MEIN FITNESS

I a k Y`hZfYi bX`]W Y ˙:]hb Ygg!H]ddg

8i ˙a ÒW hYgh XfUi » Yb Z]h k YfXYb ˙i bX ˙[`Y]W nY]h][˙XYf
I a k Y`h \Y ZYb 3˙8 Ubb ˙g]bX G]Y ˙VY] XYb ˙i a k Y`hZfYi bX]W Yb
:]hb Ygg!H]ddg fi bX ˙i a g˙K UbXYfbž 6UW_dUW_]b[˙i bX
? Ubi Z U\fYb ˙[YbUi ˙f]W h][" Hc``Y ˙6UW_dUW_]b[! H]ddg jcb
; fUbX ˙7 Ubmcb ˙Hfi gh Jc`i bhYYfg. GW `]Y » Yb G]Y ˙g]W ˙a]h
; fUbX ˙7 Ubmcb ˙Hfi gh Jc`i bhYYfg ni gUa a Ybž i a ˙Y]bY
_cghYb`cgY ˙gYW ghÀ[ ][Y ˙Fi W_gUW_fY]gY ˙ni ˙i bhYfbY\a Ybž
i a ˙]bj Ug]j Y ˙6Ài a Y jcb XYb I ZYfb XYg DUf]U F]j Yf ˙ni
YbhZYfbYb" 8]YgY ˙k i bXYfgW ÒbY ˙; Y[YbX ˙a ˙GØXYb jcb
I hU\ ˙]gh Y]b Yfgh_`Ugg][Yf ?UbX]XUh Zf ˙X]Y
F YghUi f]Yfi b[gVYa Ø\ib[Yb XYg ˙; fUbX ˙7 Ubmcb ˙Hfi ghž X]Y
XUfUi Z UVn]Y`Yb ˙X]Y ˙Y]b\Y]a]gW Yb DZ UbnYbUfhYb ˙]b ˙XYf
; Y[YbX ˙ni ˙g W ØhnYb ˙i bX ˙ni ˙Yf\U`hYb" G]Y ˙k YfXYb ⩵fYb
[UbnYb ˙?ÒfdYf hfU]b]YfYb ˙i bX) $$ ˙?U`cf]Yb ⁄ Ua d∧Y``]d⁄

? Ubi ZU\fYb ˙[Yb Ui ˙f]W\h]["˙˙

˙

˙˙˙Hc``Y ˙6UW_dUW_]b[!H]ddg˙jcb ˙; fUbX
7Ubmcb ˙Hfi gh˙Jc`i bhYYfg.˙˙

GW\`]Y»Yb ˙G]Y˙g]W\ ˙a ]h˙; fUbX ˙7Ubmcb ˙Hfi gh˙Jc`i bhYYfg
ni gUa a Ybži a ˙Y]bY ˙_cghYb`cgY ˙gYW\ghÀ[ ][Y ˙Fi W_gUW_fY]gY ˙ni
i bhYfbY\a Ybži a ˙]bj Ug]j Y ˙6Ài a Y ˙jcb ˙XYb ˙I ZYfb ˙XYg˙DUf]U˙F]j Yf
ni ˙YbhZYfbYb" ˙8]YgY ˙k i bXYfgW\ÒbY ˙; Y[YbX ˙]a ˙GØXYb ˙jcb ˙I hU\
]gh˙Y]b ˙Yfgh_`Ugg][Yf ˙? UbX]XUh˙ZØf ˙X]Y ˙F YghUi f]Yfi b[gVVa Ø\i b[Yb
XYg˙; fUbX ˙7Ubmcb ˙Hfi ghžX]Y ˙XUfUi Z˙UVn]Y`bžX]Y ˙Y]b\Y]a]gW\Yb
DZUbnYbUfhYb ˙]b ˙XYf ˙; Y]bXX ˙ni ˙gW\ØhnYb ˙i bX ˙ni ˙Yf\U`hYb" ˙G]Y
k YfXYb ˙Ⱶ fYb ˙[UbnYb ˙? ÒfdYf ˙hfU]b]YfYb ˙i bX ˙) $$ ˙? U`cf]Yb ˙dfc
Ghi bXY ˙jYfVfYbbYb" ˙K Y]hYfY ˙Ⱶ Zcfa Uh]cbYb ˙Z]bXYb ˙G]Y ˙i bhYf
[W\ c`i bhYYfg"cf["˙

