

MEIN FITNESS

A i g_Y`Ui ZVUi ·]gh_Y]b `gc n]U`Yg`F]hi U`

ℳ`Yf]bbYfY`a]ℳ`XUfUbžU`g`k ÀfY`Yg`[YghYfb`[Yk YgYb
 / Ua d/_ , & \$/U`g`]ℳ`XUg`YfghY`A U`XYb`?Yf_Yf`[YgY\Yb
 \UVY"·ℳ`k Uf`i b[YZÀ\ f`%(·ℳ`fY`U`h`i bX`k Uf`[YfUXY`XYa
 MA 75`VY][YhfYhYb"·A Y]bY`9`hYfb`XUℳ hYbžYg`k ÀfY`Y]b
 [fc» Ufh][Yf`C fh`ZØf`a]ℳ`zXU`Yg`Y]bYb`Dcc`ž6]``Ufxž
 H]ℳ`hYbb]g`i bX`j]Y`Y`UbXYfY`8]b[Y`ni`hi`b`[UV"·9g`[]vh
 j]Y`Y`?i fgY`i`gk "·ℳ`\\UhH`Y`YYcℳ`UbXYfY`ℳ`YYb"·9g`k Uf`XUg
 YfghY`A U`ž`XUgg`]ℳ`Fc[Yf`8Y7Uf`g`gU\`Fc[Yf`k Uf`Y]b
 6cXmVi`]`XYf`j ca`?U`]VYf`A f`·5a`Yf]ℳ`a`]h`Y]bYa
 d\Àbca`YbU`Yb`?ØfdYfVUi`·Øf`a`]ℳ`ž`Y]bYb`↑`b[Yb`A Ub`bž
 gU\`Yf`ØVYf`YYbg[fc»`Ui`g`·8Yf`?fUZhfUi`a`·ja`·M_ØbbhY
 / Ua`d`A`Y`·]d/



ℳ`Yf]bbYfY`a]ℳ`XUfUbžU`g`k ÀfY`Yg`[YghYfb`[Yk YgYb`·U`g`]ℳ`
 XUg`YfghY`A U`XYb`?Yf_Yf`[YgY\Yb`\\UVY"

ℳ`k Uf`i b[YZÀ\ f`%(·ℳ`fY`U`h`i bX`k Uf`[YfUXY`XYa`·MA 75
 VY][YhfYhYb"·A Y]bY`9`hYfb`XUℳ hYbžYg`k ÀfY`Y]b`[fc» Ufh][Yf`C fh
 ZØf`a`]ℳ`zXU`Yg`Y]bYb`Dcc`ž6]``UfxžH]ℳ`hYbb]g`i`bX`j`]Y`Y`UbXYfY

8]b[Y'ni 'hi b'[UV"·9g'[]Vh'j]Y`Y`?i fgY'i gk ""·W\UhY·YXcW
UbXYfY·XYb"·9g'k Uf'XUg·YfghY'A U'ž'XUgg']W\Fc[Yf'8Y7Uf'g'gU\"

Fc[Yf'k Uf'Y]b'6cXmVi]'XYf'j ca'?'U']VYf'A f"·5a Yf]W\ a]h'Y]bYa
d\Àbca YbU`Yb'?ØfdYfVUi "': Øf'a]W\ž'Y]bYb'·1 b[Yb'A Ubbž'gU\ 'Yf
ØVYf`YVYbg[fc» 'Ui g"

8 Yf'?fUZhfUi a 'ja 'M_ØbbhY'U`g'J Yf']Yg'VYhfUW\hYh'k YfXYb"?Y]bY
<]hnY]a 'K]bhYf'i bX'_Y]bY '@ Zh]a 'Gca a Yf"·5b'a UbW\Yb
Gca a YfhU[Yb'YffY]W\hYb'X]Y'HYa dYfUhi fYb'ZUgh%\$'; fUX'i bX
Yg'k Uf'fUhgUa ž'ZfØ\ 'Y]b! 'i bX'Ui gni ghY][Yb"

