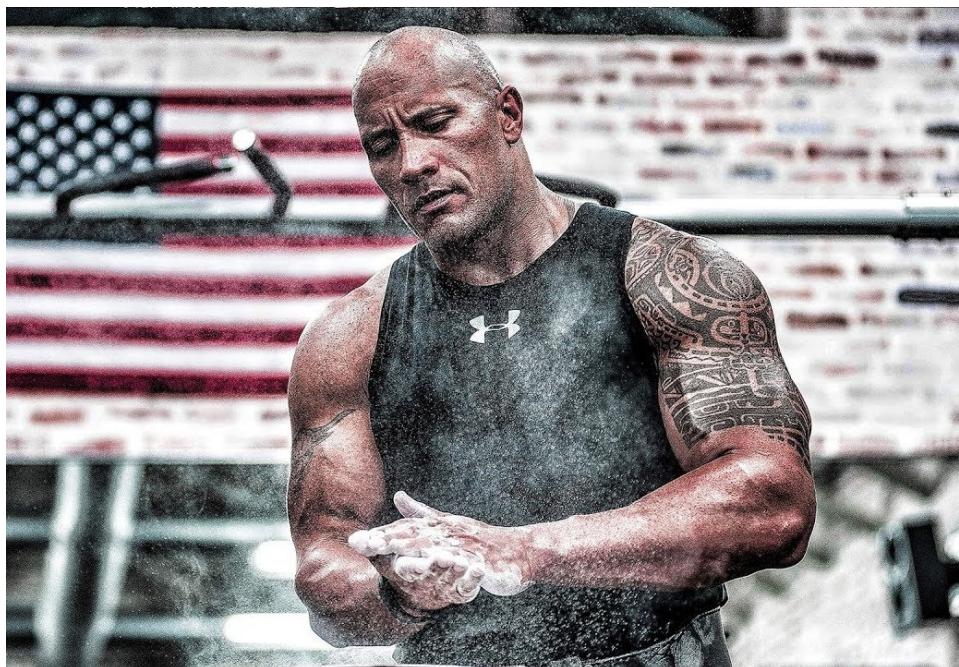


MEIN FITNESS

' ' ; fØbXY'ZØf'XYb': YhhUVVUi 'VY]a
A i g_Y`Ui ZVUi 'ZØf'ZYhhY'A ÀbbYf

9g']gh[fc»Ufh][žY]bYb'gW`Ub_Yb'i bX'[YdZY[hYb'? ØfdYf'ni
\UVYbžUVYf'k Ybb'G]Y ØVYf[Yk]W h]['g]bXž'a ØggYb'G]Y'bUW
H]ddg'ni a 'A i g_Y`Ui ZVUi 'ZØf'X]W_Y'A ÀbbYf'gi WYb"8]Y
a Y]ghYb'‡ b[g'\UVYb'b]W hg'XU[Y[Ybž'ni gÀhn`]W Y') 'V]g'%"
DŽ bX'A i g_Y'b']b']\fYb'? ØfdYf'ni 'dUW_YbžUVYf'k Ybb'G]Y
ZYhhg]bXž'a ØggYb'G]Y'g]W ni Yfgh'Ub'Y]b'Dfc[fUa a '\U'hYbž
i a ': Yhh'ni 'j Yf]YfYb'i bX'XUbb'A i g_Y'b'Ui Zni VUi Yb"
; fi bXgÀhn`]W [Y\h'Yg'XUfi a ž'ni 'hfU]b]YfYb'i bX'ni 'YggYbž
i a ': Yhh'ni 'j Yf]YfYbžc\by'X]Y'A i g_Y'b'ni 'j Yf]YfYb"
K i gghYb'G]Yž'XUgg']a '8i fW gW b]hhj]Y'Y'A ÀbbYf']\f
? ØfdYfZYhhgc'ZU'gW'VYfYW bYbž'XUgg'Yg') i 'i bYf']\fYa
hUhgÀW`]W Yb'A U» / Ua d^Y``]d/



9g']gh[fc»Ufh][žY]bYb'gW`Ub_Yb'i bX'[YdZY[hYb'? ØfdYf'ni
\UVYbžUVYf'k Ybb'G]Y ØVYf[Yk]W h]['g]bXž'a ØggYb'G]Y'bUW
H]ddg'ni a 'A i g_Y`Ui ZVUi 'ZØf'X]W_Y'A ÀbbYf'gi WYb"8]Y'a Y]ghYb
‡ b[g'\UVYb'b]W hg'XU[Y[Ybž'ni gÀhn`]W Y') 'V]g'%" DŽ bX'A i g_Y'b

