

MEIN FITNESS

K Ug·]gh·Y]b·: Ufh·Y_!@Ui Z3

9]b·: Ufh·Y_!@Ui Z_`]b[h·k]Y·Y]bY·5fh·gW·fYW_`]W·Yg·A U[Yb!
 8 Ufa !DfcV`Ya ž·a]h·XYa ·G]Y·_cbZfcbh]Yfh·k YfXYb ·_ÖbbhYbž
 bUW·XYa ·G]Y·ni ·j]Y·Y·?]`ca YhYf·[Y·Ui ZYb·g]bX"
 ; `ØW_`]W·Yfk Y]gY·]gh·X]Y·F YU·]hÀh·j]Y·k Yb][Yf
 Y]bgW·ØW·hYfbX"·HUhgÀW·`]W·]gh·Y]b·: Ufh·Y_!@Ui Z·Y]b
 k YgYbh·]W·Yf·@Ui Zhmd·]b·: fYa ·HfU]b]b[gdfc[fUa a "·<]Yf
 YfZU\ fYb ·G]Yž·k Ug·G]Y·ØVYf·XUg·: Ufh·Y_!HfU]b]b[·k]ggYb
 gc·`hYb·i bX·k]Y·G]Y·: Ufh·Y_g·ni ·: fYf·@Ui Zfc i h]bY·\]bni ZØ[Yb
 ÖbbYb"·K Ug·]gh·Y]b·: Ufh·Y!@Ui Z3· 8 Ug·K cfh· ZUfh·Y_
 _ca a h·Ui g·XYa ·GW·k YX]gW·Yb·i bX·VYXXYi hYh·`Ub[gUa Yg
 Gd]Y·`cXYf·U·`[Ya Y]bYf·`Ub[gUa ·gW·bY·`ž·Yf_·Àfh·@]gU
 F YYXž·Y]bY·nYfh]Zn]YfhY·? fUZh·i bX·? cbX]h]cbggdYn]U·]gh]b·Ui g
 B UdYgž·: `cf]XU"·; fi bXgÀhn·]W·`]gh·Y]b·: Ufh·Y_·Y]bY·5fh·@Ui Zž
 VY]·XYa ·G]Y·: fY·; YgW·k]bX][_Y]h·Xi fW·[Y\YbX
 / Ua d·A Y·`d/



9]b·: Ufh·Y_!@Ui Z_`]b[h·k]Y·Y]bY·5fh·gW·fYW_`]W·Yg·A U[Yb!
 8 Ufa !DfcV`Ya ž·a]h·XYa ·G]Y·_cbZfcbh]Yfh·k YfXYb ·_ÖbbhYbž
 bUW·XYa ·G]Y·ni ·j]Y·Y·?]`ca YhYf·[Y·Ui ZYb·g]bX"
 ; `ØW_`]W·Yfk Y]gY·]gh·X]Y·F YU·]hÀh

j]Y `` k Yb][Yf ` Y]bgWX ØWX hY fbX `` HUhgÀWX `]WX .]gh`Y]b : Ufh`Y_!@Ui Z`Y]b
k YgYbh`WX Yf @Ui Zhmd `]b ` Á fYa ` HfU]b]b[gdfc[fUa a `` <]Yf ` YfZU\ fYb
G]Yž k Ug`G]Y ` ØVYf ` XUg : Ufh`Y_!HfU]b]b[` k]ggYb ` gc `` hYb ` i bX ` k]Y ` G]Y
: Ufh`Y_g`ni ` Á fYf @Ui Zfc i h]bY ``]bni ZØ[Yb ` _ÒbbYb ``

`` K Ug`]gh`Y]b : Ufh`Y_!@Ui Z3 ``

8Ug`K cfh` ZUfh`Y_ ` _ca a h`Ui g`XYa ` GWX k YX]gWX Yb ` i bX ` VYXYi hYh
`Ub[gUa Yg`Gd]Y ` cXYf`U `` [Ya Y]bYf ` Ub[gUa ` gWX bY `` žYf_`Àfh
@]gU ` FYYXžY]bY ` nYfh]Zn]YfhY ? fUZh` i bX ? cbX]h]cbggdYn]U`]gh]b ` Ui g
B UdYgž: `cf]XU `` ; fi bXgÀhn`WX `]gh`Y]b : Ufh`Y_`Y]bY ` 5fh`@Ui ZZ`VY]
XYa ` G]Y ` Á fY ; YgWX k]bX][_Y]h`Xi fWX [Y\YbX j Uf]JYfYbžUbghUhh
a]h`Y]bYa ` [`Y]WX a À»][Yb ` HYa dc ` ni ` ZU\ fYb ``