G]Y'a i gghYb'Y]bY'HfYddY'Ui g'NYa Ybh\]bi bhYf[Y\Yb'i bX
VYhfUhYb'Y]bYb'FUi a 'j cb'%'·I'%'·"·8]Y'K ÀbXY'XYg'FUi a Yg
k UfYb'V'cW_]Yfh' '·[Y'V'[Yghf]W\Yb"·A]h'XYa 'YfghYb'FUi a
j YfVi bXYb'k Uf'Y]b'k Y]hYfYf'FUi a 'j cb'Yhk U'&\$'·I'%'(ž]b'XYa
ni gÀhn]W\Y'5i gfØghi b['j cf\UbXYb'k Uf"·8]Yg'k Uf'j cb'FYW\hg
k Y[Yb'Y]b'Dck Yf']Zh]b[!:]hbYggghi X]c'i bX'U'Ygž'k Ug'G]Y'gU\Ybž
k UfYb'%\$!DZ bX!D'UhYbž'c'ma d]gW\Y'GhUb[Ybž'Dck Yf!F UW_gž
Gei Uh!F UW_gž'6Àb_Y'i bX'Y]bY'J]Y'nU\ 'j cb'<UbhY'b'c\bY
Y[']W\Yb'j]gi Y'Yb'K Yfh' 'k]YXXf'gU\ 'Yg'Ui g'k]Y'Y]b'J Yf']Yg"
8 Uni '·[Y\ØfhY'Y]bY'd'UhYbVY'UXYbY'6Y]bghfYW_a UgW\]bYž'X]Y
['Y]W\ nY]h['U'g'6Y]bVYi [i b['Z b[]YfhY"·9g'[UV'Y]bYb'?UVY`ni [ž
Y]bY'6Y]bdfYggYž'_Y]bYb'GW\']hhYb' 'i bX'Y]bYb'GUhn
HUi W\ghUb[Yb"·5'Y'k UfYb'']b'Fcghi[Y'_Y]XYh'·8Ug'k Uf'XUg
5i ga U»'XUj cb"·8]Y': YbghYf'Ub'bi f'Y]bYf'K UbX' 'XfY]ž'['Ui VY
]W\ž'k UfYb'i b[YZA\f'Ui ZGW\i 'hYf\Ø\Y'i bX'nY][hYb'Ui Z'X]Y
GhfU»Yž'k c'DUggUbhYb'\YfY]bgW\Ui Yb'k ØfXYb'·8cfh'VYcVUW\hYhYb
g]Y'XUg'GW\fY]Ybž'; fi bnYbž'?UddYfbž'?fY]XY'ØVYfU'·i bX'XYb
; Yfi W\j cb'5a a cb]U__UdgY'b'J cf'Y]bYf'FY_cfX\cW\Y'gc'·hY
?fYi n\YVYb'cXYf'6Ub_XfØW_Yb'Xi fW\ [YZØ\fh'k YfXYb"·8]Yg'k Uf
_Y]b'bUa Vm'dUa Vm':]hbYggghi X]cž'XUg'G]Y'·Yi hY'Z]bXYb'k ØfXYb
i bX'XUg'5'Ufa '\Uhž'k Ybb'G]Y'[fi bnYb'·5i Z'_Y]bYb': U'·8Ug'k Uf
YfbghYg'NYi [

=b'YbYb'HU[Yb'[U'hYb'k]f'U'g'Y]bY'UbXYfY'5fhj cb'?i 'hi fž'_Ui a
j YfghUbXYbž'k Ufi a 'k]f'i bgYfYb'?ØfdYf'X]YgYf'5fhj cb
_ØfdYf']W\Yf'6Y'Ughi b['Ui ggYhnYb'k ØfXYb'G]Y'k i gghYb'b]W\hž

XUgg'k]f']b 'XYb 'h]Y ZghYb 'HY]`Yb 'i bgYfYf'GYY`Y [Y[Yb 'i bg'gY`Vgh
UbhfUhYb"

