

MEIN FITNESS

8 Ug`VYghY`A i g_Y`Ui ZVUi dfchY]b 3`
J Yf[]gg`X]Y`A c`_Y`b]W h°

K cfi a '[Y\h`Yg`VY]K \Ym'DfchY]b '[YbUi 3'6Y[]bbYb`k]f`a]h
Y]bYf`k]ggYbgW WUZh]W Yb`9f_`Àfi b[``8]YgYg`DfchY]b `VYghY\h
Ui g'[`cVi `ÀfYa `DfchY]bž`XUg`]b`XYf`A c`_Y`]gc`]Yfh`k]fX``9g
]gh`Y]b`BYYVYbdfcXi _hj cb`?ÀgYž`XYf`Ui g`?i \a]`W
\Yf[YghY`h`k]fX``9g`]gh`Y]bY`bUhØf`]W Y`A]gW i b[`Ui g`6YhU!
@UWhc!; `cVi `]bž`5`d\U!@UWhU`Vi a]b`i bX`GYfi a U`Vi a]bž`X]Y
U``Y`]b`]`fYf`i fgdfoob[`]W Yb` : cfa ``Òg`]W i bX`]a`d<!K`Yfh`k`]b
g]W`[YgW`cggyb`g]bX``GY]b`VYghYf`cf[Ub]gW`Yf`K`Yfh`k`]fX
U`g`V]c`c[]gW`Yf`K`Yfh`cXYf`/ Ua d/_ , &&\$/6J/ Ua d/_ , &&%/
VYnY]W`bYh``?i fn`[YgU[hž`Yg`]gh`Y]bY`XYf`VYghYb
DfchY]bei Y``Ybž`X]Y`Yg`ZØf`A i g_Y`Ui ZVUi []Vh`A c`_YdfchY]b
k Uf`g]W`Yf`]W`Y]bY`k`]`_ca a YbY`9f[`Abni b[`]b`XYf
6cXmVi `]X]b[!K`Y`h``9g`\Uhj`]Y`Yb`6cXmVi `]XYfb`[Y\c`Z`bž
]`fY`N]Y`Y`/ Ua d\Y`]d/



K cfi a '[Y\h`Yg`VY]K \Ym'DfchY]b '[YbUi 3

6Y[]bbYb`k]f`a]h`Y]bYf`k]ggYbgW WUZh]W Yb`9f_`Àfi b[``8]YgYg

DfchY]b 'VYghY\h'Ui g'[`cVi `ÀfYa 'DfchY]bžXYUg']b 'XYf'A c`_Y']gc`]Yfh
 k]fX" '9g']gh'Y]b 'B YVYbdfcXi _hj cb ?ÀgYžXYf'Ui g'?i \a]\W
 \Yf[YghY``h'k]fX" '9g']gh'Y]bY 'bUhØf']W\Y'A]gW\i b['Ui g'6YhU!@UW\h!
 ; `cVi `]bž5'd\U!@UW\hU'Vi a]b 'i bX'GYfi a U'Vi a]bžX]Y 'U''Y']b ']\fYf
 i fgdfØb[`]W\Yb': cfa ``Òg']W\i bX']a 'd<!K Yfh']b 'g]W\ [YgW\cggYb
 g]bX" 'GY]b 'VYghYf'cf[Ub]gW\Yf'K Yfh'k]fX 'U'g'V)c`c[]gW\Yf'K Yfh
 cXYf' 6J 'VYnY]W\ bYh"?i fn[YgU[hžYg']gh'Y]bY 'XYf'VYghYb
 DfchY]bei Y``YbžX]Y 'Yg'ZØf'A i g_Y'Ui ZVUi '[]Vh"

A c`_YdfchY]b 'k Uf'g]W\Yf']W\ 'Y]bY 'k]`_ca a YbY '9f[Àbni b[']b 'XYf
 6cXmVi]`X]b[!K Y'h" '9g'\Uhj]Y'Yb '6cXmVi]`XYfb ' [Y\c`ZYbž]\fY
 N]Y'Y ni 'YffY]W\Yb" '
 6YghUbXhY]`U''Yf'a i g_Y'Ui ZVUi YbXYb '8]ÀhYb" 'A c`_YdfchY]bdi 'j Yf
 V]YhYh`\cW\k Yfh][Yg'DfchY]b 'i bX']gh']a 'J Yf['Y]W\ ni 'UbXYfYb
 DfchY]bei Y``Yb 'k]Y '9]YfbžA]`W\z:]gW\ i bX'F]bXZY]gW\ 'gY\f
 _cbnYbhf]Yfh"