]b ']\fYb '?ØfdYf'ni 'dUW_YbžUVYf'k Ybb'G]Y 'ZYhh'g]bXž'a ØggYb'G]Y
 g]W 'ni Yfgh'Ub 'Y]b 'Dfc[fUa a ']\U'hYbž'i a ': Yhh'ni 'j Yf']YfYb 'i bX
 XUbb'A i g_Y'b 'Ui Zni VUi Yb"'; fi bXgÀhn']W ' [Y\h'Yg'XUfi a žni
 hU]b]YfYb 'i bX 'ni 'YggYbž'i a ': Yhh'ni 'j Yf']YfYbžc\bY'X]Y 'A i g_Y'b
 ni 'j Yf']YfYb'"K i gghYb'G]Yž'XUgg']a '8i fW gW b]hh'j]Y'Y'A ÀbbYf']\f
 ?ØfdYfZYhh'g]ZU'gW 'VYfYW bYbž'XUgg'Yg') i 'i bhh'f']\fYa
 hUhgÀW ']W Yb 'A U» ']'Y[h3'6Yk YfhYb 'G]Y 'ΔfY 'N]Y'Y 'bYi ž'VYj cf'G]Y
 Y]b 'A i g_Y'Ui ZVUi dfc[fUa a 'VY[]bbYb'"Gdf]b[Yb 'G]Y 'b]W h'Y]W h
]b 'XUg'<YVYb 'gW k YfYf'; Yk]W hY 'i bX 'XUg'GW 'i W_Yb 'j cb 'DfchY]b!
 G\U_Ygž'VYj cf'G]Y 'g]W Yf'g]bXž'k cfi a 'Yg']b 'ΔfYa
 A i g_Y'Ui ZVUi dfc[fUa a '[Y\h'K Ufi a 'gc`hYb'G]Y 'g]W 'ni Yfgh
 XUFUi Z_cbnYbhf]YfYbž': Yhh'ni 'j Yf']YfYbž'VYj cf'G]Y 'A i g_Y'b
 Ui ZVUi Yb3'<]Yf'g]bX ' 'nk]b[YbXY ' ; fØbXY .

- 9g 'Jgh'gW ÀX']W ž'k Ybb'G]Y 'a Y\ f': Yhh'[Yk]bbYb"
 K Ybb'G]Y 'A i g_Y'b 'Ui ZVUi Yb 'a ØW hYbž'bY\ a Yb 'G]Y
 bcfa U'Yfk Y]gY '['Y]W nY]h]['Ub ': Yhh'ni ''G]Y '_ØbbYb 'YXY
 ?U'cf]Y 'VYcVUW hYbž'X]Y 'G]Y 'YggYbž'UVYf'XUg'DfcV'Ya
 V'Y]Vh'VYghY\Yb'"K]Y '[Yk]bbh'Δf'?ØfdYf'A i g_Y'b3'G]Y
 a ØggYb 'ΔfYb '?ØfdYf'_cbX]h]cb]YfYbž'i a ']a 'UbUVc'Yb
 Ni ghUbX 'ni 'gY]b'"G]Y '_ØbbYb 'X]Yg'hi bž']bXYa 'G]Y 'a Y\ f
 ?c\ 'Yb \mXfUhYž'DfchY]bY 'i bX '?U'cf]Yb 'YggYb'"9fk UfhYb
 G]Y ']b 'ΔfYa 'A i g_Y'Ui ZVUi dfc[fUa a ž'XUgg'G]Y 'Ub ': Yhh
 ni bY\ a Ybž'k Ybb'G]Y 'UbZUb[Ybž'a Y\ f'A i g_Y'b
 Ui Zni VUi Yb'"6cXmVi]XYf'i bX ':]hbYgga cXY'Y 'g]bX 'g]W
 X]YgYf'HUhgUW Y 'VYk i ggh'"K Ybb'G]Y 'VY]gd]Y 'gk Y]gY ') %\$
 [fc» 'g]bX 'i bX '%,) 'DZ bX 'k]Y[Yb 'i bX '%) i ')?ØfdYfZYhh
 Ybh\U'hYb 'i bX '%&'DZ bX 'ni bY\ a Ybž'k ØfXY 'X]YgY
 : Yk]W hgni bU\ a Y'* 'DZ bX 'A i g_Y'b 'i bX '* 'DZ bX ': Yhh
 i a ZUggYb'"b'X]YgYa ': U'''Δf': Yhh'8Ug'B]j YUi 'k ØfXY '%,)
 VYhfU[Ybž'k Ug'bUW hY']]['ghž'k Ybb'a Ub 'VYXYb_hž'XUgg
 G]Y '_i fn'XUj cf'g]bXž'&\$i ')?ØfdYfZYhh'ni 'a YggYb'"K Ug']ghž
 k Ybb'G]Y '&\$i ')?ØfdYfZYhh'[Yk]bbYb3'G]Y 'a ØggYb
 hfU]b]YfYb 'i bX 'Y]bY '8]Àh'a UW Ybž'X]Y 'G]Y 'XUni 'Vf]b[h
 j Yf']YfYb 'G]Y '&\$ 'DZ bX ': Yhh'UVYf 'G]Y 'a ØggYb 'XUZØf
 gcf[Ybž'XUgg'G]Y '_Y]bY 'A i g_Y'b 'j Yf']YfYb'" ; Y\Yb 'G]Y 'Ui Z
 %\$i ')?ØfdYfZYhh'ni fØW ž'XUa]h'G]Y 'YbX']W 'Y]bYb
 gW 'Ub _Yb 'GhfUbX _ØfdYf'YffY]W Yb'"?cbnYbhf]YfYb 'G]Y 'g]W