Fc[Yf'ghUbX'j cb 'XYf'6Y]bghfYW_a UgW]bY'Ui Z'i bX']W h'fUi hY
a Y]bYb'5i [Yb '_Ui a "9f'gU\ 'ZØf'a]W k]Y'Y]b' , VYfa YbgW'Ui g'
8Ug'YfghYž'k Ug']W gU\ž'k Uf'Y]bY'f]Yg][Y'6fi ghž'X]W_Y'GW i 'hYfb
i bX'a Ugg]j Y'5fa Y''GY]bY'k]bn][Y'HU]`Y'hfi [ni f'Gma a Yhf]Y
gY]bYg'?ØfdYfg'VY]i bX'']Y» 'U``Yg'bcW [fØ» Yf'YfgW Y]bYb"

Fc[Yf'k c['bcfa U'Yfk Y]gY'i b[YZA\f'%- \$'VY]) +ž'k Uf'UVYf]a a Yf
ghY]b\Ufh", VYf'Y]bY" \$!Nc``!HU]`Y'a]h'5fa Yb'bU\Y'%- 'f\Už']W gU\
gY[Ya YggYbž'k Uf'Yf'YfghUi b']W "GY]bY'6Y]bY'k UfYb' [fc» ž'UVYf
b]W h'gc 'Ybhk]W_Y'h'i bX'a]h'XYf'a i g_i 'ÀfYb'HfYbbi b['gY]bYg
CVYf'_ØfdYfg'UVYf'g]W Yf']W b]W h'k Y]`Yf'g]Y' b]W h'\Ufh
UfVY]hYhY"=W '\UVY[YgY\Ybž'k]Y'Yf'&\$'K]YXYf\c'i b[Yb'a]h'* (\$
DZ bX'Ui ZXYf'<cW_Y'i b\Yf'YXYf'K]YXYf\c'i b['dUfU``Y'a UW hY"
8Yb_Yb'G]Y'XUfUb'ZØf'Y]bYb'6cXmVi]XYf'a]h'Y]bYa ; Yk]W h'j cb
%- \$' K À\fYbX'gY]bYf'[YgUa hYb'6cXmVi]X]b[!?Uff]YfY'[]b[
Fc[Yf'Vi W ghÀV']W X i fW 'X]Y'<Ø``Yž'i a 'gY]bY'6Y]bY'ZØf'X]Y
9bhk]W 'i b['gY]bYg'CVYf'_ØfdYfg'ni '[Yk]bbYb'GY]b'FØW_Yb'k Uf
YYbZU`g'Y]b'gY\Ybgk YfhYf'5bV]W_ž'f]Yg][Y'X]W_Y'5i Zf]W hYf'i bX
Y]b'X]W_Yfž'VfY]hYf'@Uhnž'XYf'g]W 'Ui gVfY]hYhY'i bX'j c``Yf': U``Yb
k Uf"Fc[Yf'[]b['U``Yg'Ubž'k]Y']W 'VU'X`'YfUi gZ]bXYb'k ØfXY"9f
k ØfXY' _Y]b'K cfh'gU[Ybž'k À\fYbX'Yf']a :]hbYgggh X]c'Ui Z
]f[YbXY]bY'gcn]U'Y'K Y]gY'k Ufž'i bX'gY]b' c_i g'U['Ui Z'Y]bYa
VYgYggYbYb'A Ubb"8i '\Ugh'a a Yf'[YXUW h'Yf'gY]Y]bZUW bi f
j YffØW h'UVYf'XUg'@ gh][Y']ghž'XUgg'Yg']\a 'k]f_]W 'Y[U'k Ufž'k Ug
Xi 'XYb_gh' 'XUg'Y]bn][Yž'k Ug'nÀ\`hYž'k Uf'gY]bY'A]gg]cb'Ub
X]YgYa 'HU[' 'XUg'HfU]b]b[' 'W '\UVY'j cb'X]YgYa 'A Ubb': c_i g
i bX'8]gn]d']b[Y'Yfbh"