˙

˙˙˙B Y\a Yb ˙G]Y ˙X]YgY ˙K UbXYfh]ddg˙a]h˙XYf
5a Yf]WUb ˙<]_]b[˙GcW]Yhm˙a]h˙]b ˙XYb ˙K U`X"˙˙

8]Y ˙5a Yf]WUb ˙<]_]b[˙GcW]Yhm˙V]hYh˙Y]bYb ˙Y]bk ÒW\][Yb ˙I f`Ui V ˙]b
Y]bYa ˙6i bXYgghUUh˙cXYf ˙BUh]cbU`dUf_ ˙Ub ˙fˇ &() ž]b_`i g]jY
I bhYf_i bžhi bX ˙JYfdZ`Y[i b[/Ua Yf]WUb\]_]b[."cf[Ł"˙A]h˙Y]bYf
[fc»Yb ˙5i gk U\`˙Ub ˙FY]gYn]Y`Yb ˙_ÒbbYb ˙G]Y ˙Xi fW\ ˙XUg˙@UbX
fY]gYb ˙cXYf ˙Y]b ˙Ci hXccf!5VYbhYi Yf ˙]b ˙Ⱶ fKa ˙< Y]a UhghUUh
Yf`YVYb" ˙Nk]gW\Yb ˙XYa ˙K UbXYfb ˙i bX ˙FÀi a Yb ˙jcb ˙K Y[YbžXYa
GW\Ui ZY`b ˙i bX ˙FYdUf]YfYb ˙jcb ˙A Ui Yfb ˙k YfXYb ˙G]Y ˙(, $ ˙? U`cf]Yb
dfc ˙Ghi bXY ˙UVhfU]b]YfYb"˙

˙

˙˙˙<]Yf ˙g]bX ˙hc``Y ˙:]hbYgg!H]ddg˙ZØf
X]Y˄Yb][Ybžemptyem X]Y ˙XUg˙A YYf ˙`]YVVYb"˙˙

FY]b][Yb G]Y XYb A YYfYgVcXYb k À\fYbX XYf CWYUb 7cbgYfj UbWm
⊕hYfbUh]cbU``7cUghU``7`YUbi d": fY]k]``][Y]b ØVYf %$$ @ÀbXYfb
hUi WXYb bUWX HfØa a Yfb]b ``c_U`Yb ; Yk ÀggYfb" K À\fYbX XYf
5i Zf Ài a UfVY]hYb]a ``YhnhYb ↘U\f gUa a Y`hYb : fY]k ]``][Y
]bg[YgUa h`a Y\f U`g *ž A]``cbYb DZi bX A Ø``Ui g i bgYfYb
CnYUbYb i bX j YfVfUbbhYb XUVY] &($? U`cf]Yb dfc \U`VY Ghi bXY"
K Y]hYfY ⊕Zcfa Uh]cbYb Z]bXYb G]Y i bhYf cWYUbWcbgYfj UbWm"cf["

.

`` ? Ubi !H]ddg ZØf ; fi ddYb. J YfgUa a Y`b G]Y
⊨\fY : fYi bXY ni Y]bYa ? Ubi hU[ZØf X]Y
5a Yf]WWUb F]j Yfg B Uh]cbU``F ]j Yf 7`YUbi d"``

A Y`XYb G]Y g]WX VY]Ua Yf]WWUbf]j Yfg"cf[ Ub i bX G]Y Yf\U`hYb
_cghYb`cgY GÀWY`ni a 9]bgUa a Y`b j cb A Ø`žXYf`]b i bgYfYb
; Yk ÀggYfb ``UbXYh"A ]h ØVYf' "$$$ GÀi VYfi b[ gghY``Yb a ØggYb G]Y
b]WXh`k Y]h`[Y\Ybž i a Y]bYb : `i gg ni Z]bXYbžXYf ⊨fY <]ZY
VYbÒh][h" 6cbi g. DUXXY`b j YfhfY]Vh a Y\f U`g &$$? U`cf]Yb dfc
Ghi bXY"

J Yf`UggYb G]Y g]WX ZØf a Y\f Ui Z G\UdY.

- K UbXYfh]ddg
- H]ddg ni a ? Ubi ZU\fYb
- 6UW_dUW_]b[!H]ddg

6Ygi WXYb G]Y i bg Ui Z. a Y]b!Z]hbYgg"bYh