi bX\Y]h''HUhgÀWx ']Wx
Yf[UV 'Y]bY 'Ghi X]Y 'Ui g 'XYa 'Δ\ f ' &\$%+ž XUgg 'XUg '@Ui ZYb 'j cb 'bi f
nk Y] 'Ghi bXYb 'dfc 'K cWx Y 'Δ fY '@VYbgXUi Yf 'Yf \YV ']Wx 'j Yf 'Ab[Yfb
_Ubbž'k Ug 'Y]bYb 'n]Ya ']Wx 'ØVYfnYi [YbXYb '6Yk Y]g 'XUZØf '']Y Zyfhž
XUgg '@Ui ZYb 'Y]bYb 'D 'Uhn ']b 'Δ fY a 'k ØWx Ybh ']Wx Yb 'HfU]b]b[gd 'Ub
j YfX]Ybh ''8Ug ' ; 'Y]Wx Y '[]h 'ZØf 'XUg 'F UXZU\ fYb ' 'Y]bY ' &\$%+ 'j cb
:cfgWx Yfb 'XYf 'I b]j Yfg]hAh ' ; 'Ug[ck 'Xi fWx [YZØ\ fhY 'i bX ']a '6f]h]g\A
A YX]Wx 'xi fbU 'j YfØZZYbh ']Wx hY 'Ghi X]Y 'Yf[UVž XUgg 'F UXZU\ fYb
Δ bYb ' \Y 'ZYb '_Ubbž 'Ab[Yf ni 'YVYb 'i bX '['Y]Wx nY]h]['Δ f 'F]g]_c 'ZØf
? fYVg 'i bX '< YfnYf _fUb_i b[Yb 'i a 'ZUghX]Y '< À `ZhY 'ni 'fYXi n]YfYb "
fl Mž'Ub 'XYf 'Ghi X]Y 'VYhY ']] [hY 'F UXZU\ fYf ' 'Y [hYb 'Xi fWx gWx b]hh ']Wx
' \$ 'A Y] 'Yb 'dfc 'K cWx Y 'ni fØW "Ł'

'''Gc b b hU[. '5 i gfi \Yb ''

8 Yf 'GcbbhU[']gh 'Δ f 'Xf]b[YbX 'VYbØh][hYf 'F i \YhU[ž'U 'gc 'j Yf[YggYb
G]Y 'b]Wx hž ']\b 'ni a 'Fc ``Yb 'i bX '8Y\ bYb 'ni 'j Yfk YbXYb '' GhY ``Yb 'G]Y
g]Wx ':]hb Ygg 'U 'g 'Y]bY ``YVYbg 'Ub[Y '9fZU\ fi b['j cf 'žgU[h 'F]]b[Yf"
K Ybb 'Xi 'Øb[Yf 'V]ghž 'ZØ\ `gh 'Xi 'X]Wx 'i bVYg]Y[VUF 'i bX '][bcf]Yfgh
X]Y 'K UfbñY]Wx Yb ''K Ybb 'Xi 'XY]bYa ' ? ØfdYf 'X]Y 'NY]h ']Vghž 'X]Y 'Yf
VfUi Wx hž 'i a 'g]Wx 'ni 'Yf \c 'Ybž '_Ubbgh 'Xi ``Ab[Yf ']a 'Gd]Y ``V 'Y]VYb ''

8 YhU] 'g

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