9g'XUi YfhY' b]W h'Ub[Yž'i a '\YfUi gni Z]bXYbž'XUgg'X]Yg' _Y]b
gcn]U'Yg'F]hi U'k Uf"=W 'a i gg'XUa U'g'Y]b'YW hYf'GWÀX']b[
[Yk YgYb'gY]bž'XYbb'Fc[Yf'\UhhY'YbX']W 'U``Y'a Y]bY': fU[Yb'gUhh
i bX'k Uf'XUa]h'Y]bj YfghUbXYbž'XUgg']W 'a]h']\a 'hFU]b]YfYb'Xi fZhY"
I bgYfY'K cf_ci hg'k UfYb'[YbUi 'gcž'k]Y']W 'Yg'VY]a 'YfghYb
HfYZZYb'a]h'Fc[Yf'[YgY\Yb'\UVY' 'U``Yg' [YgWÀZh']W ''K À\fYbX
XYg'HfU]b]b[g'k i fXY'UVgc'i h'b]W h'\Yfi a [YgW fUi Vh"XY

K]YXYf\c`i b[`k Uf'UVg]W\h]W\ž\c\bY'GW\k i b[`i bX']W\ ``YfbhYž
YXY'K]YXYf\c`i b[`a]h'a Y]bYa 'J YfghUbX'ni 'Zc_i gg]YfYbžX]Y
K]YXYf\c`i b[`ni `j]gi U\g]YfYb`i bX'ni 'ZØ\ `Yb"Fc[Yf'VYk Y[hY
g]W\ `a]h'gY\f'k Yb][`F i \Yž\cVk c\ ``Yf'VY], Vi b[YbžX]Y'ZUgh
`A\W\Yf]W\ `k UfYbžDci bXU[Y'VYbi hnhY"9f'k Uf'YI hfYa 'ghUf_ "9f
VUi hY'gY]bYb [YgUa hYb ?ÖfdYf'a]h@Ub[\UbhY'b`i bX`?i fn\UbhY'b
Ui Zž\gW\ fY]Vh'UVYf'gY]bY'GW\ÀfZY'gY]bYa 'J YfghUbX`i bX'gY]bYf
?cbnYbhfUh]cb`ni "

9]b 'dUUf'JU\fY'gW\ bY``Yf'J cf'Ui Z 'Yg]gh'b]W\ha Y\fi a '-%- +%ž
gcbXYfb`i b[YZÀ\ f`%- ++"Fc[Yf'i bX']W\ž\cVk c\ ``k]f'b]W\ha Y\f
ni gUa a Yb'hfU]b]YfYbžg]bX`a a Yf'bcW\ [i hY': fYi bXY' 'gc'k]Y
k]f'Yg`\Yi hY'g]bX`bnk]gW\ Yb`k i fXY']W\ j cb '@Yi hYb`k]Y'A]_Y
A YbhñYf]b`XUg<][\ `bhYbg]hm'HFU]b]b['Y]b[YZØ\fhžX]Y'X]Y
6cXmVi]`X]b[!GnYbY]a 'Ghi fa 'YfcVYfhYb"9f'bUbbhY'gY]bY'J Yfg]cb
<YUj m'8i hm'i bX'XUg`k Uf'Yg" B UW\ XYa 'A]_Y a]h'5fh\i f'xe bYg
ni gUa a Yb[YUfVY]hYh\UhñYžghY``hY'Yf'XUg'6cXmVi]`X]b['Ui Z'XYb
?cdZ'9f'nY][hY'6cXmVi]`XYfbžk]Y'g]Y']\fY': À\][_Y]h'ni a
_f]h]gW\ Yb'8Yb_Yb`bi hnYb`_ÒbbYbžk À\fYbX'Yf'VYk Y]ghž'XUgg'X]Y
H\Ycf]Y'j cb'a Y\f']gh'VYggYf'b]W\h'ZØf'6cXmVi]`X]b[']'h"9]b
k Y]hYfYf'6Yk Y]g'XUZØfž'XUgg'k]f'b]W\h'i bgYfY'Y][YbYb
K]ggYbgW\ UZhYf'gY]b'a ØggYbžk]Y'XUg'A i g_Y'a U[Un]b'a d`n]Yfh
'ja '8i b_Yb`bUW\ XYa 'gi W\Ybžk Ug'ZØf'i bg'Z b_h]cb]Yfh"GY]bY
H\Ycf]Y'XYg'\cW\]bhYbg]j Yb'HFU]b]b[g'`YVh'V]g'\Yi hY'k Y]hYf'i bX
gY]b'fUh]cbU'Yf'5bgUhn'VY]a '6cXmVi]`X]b[']'gh'Y]b '@Y]hZUXYb'ZØf
U``Y"9f'[U'h'U'g'6cXmVi]`XYf'XYb_YbXYb'A UbbYg"

