

MEIN FITNESS

< Y`ZYb`G]Y`VY]a`A i g_Y`Ui ZVUi ž`]bXYa
G]Y`Y]b][Y`A mh\Yb`Ybh`Ufj Yb

@UggYb`G]Y`i bg`_`Uf`gY]bž]WX`V]b`_Y]b`k YhhVYk YfVgZÀ\][Yf
6cXmVi]`XYfž`XfY]ZUWX`nYfh]Zjn]YfhYf`:]hbYgg! #8]Àh!; i fi ž`_Y]b
5fnh`cXYf`Y]b`j cb`XYf`l b]j Yfg]hÀh`U__fYX]h]YfhYf`9[[\YUX"
=WX`gd]Y`Y`Ui WX`_Y]bY`XUj cb`]a` : YfbgY\Yb``Hfc hnXYa`a` i gg
]WX`_ÀbYb`gU[Ybž`XUgg`X]Y`K Y`h`XYf`:]hbYgg`i bX`XYg
6cXmVi]`X]b[g`j c`Yf`A mh\Yb`i bX`A]ggj YfghÀbXb]ggY`]gh"
< YW`i bX`]WX`ZUbXYb`X]Y`K Y`h`XYg`K Y]bg`j Yfk]ffYbX"
@UggYb`G]Y`a`]WX`Y]b][Y`XYf`gWX`ÀX`]WX`ghYb`A mh\Yb`ØVYf
=fYb` : cfhgWX`f]hh`VY]a`A i g_Y`Ui ZVUi`i bX`VY]`XYf`GhÀf`i b[
Ui Z`ÀfYb``%`9g`[]Vh`9f[Àbni b[ga`]hhY`ž`X]Y`[YbUi gc
k`]f_gUa`g]bX`k`]Y`GhYfc]XY``9`[Ybh`]WX`g]bX`bi f`GhYfc]XY`gc
[i h`k`]Y`GhYfc]XY``B`]WX`hg`]b`XYf`bUhØf`]WX`Yb`K Y`h`k`]fX`a`]h
/ Ua`d`Y`]d/



@UggYb`G]Y`i bg`_`Uf`gY]bž]WX`V]b`_Y]b`k YhhVYk YfVgZÀ\][Yf
6cXmVi]`XYfž`XfY]ZUWX`nYfh]Zjn]YfhYf`:]hbYgg! #8]Àh!; i fi ž`_Y]b`5fnh
cXYf`Y]b`j cb`XYf`l b]j Yfg]hÀh`U__fYX]h]YfhYf`9[[\YUX"
Ui WX`_Y]bY`XUj cb`]a` : YfbgY\Yb``Hfc hnXYa`a` i gg`]WX`_ÀbYb

gU[Ybž'XUgg'X]Y'K Y`hXYf':]hbYgg'i bX'XYg'6cXmVi]`X]b[g'j c``Yf
A mh\Yb'i bX'A]ggj YfghÀbXb]ggY'gh" <YW_`i bX']WX'ZUbXYb'X]Y'K Y`h
XYg'K Y]bg'j Yfk]ffYbX"

@UggYb'G]Y'a]WX'Y]b][Y'XYf'gWXÀX']WXghYb'A mh\Yb'ØVYf'ÀfYb
: cfhgWXf]hh'VY]a 'A i g_Y`Ui ZVUi 'i bX'VY]'XYf'GhÀf_i b['Ui Z_ÀfYb"

%"·9g'[]Vh'9f[Àbni b[ga]hhY'ž'X]Y'[YbUi gc'k]f_gUa 'g]bX'k]Y
GhYfc]XY"·9][Ybh]WX'g]bX'bi f'GhYfc]XY'gc'[i h'k]Y'GhYfc]XY"·B]WXhg
]b'XYf'bUhØf']WXYb'K Y`h'k]fx'a]h'XYa 'ØVYfY]bgh]a a Ybž'k Ug'X]Y
WXYa]gWX Y'K Y`h'ni 'V]YhYb '\Uh'fhi a]bXYgh'k Ug'GhYfc]XY'VYhf]ZZh"
A]h'UbXYfYb'K cfhYbž[YVYb'G]Y'Àf'\UfhYg'; Y'X'b]WXh'ZØf'DfcXi _hY
Ui gž'X]Y'j cf[YVYbž'XUg'ni 'hi bž'k Ug'g]Y'b]WXh'_ObbYb"·K Ug'X]Y
WXYa]gWX Yb'GhcZZY'VYhf]ZZh'gc']gh'X]Yg' _Y]b'K Y[ž'XYb'G]Y
VYgWXfY]hYb'a ØWXhYb"

&"·I a 'k]Y'Y]b'dfcZYgg]cbY'Yf'6cXmVi]'XYf'Ui gni gY\Ybž'a i gg
a Ub'k]Y'Y]b'dfcZYgg]cbY'Yf'6cXmVi]'XYf'hfU]b]YfYb' 'bY]bž'b]WXh
k]f_']WX"·K Yf'gU[hž'XUgg'dfcZYgg]cbY'Yf'6cXmVi]'XYf'k]ggYbž'k Ug
g]Y'h' b3'GWUUi Yb'G]Yž'X]Y'a Y]ghYb'hi b'Ygž'UVYf'Yg']gh'Y]bY
GY'Vghj YfghÀbX']WX_Y]h"·8Ug'HfU[Yb'j cb'&' \$'DZ' bX'Ui Z'Y]bYa ')
!FU\ a Yb'YfZcfXYfh'a Y\ f'U'g'Y]bY'[i hY'Fci h]bY'i bX'Yhk Ug
DfchY]bdi 'j Yf"