Gc ` ghUfhYb ` G]Y ` a]h`XYa ` @Ui ZYb ` ZØf`5bZÀb[Yf

: Ufh`Y_!K cf_ci hg`VY]b \ U`hYb ` gWX bY `` Yg`cXYf`]bhYbg]j Yg`@Ui ZYbž
i b hYfVfcWX Yb ` j cb ` D\UgYb ` U_h]j Yf`9f\c`i b[`fbé[[YbL žYf_`Àfh`g]Y
Á fY ` D\UgYb ` XYg`gWX bY `` Yb ` @Ui ZYbg`gc `` hYb ` _Y]bY ` U `` i a ZUggYbXYb
Gdf]bhg`gY]bžgcbXYfb ` Y\Yf ` Á fYa `) !_a !HYa dc ` cXYf`Y]bYf
5bghfYb[i b[` j cb ` UWX h`j cb ` nY\ b ` Ui ZXYf`G_U`U`XYf
k U\ f[Ybca a YbYb ` 5bghfYb[i b[` YbhgdYWX Yb ` fhi ` Á fYf
=bZcfa Uh]cbž`\]Yf`]ghž`k Ug`XUg`VYXYi hYhL`K À\ fYbX ` XY]bYf
`Ub[gUa YfYb ` DYf]cXYb ` gc `` hYgh`Xi `]b ` Y]bYa ` HYa dc ` `Ui ZYbž]b
XYa ` Xi `]b ` XYf`@U[Y ` V]ghž`Y]b ; YgdfÀWX ` ni ` ZØ\ fYbžXUa]h`Xi ` X]WX
j c `` ghÀbX][`Yf\c`Yb ` _Ub bgh` ``

H\YcfYh]gWX `]gh`Y]b : Ufh`Y_`Y]bY ` 5fh`=bhYfj U `` hfU]b]b[žUVYf`Yg`]gh
Yhk Ug`6YgcbXYfYgž`k Y] ` G]Y ` b]Y ` k]f_`]WX ` Ui Z`ÒfYb ` i bX ` g]WX
Ui gfi \Yb `` : Ufh`Y_!K cf_ci hg`i bhYfgWX Y]XYb ` g]WX ` Ui Z[fi bX ` XYg
J Yf\À`hb]ggYg`j cb ` 6Y`Ughi b[` ni ` 9f\c`i b[` j ca ` =bhYfj U `` `Ui Z ž`gU[h
FYYX `` K À\ fYbX ` Y]bYg : Ufh`Y_!HfU]b]b[g`k YWX gY ` b ` G]Y ` nk]gWX Yb
gWX bY `` Ya ` i bX `` Ub[gUa Ya ` @Ui ZYb `` =b ` =bhYfj U `` Yb ` k YWX gY ` b ` G]Y
j cb ` ; YgWX k]bX][_Y]h`ni ` ; Y\Yb ` cXYf`_ca d`YhhYf`F i \Y `` H@/8F.
6Y]`Y]bYa ` : Ufh`Y_!@Ui Z\Òfh`a Ub ` b]Y ` Ui Z`ni `` Ui ZYb ``

''K Ufi a 'G]Y'XUg': Ufh`Y_!HfU]b]b[
Ui gdfcV]YfYb 'gc``hYb ''

I a 'gWXbY``ni ``Ui ZYbža i ggh`Xi 'gWXbY``hFU]b]YfYb ' 'XYg\U\V']gh
YYXY'5fhj cb'; YgWX k]bX][_Y]hghfU]b]b['k]WX h]['']a 'HfU]b]b[gd`Ub
Y]bYg`@Ai ZYfg"8]YgY'VYgcbXYfY'5fhj cb 'GWbY``][_Y]h]gh`k]WX h][ž
k Y]`': Ufh`Y_!@Ai ZY`ΔbYb 'VY]Vf]b[Ybžg]WX 'ni 'YbhgdUbbYb 'i bX 'ni
Yf\c`Ybžc\bY'Ubni \U`hYbži bX'XUg'HYa dc`k]YXYf'Yf\Ø\Ybž
k Ybb 'Yg`bØh][']gh"

K]Y'HYa dc`Ui ZX]WX 'ni 'Y]bY a 'gWXbY``YfYb 'i bX'YZZ]n]YbhYfYb
@Ai ZYf'a UWX Yb '_Ubb