C Vk c\ ``]W\ `j cf\Yf'b]W\ hg'ØVYf'X]Y' H\Ycf]Y'XYg
<cW\]bhYbg]hÀhghfU]b]b[g'k i gghYžk Uf'a Y]b'HFU]b]b['_i fnž'gY'hYb
i bX'bch\k YbX][Yfk Y]gY']bhYbg]j "Ni 'X]YgYf'NY]h'k Uf'a Y]b'N]Y'ž
XUg'; fÔ» hY'i bX'GhÀf'_ghY'ni 'YffY]W\ Ybž'XUg']W\ '_cbbhY"8Yf
Y]bn][Y'K Y[žX]Yg'ni 'hi bž'VYghUbX'XUf]bž'a Y]b'HFU]b]b['j cb'U'
XYb': 'i gYbØVi b[Yb'ni 'VYZFY]YbžX]Y'a]f']a 'K Y['ghUbXYb`i bX
a Y]bY'9bYf[]Y'i bX`?cbnYbhfUh]cb'VYfUi VhYbž'i bX`bi f'X]Y
6Yk Y[i b[Yb'Ui gni ZØ\ fYbžX]Y'a]W\ 'ghUf_`a UW\ hYb"1 bX'ghUf_
k i fXY']W\ "

9g'k Uf'i bX']gh'U`Yg'ØVYf': c_i g°'W\ ``UVY'bi f'Y]bYb'5fVY]hggUhn

Ui g[YZØ\ fh' \ X\ Y]bYb GUhnž XYf ZØf YYXY , Vi b['ZY\ [YgWX U[Yb]gh" \ UVY bi f X]Y ; fi bX U[Yb Ui g[YZØ\ fh' \ 6Ub_XfØW_Ybž ?b]YYVi [Ybž F Y]\ Ybž ?fYi n\ YYVYbž 6Y]bXfØW_Ybž 6Àb_Y'a]h Yb[Ya ; f]ZZZ8]dg'i bX DUFh]U`g" \ YbhZYfbhY U`Y X]fY_hYb 6]nYdgØVi b[Ybž GWX i hYfØVi b[Ybž K UX YbØVi b[Ybž GWX]YbVY]bYž < UbhY VYk Y[i b[Yb k]Y :]Y[Yb i gk "j c`ghÀbX][j cb'a Y]bYa HfU]b]b[" \ hUhbi f XUgž k Ug'a]f \ Y ZYb k ØfXYž ghÀf_Yf ni k YfXYb" \ bX k Ybb G Y' k]ggYbž XUgg ?fUZh'i bX A i g_Y[fÒ» Y fY`Uh]j g]bX \ k Ug']gh" \ fYf'A Y]bi b['bWX dUgg]Yfh38i \ Ugh`Yg" \ k i WXg i bX k i fXY a Y]b V]g\ Yf'ghÀf_ghYf i bX XUa]h'a Y]b V]g\ Yf' [fÒ» hYf" Ni 'XYf NY]h hfU]b]YfhY]WX j]Y`Y]WX h XfY]HU[Y X]Y K cWX Y \ a UbWX a U`nk Y] \ k Ug']WX gdÀhYf'YfZ \ fžk Uf]a a Yf bcWX ni 'j]Y" \ a UWX hY i b[YZÀ\ f XfY]GÀhny'dfc HfU]b]b['DYf]cXY \ UVYf a]h]a a YbgYa : c_i g \ 'Yg'k Uf'U`Yg'; YgWX ÀZhž k]Y]WX ni '6Y[]bb a Y]bYf? Uff]YfY [Y`Yfbh \ UhhY"