XUFUi Z̄ni Yfgh: Yhhni 'j Yf]YfYbžk Ybb'Δf? ØfdYfZYhh%) i
YffY]W h"

- 9]b gW `Ub_Yf? ØfdYf`Aggh`G]Y [fØ» Yf`Ui ggY\ Yb"
K Ybb`G]Y`Ui ZXyf`ZYhhYb`GY]hY`g]bXž`bY][h`Δf? ØfdYfZYhh
XUni ž`ΔfY`A i g_Y`a UggY`i bX`ΔfY`nYff]ggYbY`A i g_Y`Zcfa
ni 'j YfVYf[Yb`Ni a '6Y]gd]Y`bY][Yb`nYff]ggYbY
GW i `hYfa i g_Y`b XUni ž`fi bX`i bX`hfc dZYbZØfa]['ni `gY]b"
9g`Yf`YX][hXYb`seV`ZØf`ΔfY`8fi W!`i bX`Ni [VYk Y[i b[Yb"
K Ug`dUgg]Yfhž`k Ybb': Yhh`ΔfY`GW i `hYfb`VYXYW_h3`9g
YfgW Y]bh`ZUW i bX`k Yb][Yf`fi bX`F i bXYfY`GW i `hYfb
VYXYi hYbž`XUgg`g]Y`gW `Ub_Yf`g]bX`i bX`]\fY`cfa
Ui ZZÀ`][Yf`Ui gg]Y\ h`>`gW `Ub_Yf`i bX`a i g_i `ØgYf`ΔfY
GW i `hYfb`g]bXž`XYghc`[fØ» Yf`k YfXYb`g]Y`Ui ggY\ Yb"
8Yg\U`V`a ØggYb`G]Y`VY]a`A i g_Y`Ui ZVUi`XUg`: Yhh
j Yf]YfYbž`XUa]h`ΔfY`A i g_Y`b`YfUi g_ca a Yb`i bX
XYZ]b]YfhYf`Ui ggY\ Yb"
- G]Y`k YfXYb`g]W ØVYf`ΔfY`A i g_Y`Ui ZVUi [Yk`JbbY
Ja`? `UfYb`gY]b`"A YggYb`G]Y`ΔfYb`? ØfdYf`K`Y`W Y`HY]`Y
a ØggYb`j YfVYggYfh`k YfXYb3`BY\ a Yb`k]f`Ubž`Δf? ØfdYf
gh]a a h`ZYgh`a]h`ΔfYf`? ØfdYf[fØ» Y`ØVYfY]bž`UVYf`G]Y
\UVYb`Y]bY`n]Ya`]W ZUW Y`6fi gh`9g`]gh`n]Ya`]W
cZZYbg]W h`]W ž`XUgg`G]Y`ΔfY`6fi gh`i bX`ΔfYb`F ØW`Yb
a Ugg]YfYb`a ØW hYb`"K`Ybb`G]Y`ni Yfgh: Yhh`j Yf]YfYbž`k]fX
ΔbYb`_`UfYfž`Ub`k Y`W Yb`? ØfdYfhY`Yb`G]Y`UfVY]hYb
a ØW hYb`fl a`A i g_Y`b`Ui Zni VUi YbL`9g`_Ubb`bi f`Y]b`dUUf
DZ`bX`a UI]a U`gY]bž`VYgcbXYfg`k Ybb`G]Y`Δf? ØfdYfZYhh
VYfY]hg`j Yf`cfYb`UVYb"

8]Yg`g]bX`" `XYb`ni a`A i g_Y`Ui ZVUi`ZØf`ZYhhY`A`Ab bYfž`k`Ufi a`g]Y
ni Yfgh: Yhh`j Yf]YfYb`a ØggYbž`VYj cf`g]Y`A i g_Y`b`Ui ZVUi`Yb
_Øb bYb"

øgd]f]Yfh`j cb`K`U`hYf`<`A`Ybi`Yh

8 YhU]`g

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