=WX 'VYhfUWX hY': Ufh`Y_!@Ai ZY'[YfbY'U`g'; Y`Y[Yb\Y]hZØf'a Y]bY
5h\`YhYbž; YgWX k]bX][_Y]hghfU]b]b['ni 'a UWX Ybžc\bY'XYb 'GhfYgg
ni '\UVYbžXUg'; YZØ\ ``ni '\UVYbžXUgg'g]Y'VYgh]a a hY
=bhYfj U``nY]hYb 'Y]b\U`hYb 'a ØggYb 'žYf`_Àfh? ja 'DYY_žY]b 'j cb 'XYf
@Y]WX hUh\`Yh]_XYf'I G5'nYfh]Zn]YfhYf`@Ui ZhfU]bYf" 9]b': Ufh`Y_!@Ui Z
\]`Zh`@Ai ZYfb 'ni ``YfbYbžXUgg'g]Y'a Y\ f'U`g'Y]bY'; YgWX k]bX][_Y]h
\UVYb 'i bX'XUgg'g]Y'Ui WX 'Ub[gUa Yf'k YfXYb '_ØbbYb 'Øck bØ\ bY
ni '[Y\ YbžUi Z`Y]b'HYa dcžVY]XYa 'g]WX ']\fY <YfnZfYe i Ybn'bUW
Y]bYf'\ÀfhYfYb '5bghfYb[i b['Yf\c`Yb '_Ubb" '

: Ufh`Y_g'_Ubb 'ΔbYb '\Y`ZYbž'ΔfY'5bghfYb[i b['cXYf'Δf
=bhYbg]hÀhgb]j YUi 'VY]a '@Ui ZYb 'ni 'j YfghY\Ybžc\bY'g]WX 'Ui Z
8UhYb 'j cb 'Y]bYf'I \f'cXYf'Y]bY a '@Ui ZUUbX 'j Yf`UggYb 'ni 'a ØggYb
'Y]bY'k]WX h][Y': À\][_Y]hž'i a 'g]WX 'VY]
@Ub[ghfYW_Ybj YfUbghU`hi b[Yb'k]Y'Y]bY a <U`V! 'cXYf
Jc``a UfUh\cb 'ni 'a YggYb" '@Ai ZYf'bY][Yb'XUui žj cb ']\fYb'I \fYb
UV\Àb[]['ni 'k YfXYb 'žgU[h'DYY_'' 9]b': Ufh`Y_!@Ui Z`Y\fh`X]WX ž
Ubduaggi b[gZÀ\]['ni 'gY]b 'i bX'VUg]YfYbX'XUfUi Zni ``Ui ZYbžk]Y'Xi
X]WX 'ZØ\`ghž'UbghUhh`X]f'; YXUb_Yb 'ØVYf'HYa dc'i bX'NY]hn]Y`Y'ni
a UWX Yb" '

K]Y'UWX hgUa Yg '@Ui ZYb 'G]Y'Ub 'a YbhU`Yb <]bXYfb]ggYb
j cfVY]Vf]b[Yb '_Ubb

: Ufh`Y_!@Ai ZY`\Y`ZYb`XUVY]ž`X]Y`5i gXUi Yf`ni `ghY][Yfb`i bX
[`Y]WXnY]h][`X]Y`; YgWXk]bX][_Y]h`Ui Zni VUi Yb ž`Yf_`Àfh`DYY_ž`XU
g]Y`gck c\`XUg`UbUYfcVY`U`g`Ui WX`XUg`UYfcVY`GmghYa `VY`UghYb"
ž`XYa `G]Y`j YfgWX]YXYbY`5fhYb`j cb`@Ai ZYb`]b`Δ`fYb`HfU]b]b[gd`Ub
]bhY[f]YfYb`fh`6": Ufh`Y_!ž`bhYfj U`!`cXYf`GhYUXml`GhUhY!@Ai ZYž
_ØbbYb`G]Y`a Y\`fYfY`9bYf[]YgmghYa Y`]b`Δ`fYa`?ØfdYf`hFU]b]YfYbž
k Ug`Δ`fY`@Y]ghi b[`Ua`K`Yhh_Ua`dZhU[`j YfVYggYfb`i bX`G]Y
]bg[YgUa h`ZjhYf`a UWX`Yb`_Ubb`

''`K`]Y`a`Ub`Y]b` : Ufh`Y_!@Ui`ZhFU]b]b[
Xi`fWX`ZØ\`fh`

9]b` : Ufh`Y_`_Ubb`gc`gWXk`Yf`cXYf`gc`Y]b`ZUWX`Ui`ZYbž`k`]Y`G]Y`Yg
VfUi`WX`Yb`ž`gU[h`DYY_": Ø\`Yb`G]Y`g]WX`b]WX`h`[i`h3`J`Yfk`YbXYb`G]Y
Δ`fYb` : Ufh`Y_!@Ui`Zz`i`a`nk`]gWX`Yb`Y]WX`h`Ya`>`[[`Yb`i`bX`Y]b`Ya
[`Y]WX`a`À`][`Yb`@Ui`Zh`Ya`dc`ni`k`YWX`gY`b`C`XYfž`k`Ybb`G]Y`VYfY]h
ZØf`Y]b`Y`<`YfUi`gZcfXYfi`b[`g]b`Xž`h`Y]VYb`G]Y`g]WX`gY`Vgh`j`cf`Ubž
]b`XYa`G]Y`nk`]gWX`Yb`Δ`fYa`?`cbj`YfgUh`cbghYa`dc`i`bX`\`Ufh`Yb
Gdf]bhg`k`YWX`gY`b`