C \ 'Už UbXYfY _Ua Yb]bg':]hbYggghi X]c i bX []b[Yb X]Y 6Yk Y[i b[Yb c\ bY a YbhU`Yb : c_i g'Xi fWX \ k U\ f \ UVYf'g]Y AbXYfhYb'g]WX b]Yž Yg'Z Y\ hY \ bYb XYf' [`Y]WX Y : c_i g' i bX X]Y [`Y]WX Y J]g]cbž X]Y g]Y ni ']\ fYb N]Y`Yb ZØ\ fYb k ØfXYb \ 'Yg'k Uf Y]b 'gcn]U`Yf'F]hi U`ZØf'g]Y" G]Y [YbcggYb Ygž Xcfh ni 'gY]b" J]Y`Y]WX h`YI]gh]YfhYb]\ fY N]Y`Y i bX N]Y`Y b]WX h`cXYf'g]Y \ k i gghYb b]WX hžk]Y'g]Y'g]WX ui Zg]Y \ cbnYbhf]YfYb'gc`hYb \ ' \WX XYb_Yžk]f k YfXYb'Yg'b]Y`YfZU\ fYbž Yg'gd]Y'h_Y]bY Fc`Y"

A Y]bY J cfVYfY]hi b['Ui Z`YXYg HfU]b]b['k Uf'k]Y`Y]bY [Yd`UbhY A]gg]cb" \ k ØfXY a]WX \ _cbnYbhf]YfYb i bX hUhgÀWX \ gY\ Ybž k Ug']WX h i b'k ØfXY" \ k ØfXY'Y]b @c[Vi WX ZØ\ fYb i bX X]Y ; Yk]WX hY Xi fWX [Y\ Yb" \ ZØ\ fhY`YXYb HU['Y]bY`GY`Vgh\ md b c gY! J]gi U`g]Yfi b[gfc i h]bY`Xi fWX ž i a 'a]WX ui Z XUg'bÀWX ghY`HfU]b]b[j cfni VYfY]hYb" \ 8]Yg'U`Y]b \ U`Z ui Z`YfghUi b]WX Y`K Y]gYž a Y]bYb ; Y]gh'ZØf'XYb'9fZc \ 'bYi ni 'dfc[fUa a]YfYb" \ 5`g]WX \]bg :]hbYggghi X]c []b[žk Uf'U`Yg' [YgWX ÀZhžWX" \ \UVY b]Y a]h Ya UbXYa [YgdfcWX Yb i bX`YXYf'k i gghY`Yg" \ 9g'k Uf'k]Y \ a :]a Cj Yf'h\ Y`Hcd \ a]h Gm j YghYf`GhU`cbYž U`g`Yf ni a '5fa XfØW_Yb VYfY]h]gh i bX`gY]bY`A ØhnY a]h XYa \ J]g]Yf`bWX \]bhYb XfY\ hž U`g k ØfXY`Yf`Y]bYb`GWX U`hYf i a 'Y[Ybž k Ug'gY]b <]bk Y]g`XUfUi Z k Ufž XUgg`Yg`NY]hik Ufž; YgWX ÀZhž ni 'a UWX Yb" \ HUhgÀWX \ \UVY a]f

j cf')`*U\fYb\bc\W\`Y]b<Ya X'a]h\XYa \HUga Ub]Ub\`8Yj]`
[Yg\W\Yb_h\VVY_ca a Yb` \`k Y]» h\Xi \z\X]YgYf@ccbYm\Hi bYg!
7\UfU_h\Yf\z\XYf\g]\W\`XfY\h\`8]Y\Nk]`]b[gVf\OXYf\z\X]Y\`Yg\`a]f`[UVYb\z
gU[h\Yb\`a]f\z\XUgg\`]\W\`XYa \`A\`bY\h\Y\z\U\`g\`]\W\`]bg`:]hbYggghi X]c`[]b[
i bX\`a Y]b\HfU]b]b[\`VY[Ubb` \`k]Y\`Y]bY\`VYgYggYbY\`DYfgc b"

