

# MEIN FITNESS

; YXi `X ! 'XUg '9]b n][ Yž'k Ug 'G]Y 'VfUi W X Yb ž  
i a 'A i g\_Y`b 'Ui Zni VUi Yb

8 Ug 'Dfc V`Ya ž'XUg 'X]Y 'a Y]ghYb 'A YbgW X Yb 'VY]a  
A i g\_Y`Ui ZUi '\UVYbž ]gh'X]Y 'HUhgUW X Yž'XUgg 'Yg 'gY\ f ``Ub[ Y  
XUi Yfh" "XYf'a ØW X hY 'gW X bY ``XYb ? ØfdYf 'gY]b Yf 'HfÀi a Y"  
; YbUi 'Ui g\_X]YgYa ; fi bX 'k ÀW X gh'X]Y : ]hb YggVfUbW X Y 'YYg  
Ø\ f 'k Y]hYf" "8]Y '@Yi hY 'k YfXYb 'a Ub]di ']Yfhž'i a 'ni '\_Ui ZYbž  
k Ug 'g]Y 'XYb \_Ybž'i a 'gW X bY ``Yf']\ fYb 'HfUi a \_ØfdYf 'ni  
VY \_ca a Yb" "9g '\_Ubb ']b 'XYf 'HUhgW cW ]YfYbX 'gY]bž'X]Y  
'ÀW X Yf ]W X Yb "8]b[ Y 'ni 'gY\ Ybž'X]Y 'A YbgW X Yb '\_Ui ZYbž bi f  
k Y]`'g]Y 'XYb \_Ybž'XUgg 'Yg ]\b Yb ']\`Zhž'gW X bY ``Yf 'A i g\_Y`b  
Ui Zni VUi Yb "K Ybb 'G]Y '[ fc » 'k YfXYb 'i bX 'Yfbgh \ UZhY  
A i g\_Y`b 'Ui ZUi Yb 'a ØW X hYbž a ØggYb 'G]Y 'bi f'; YXi `X '\UVYb"  
5 bghJhh'ghÀbX][ 'NY]h 'ni ']bj Ygh]YfYbž'i a 'bUW X Yf 'gW X bY ``Yb  
@Ogi b[ ' / Ua d A Y ``]d /



8 Ug 'Dfc V`Ya ž'XUg 'X]Y 'a Y]ghYb 'A YbgW X Yb 'VY]a 'A i g\_Y`Ui ZUi  
\UVYbž ]gh'X]Y 'HUhgUW X Yž'XUgg 'Yg 'gY\ f ``Ub[ Y 'XUi Yfh" "XYf'a ØW X hY  
gW X bY ``XYb ? ØfdYf 'gY]b Yf 'HfÀi a Y"; YbUi 'Ui g\_X]YgYa ; fi bX

k ÀW\gh]Y : ]hb YggVfUbW\Y 'YYXYg'À\ f'k Y]hYf"8 ]Y '@i hY 'k YfXYb  
a Ub]di ']Yfhž'i a 'ni '\_Ui ZYbž'k Ug'g]Y 'XYb\_Ybž'i a 'gW\ bY ``Yf']\fYb  
HfUi a \_ÒfdYf'ni 'VY\_ca a Yb"9g'\_Ubb']b 'XYf'HUh'gW\cW\_]YfYbX  
gY]bž'X]Y ``ÀW\Yf']W\Yb'8 ]b[ Y 'ni 'gY\Ybž'X]Y 'A YbgW\Yb '\_Ui ZYbž'bi f  
k Y]'g]Y 'XYb\_Ybž'XUgg'Yg']bYb '\]Zhž'gW\ bY ``Yf'A i g\_Y`b  
Ui Zni VUi Yb"

K Ybb 'G]Y '[ fc » 'k YfXYb 'i bX 'Yfbgh\ UZhY 'A i g\_Y`b 'Ui ZVUi Yb  
a ÒW\ hYbž'a ØggYb 'G]Y 'bi f'; YXi 'X 'UVYb"5bghUh'ghÀbX][ 'NY]h'ni  
]bj Ygh]YfYbž'i a 'bUW\ 'XYf'gW\ bY ``Yb '@Ogi b[ 'cXYf'XYa 'bÀW\ ghYb  
[ fc » Yb '8 ]b[ 'ni 'gi W\Yb"; Y\Yb 'G]Y 'Y]bZUW\ ']bg': ]hb Yggghi X]c 'i bX  
hfU]b]YfYb 'G]Y "Hi b 'G]Y 'X]Yg 'Y]b][ Y 'À\ fY ``Ub[ 'YYXYb 'HU[ "K Ybb  
G]Y 'g]W\ 'ØVYf 'Y]bYb ``Àb[ YfYb 'NY]hfUi a 'Ub 'Y]bYb 'UbghÀbX][ Yb  
HfU]b]b[ gd'Ub '\U'hYb '\_ÒbbYbž'k YfXYb 'G]Y 'k UW\ gYb"8 Ug  
GW\ k ]Yf][ ghY 'Ua 'A i g\_Y`Ui ZVUi ']ghž'X]Y 'HUhgUW\ Y 'ni 'U\_nYdh]YfYbž  
XUgg'Yg ``Ub[ Y 'XUi Yfh' GcVU'X 'G]Y 'X]Y 'F YU']hÀh'XYg'Dfc nYggYg  
U\_nYdh]Yfh'\UVYbž'k YfXYb 'G]Y '\_Y]b 'Dfc V`Ya 'XUa ]h'\UVYbž  
fY[ Y'a À» ][ 'bg': ]hb Yggghi X]c 'ni '[ Y\Yb 'i bX 'ni 'hfU]b]YfYb" A ]h  
X]YgYf'5\_nYdhUbn'k ]fX 'XUg'A i g\_Y`k UW\ ghi a '\_ca a Yb"

; YXi 'X ']gh'a ]h'ZUgh'U ``Yb '5gdY\_hYb 'XYg'A i g\_Y`Ui ZVUi g  
j YfVi bXYb", VYf'<cW\YVYbYbž'8]ÀhYb 'i gk "'\]bk Y[ ni \_ca a Yb  
YfZcfXYfh'j ]Y'; YXi 'X "K Ybb 'G]Y 'b]W\h'[ YfbY '[ YXi 'X][ 'g]bXž']gh  
A i g\_Y`Ui ZVUi 'b]W\h'ZØf'G]Y "K Ybb 'G]Y 'X]Y : À\][ '\_Y]h'Yb'hk ]W\Y`b  
\_ÒbbYbž'[ YXi 'X][ 'ni 'gY]bž'[ ]vh'Yg '\_Y]bY '6Y[ fYbni b[ 'XUZØfž'k ]Y  
j ]Y ``A i g\_Y`b 'G]Y 'a '@YVYb 'a '5 ``[ Ya 'Y]bYb 'Ui ZVUi Yb 'i bX  
YffY]W\Yb '\_ÒbbYb"

≠gd]f]Yfh'j cb 'Fcm'5fa ghfcb[

8 YhU]`g

6Ygi W\Yb 'G]Y 'i bg'Ui Z 'a Y]b!Z]hb Ygg"bYh