DYf`8`YZ]b]h]cb`gc`h`Yb` : Ufh`Y_g`i`bghfi`_hi`f]Yfh`gY]b`8`Ug`a`UWX`h`g]Y
ni`Y]b`Ya`Y]b`ZUWX`Yb`@Ui`Z`bhYfj`U`!`K`cf_ci`h`XUg`G]Y`U`Y]b`Y
Xi`fWX`ZØ\`fYb`_ØbbYb` K`Ybb`Xi`A`i`g`_`Øfghž`Ugg`XYb`Gcb[`XY]b
HYa`dc`VYgh]a`a`Yb`ž`gWX`À`[h`DYY_`j`cf` @Ui`ZYb`G]Y`k`À`fYbX`XYg
J`YfgYg`]b`Y]b`Ya`Y]WX`h`Yb`HYa`dc`i`bX`bY\`a`Yb`G]Y`X]Y`8`]b[Y
k`À`fYbX`XYg`FYzfU]bg`Ui`Z`C`XYf` 6Ybi`hnY`C`f]Ybh]Yfi`b[gdi`b`h`Y
U`g`C`f]Ybh]Yfi`b[g\`]ZYž`i`a`XY]b`HYa`dc`ni`À`b`XYfb`@Ui`Z`Qd`UghQ
ZØbZ`6`À`i`a`Y`]b`Y]b`Ya`Y]WX`h`Yb`HYa`dcž`XUbb`Ui`ZY`À`fhYf`ZØf
nk`Y`ž`ZØ[h`g]Y`]b`ni`

K`Ybb`G]Y`Yhk`Ug`Ghfi`_hi`f]Yfh`Y`f`Y`g`VYj`cfni`[`Yb`fb`i`f`ni`f
C`f]Ybh]Yfi`b[`ž`df`c`V]Y`f`Yb`G]Y`Y]b`Yg`XYf` : Ufh`Y_!`K`cf_ci`hg`j`cb
F`YYX`i`b`h`Yb`Ui`g`G]Y`_ØbbYb`g]Y`Ui`Z`Y]b`Yf`Ghf`Y`W`c`XYf`Ui`Z`XYf
GhfU`Y`c`XYf`XYa`HfU]`a`UWX`Yb` `XYf`VY[`]bbh`a`]h`Y]b`Yf
j`Yfa`]b`Øh][`Yb`5i`Zk`À`fa`d\`UgY`a`]h`Y]WX`h`Ya`>`[[`Ybž`i`ba`]h`Y`VUF
[`YZc`[`hj`ca`]: Ufh`Y_`ž`Yf`_À`fh`g]Y`G]Y`k`Yf`XYb`k`Y]h`Yf\`]b`nk`]gWX`Yb

\UfhYb : Ufh`Y_!5bghfYb[i b[Yb`i bX``Ub[gUa YfYb`9f\c`i b[g`Ài ZYb
UVk YWgY`bž`VYj cf`G]Y`a]h`Y]bYf`XfY]a]bØh][Yb`7cc`Xck b!D\UgY
a]h; Y\Yb`cXYf`>c[[Yb`UVgW`]Y» Yb"·fK Ybb`G]Y`Y]b`gWbY``Ygž
]bhYbg]j Yg`@Ui ZUUbXhfU]b]b[`k ØbgWbYbžj Yfgi WbY`G]Y
ghUhhXYggYb`X]YgYg`&\$!a]bØh][Y<=H!@Ui ZUUbXhfU]b]b["Ł`
@UggYb`G]Y`g]Wb`bi f`b]Wb h`j cb`XYb`NU\`Yb`[YZUb[Yb`bY\`a Yb"·6Y]
: Ufh`Y_g`[Y\h`Yg`b]Wb h`XUfi a ž`Y]b`VYgh]a a hYg`HYa dc`cXYf`Y]bY
VYgh]a a hY`NY]h`ni `YffY]WbžUVYf`g]Y`g]bX`Y]bY`A Ø[`]Wb`_Y]hž`Δf
HYa dc`_YbbYbni `YfbYb`i bX`g]Wb`[`Y]Wb nY]h][`j cb`ΔfYa
I bVY\U[Yb`UVni `Yb`_Yb` XYbb`gc`k YfXYb`G]Y`Y]b`gWbY``YfYf
@Ài ZYf`

8 YhU]`g

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