\W\`h\U]b]YfY\`Yi h\Y\`bc\W\`gc\`9g\`]gh\U\`Yg\`; Yg\W\`A\`Z\`i bX\`g]\W\`Yf\`]\W\`
_Y]b\`gcn]U\`Yg\`F]hi U\`B\`U\`h\O\`f\`]\W\`UVY\`]\W\`Yi hni hU[Y\`Y]b`[i h\Yg
J Yfgh\`Ab\`Xb]g\`Z\`f\`Ub\`UYfc\`VY\` Vi b[Yb\`i bX\`j YfghY\`Y\`Yhh\`XUgg
HfU]b]b[\`bi f\`Y]b\`5bfY]n\`i bX\`ja a Yf\`Y]b\`BY[Uh\`j\`]b\`XYf\` \`Y]\W\`i b[
]gh\`k Y\`Yg\`K\`UW\`ghi a gfYgYfj Yb\`k Y[b]a a h\`K\`Ybb\`]\W\`k\`Y\`Y]b
k Y]gYf\`A\`Ubb\`]b\`Y]bYa\`:]a\`ni f\`W\`V\`W\`Y\`XYb\`_Y\`]\W\`a\`]f\` \`K\`Ybb
]\W\`XUa\`U\`g\`[Yk\`i ggh\`A\`h\Y\`k\`Ug\`]\W\`Y\`h\`k Y]» \`z\`A\`h\Y\`]\W\`gY\`h\YbYf
a\`]h\`a Y\`f\`F\`i\`Y\`h\U]b]Yfh"

A Y]bY\`dYfg\`Ob\`]\W\`Yb\`K\`cf_c\`i\`hg\`XUi\`Yfb\`Yi\`h\Y\`i b[YZ\`A\`f\`+` \`%)
A\`]bi\`h\Yb\` \`k\`Yf\`XYb\`U\`Y\`*!, \`HU[Y\`Xi\`f\`W\`[YZ\`A\`f\`h\`XU\`b\`_XYf
K\`Y]g\`Y]h\`j\`cb\`A\`_Y\`A\`Yb\`h\Yf\`i\`bX\`gY]b\`Yf\`5f\`VY]h\`]b\`6Yni\`[\`Ui\`Z\`X]Y
H\`Ycf]Y\`XYg\`<\`c\W\`]bh\`Ybg]h\`A\`h\`ghfU]b]b[g"

\W\`gY\`Y\`c\`Zh\`XUgg\`HfU]b\`Yf\`fb\`]\W\`h\`U\`Y\`k\`Yfhj\`c\`Y\`NY]h\`a\`]h\`?i\`b\`XYb
]a\`:]hbYggghi X]c\`j\`Yfg\`W\`k\`Yb\`XYb\` \`Y]b\`Y\`Ghi\`b\`XY\`Vf\`Ybb\`Yb\`
k\`U\`fg\`W\`Y]b\`]\W\`z\`k\`Y\`]\`g\`Y\`gc\`Ui\`ZUXYb\` \`8Ug\`HfU\`f\`][Y\`]gh\`XUgg\`Yg
k\`]f\`_]\W\`Y]b\`gcn]U\`Yg\`F]hi\`U\`gh\`G]Y\`UggYb\`g\`Y\`<\`Ub\`h\`Y\`W\`f\`g
a\`UW\`Yb\`k\`A\`f\`Yb\`X\`g\`Y\`Ui\`Z\`Y]b\`Ya\` \`6U\`VU\`Ub\`W\`Yf\`Yb\`fb\`f\`U\`V
ØVYf\`hf\`]YVYb\` \`Ui\`Z\`f\`Yb\` \`? \`Od\`Z\`b\`gh\`Y\`Yb\`i\`bX\`XUf\`VYf\`gd\`f\`Y\`W\`Yb\`
k\`]Y\`XUg\`K\`c\W\`Yb\`Yb\`XY\`k\`Uf\`k\`A\`f\`Yb\`X\`g\`Y\`XUg\`; Yk\`]\W\`h\`Ui\`Z\`i\`bX\`UV
k\`Yf\`Z\`Yb\` \`A\`f\`J\`Yfgh\`Ab\`Xb]g\`j\`cb\`Ub\`UYfc\`VYb\` Vi b[Yb\`]gh\`gc\`VY[f\`Ybnh
i\`bX\`]\`f\`c\`i\`g\`XYf\`Ub\`]\`f\`Y\`? \`]Ybh\`Yb\`k\`Y\`]h\`Yf\`[Y\`]VYb\`k\`]fx\`z\`gh
k\`Yb\`][Yf\`k\`Øbg\`W\`Ybgk\`Yfh\`i\`a\`]\`f\`VYUVg\`]\W\`h\`[h\`Yg\`N\`Y\`ni\`YffY\`]\W\`Yb\`
A\`Y]b\`Y\`?i\`b\`XYb\`h\U]b]Yf\`Yb\`b\`]\W\`h\`A\`b[Yf\`U\`g\`+!%) \`A\`]bi\`h\`Yb\`k\`Y\`]\`Yg
i\`ba\`Ø[\`]\W\`gh\`a\`Y\`f\`U\`g\`XUg\`ni\`h\U]b]Yf\`Yb\`