' "·K Ybb'5bZÀb[Yf'Y]bY'; Ubn_ÒfdYffc i h]bY'a UWYb'gc``Yb'i bX
Y]b': cfh[YgWXf]hhYbYf'gY]b'HfU]b]b['b'nk Y]'HY`Y'Ui ZhY`Yb'gc``ž
XUbb'a i gg']WX'a Y]b'HfU]b]b['Yhh'Ui Z'j]Yf'5fhYb'Ui ZhY']Yb' 'bY]bž
b]WXh'k]f_']WX"·A Y\ f']gh'b]WXh'VYggYf"·K Ybb'G]Y'VY]·%\$'GÀhnYb
[i hY'9f[YVb]ggY'gY\Ybž']gh'Yg'b]WXh'[Y[YVYbž'XUgg'G]Y'VY]·&\$
cXYf' \$'GÀhnYb'VYggYfY'9f[YVb]ggY'gY\Yb"·9\ f']WX'[YgU[h'ZØ\ fh
a UI]a U'Y'5bghfYb[i b['VY]a]b]a U'Yf'5bnU\ 'j cb'GÀhnYb'ni
a UI]a U'Yb'9f[YVb]ggYb"

("·I a ' [fc»'ni 'k YfXYbž'a ØggYb'G]Y'[fc»Yž'f]Yg][Yž'; cXn]`U!
À\ b']WX Y? U'cf]Yb'YggYb' 'c_Umž'j]Y'Y]WXh'K Ybb'G]Y'bi f'[fc»
k YfXYb'a ØWXhYb'fb]Y\Y'; Yhhž'gc``hYb'G]Y'U'Y' 'Ghi bXYb'Y]bY
[fc»Y'A U\`nY]h'ni 'g]WX'bY\ a Yb' 'k Ufi a 'b]WXh3'8]Y'C'Xh]a Yf
Ya dZU\`Ybž'Y]bYb '@hYf'A]WXž'Y]bY' HUggY'A]WXdi 'j Yfž' 'V]g')

A Ygg`ÒZZY``9]gWfYa Y`i bX`Y]bY` ; YK]W\hgni bU\`a YZcfa Y``fXYb_Yb G]Y`Ub`XYb`K Y]XYf`Bf``+Łni `a]gW\hYb`i bX`XYb`[UbnYb`HU[`ØVYf ni `hf]b_Yb``A ÒW\hYb`G]Y`]a`@Ui ZY`XYf`NY]h`Y]bY`XUi Yf\UZhYž a U[YfY`A UggY`Ui ZVUi Yb`cXYf`]b`(`K cW\hYb`Y]bY`* \$#(\$!A]gW\h i b[Ui g`< UW_ZY]gW\h`Y]bdUW_Yb3

) ``8]Y`Di a dY`ni`_Ui ZYb`]gh`gØ» ž[YbUi gc`k]Y`X]Y`J YfVfYbbi b[" 8]YgY`[fc» Ufh][Y`Di a dY`ni`VY_ca a Ybž`VY]XYf`A fY`A i g_Y`b`Ui Z X]Y`XcddY`hY` ; fØ» Y`UbgW\h k Y``Ybž`]gh`[i h`ZØf`XUg`9[cž`UVYf`b]W\h gc`[i h`ZØf`XYb`A i g_Y`Ui ZVUi ``K Ybb`G]Y`Y]bY`[i hY`Di a dY`k c``Ybž XfY\Yb`G]Y`&` @cW\hYb`a]h`Y]bYf`< UbhY``\YfUi g``5VYf`k]fX`XUg`X]Y h]YZYb` ; UgYfb`fY_fi h]YfYbž`X]Y`X]W\h`ghUf`_i bX`\cZZYbh`]W\h`[fc» a UW\hYb`k YfXYb3`8i`k`][`gh`Y]bY`J YfVfYbbi b[/ghfYW\h`XY]bY 5fa Y`ni f`GY]hY`i bX`gW\h k]b[Y`g]Y`i b[YZA\`f`%\$`A U``]b`_`Y]bYb ? fY]gYb``A fY`8Y`hg`k YfXYb`VfYbbYbž`UVYf`b]W\h`k UW\h gYb`` G\h k YfY` ; YK]W\h Y`a]h`a UI]a U`Yf`5bghfYb`[i b[`VY]`*`V]g`%\$ K]YXYf\c`i b[Yb`a]h`Y]b`dUUf`Yfnk i b[YbYb`K]YXYf\c`i b[Yb cXYf`Ghf]d`#8fc d!GYhg`VUi Yb`? fUZh`i bX`A i g_Y`b`Ui Z`

9g`[]Vh`UbXYfY`A mh\Ybž`X]Y`G]Y`ni fØW\U`hYb`_ÒbbYb`UVgc`i h`` 5VYf`k Ybb`G]Y`Ui Z`A fY` :]hb`Yggn]Y`Y`\\]bUfVY]h`Ybž`gc`h`Yb`G]Y`X]YgY` ; YXUb`Yb`VYfØW_g]W\h`[Ybž`g]Y`[Y`[Yb`A fY`9fZU\`fi b[`UVk A[Yb` i bX`X]Y`K U\`f\`Y]h`XYggYb`VYghÀh`[Ybž`k Ug`]W\h`VY\`Ui d`hY``

฿gd]f]Yfh`j cb`<"`?]a

8 YhU]g

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