K Ug'a UW\h'A c`_YdfchY]b 'gc '[i h3

- 9g'_Ubb ``Y]W\h']b 'ÀfYa ?ÒfdYf'j YfXUi h'k YfXYb" '8Yf
 V]c`c[]gW\Yf'K Yfh'f6J ï]gh'Y]b 'A U» 'ZØf'X]Y 'K]f_gUa '_Y]hž
 a]h'XYf'DfchY]b 'j ca ?ÒfdYf'ZØf'XUg'; Yk YVYk UW\ghi a
 Y]b[YhUi W\h'i bX']YfVfUi W\h'k YfXYb '_Ubb ' 'Y'\Ò\Yf'XYf
 K Yfh'XYghc 'VYggYf']gh'X]Y '9ZZ]n]Ybn" '9]k Y]» ']gh'XYf
 i bjj YfgY``Y GhUbXUfx'ZØf' 6J " '9]k Y]» 'VY\À'h'Y]bYb' 6J
 j cb '%\$\$'VY]" 'A]`W\ f?UgY]b 'gck]Y 'A c`_Yf'hf]h'VY]'Yhk U',)
 6J 'Ui gžF]bXZY]gW\dfchY]b 'VY]'Yhk U'+) ' 6J "
 A c`_YdfchY]bni gÀhnY']b 'VYgh]a a hYf': cfa '\UVYb 'Y]bYb
 6J 'j cb 'i b[YZÀ\ f'%'(žk À\ fYbX'A c`_Y']b ']gc`]YfhYf': cfa
 Y]bYb' 6J 'j cb 'i b[YZÀ\ f'%'+\$ '\Uh"
- 9g']gh'Ui W\ 'Y]bY 'fY]W\ \U'h][Y': cfa 'j cb '5a]bcgÀi fYbžX]Y
 Y]bY 'k]W\h][Y'Fc ``Y'VY]a '5i ZVUi 'i bX'9f\U'h'bYi Yf
 A i g_Y'a UggY'gd]Y'Yb" '8Yf'YZZY_hjj ghY 'i bX']Y``Y]W\h
 bØhn`W\ghY 'K Y[žY]bY 'Ui gfY]W\YbXY'A Yb[Y'Ub
 5a]bcgÀi fYb 'VYfY]hni ghY``Ybžg]bX'A c`_YdfchY]bni gÀhnY"
- A c`_Y'\Uh'X]Y'Y]bñ][Ufh][Y': À\][_Y]h'j cb' 6755
 fj Yfnk Y][h_Yhh][Y'5a]bcgÀi fYbžX]Y'G]Y']b '_Y]bYf'XYf
 DfchY]bei Y``Yb 'Y a U'g'Z]bXYb '_ObbYb" '8]Y' 6775 '\Y]» Yb

@ WYbzJ U]b'i bX'@gc!@Yi Wb"

?i fn'[YgU[h'_ØbbYb'k]f'gU[Yb'XUgg'A c`_Y'Y]b']bghfi a YbhY``Yg
A i g_Y`Ui ZVUi dfchY]b']gh"'\]Zh'Δ bYb'Ui ZX]Y`VYghY'K Y]gYZ'k]Y
XUg'Δ a a i bgmghYa žXYb'GhcZk YWgY'žX]Y'?ØfdYfa i g_Y'a UggYž
X]Y'<Yfn!?'fY]g`Ui Zl: i b_h]cbYb'i bX'X]Y'[Y]gh][Y'@Y]ghi b[gZΔ\][_Y]h
ni 'j YfVYggYfb"'\9g']gh'Y]b'DfchY]b'XUg'G]Y']b'Δ fYf'9fbΔ\fi b[
j Yfk YbXYb'a ØggYb'k Ybb'G]Y'Xi fWY'Y]b'fY[i ']YfhYg
; Yk]WYh\YVYfdfc[fUa a 'gWYbY''A i g_Y'a UggY'Ui ZVUi Yb
a ØWYhYb"

→gd]f]Yfh'j cb'A UI'→ b[a]Yf

8 YhU]g

6Ygi WYb'G]Y'i bg'Ui Z'a Y]b!ZjhbYgg"bYh