K\`]Y\`; f\`Y[\`f\`b\`XYfgc\`b\`z\`Y]b\`Ub\`XYf\`Yf\`<\`HfU]b\`Yf\`i\`bX\`? c\`Y\`]b
GYUhh\`Y\`]b\`gY]b\`Ya\` \`5fh\`_Y\` \`? f\`U\`h\`fU]b]b[\`a\`]h\`c\`Yf\` \`bh\`Ybg]h\`A\`h
A\`Y\`f\`5Yfc\`V]WU\`g\`5Yfc\`V]W\` \`gU[h\`Y\`XUi\`Yfh\`Yg\`bcfa\`U\`Yfk\`Y\`]gY
Y]b][Y\`HfU]b]b[gY]b\`Y]h\`Yb\`z\`V]g\`XYf\`? \`]Ybh\`X]Y\`H]YZY\`i\`bX\`XUg
5i ga\`U\`XYf\`a\`Ø[\`]\W\`Yb\`_UfX]c\`j\`Ug\`i\`A\`f\`Yb\`6Yh\`Y\`][i\`b[\`j\`YfghY\`h

?fUZh hfU]b]b["K]Y 'Y]bYf'a Y]bYf'5i gni V]XYbXYb '_Øfn`]W
VY a Yf_hY 'fbUW\ 'Y]bYf'FY]\Y j cb ?b]YVVi [Yb 'V]g'ni a
j c ``ghAbX][Yb 'J YfgU[Ybž[YzC`[h]j cb '&\$ 'GY_i bXYb '5bghfYb[i b[
[Y[Yb 'X]Y 'GhUb[Y']b 'XYf'i b hYfYb 'Dc g]h]cb Ł ' A Y]b'; chh°
fP?Yi W\ Ybž?Yi W\ Yb ' Ł'8Ug]gh'UYfcVYf'Ug'5YfcV]W

5`g`k]f`j cf`Y]b `dUUf`K cWYb `a]hY]bUbXYf`gdfUWYbž_]WYfhYb `k]f
XufØVYfž`k]Y `k Yb][`6Yk Y[i b[`bØh][`ghž`k Ybb `G]Y _cbnYbhf]Yfh
g]bX `i bX `b]W h`Ub[Yž`gcbXYfb `\\Ufh`UfVY]hYb "9]bY `XUj cb `\\UbXY `hY
j cb `Y]bYa `UbXYfYb `5h\ `YhYb `]b `GYUh`Yž[`Ui VY `]W . . . Y]bYa `< #ž
XYf`U`Y` - `HU[Y `a]bi hYb `Ub[`hfU]b]Yfh"

A i g_Y`Ui ZVUi`]gh'b]W\hg`UbXYfYg`U`g`Y]b`F Y]n`Gh]a i`]YfYb`G]Y`X]Y
A i g_Y`b`a]h`]bhYbg]j Ya`HfU]b]b[`i bX`j Yf`UggYb`G]Y`XUbb`XUg
:]hbYggghi X]cž`XUa]h`X]Y`5bdUggi b[`YfZc`[Yb`_Ubb`_X\`XYf
[YgUa hY`?ØfdYf`a i gg`ni gÀhn`]W\Y`A i g_Y`b`ZØf`XYb`bÀW\ghYb
5b[f]ZZ`Ui ZVUi Yb`"8]Yg`YfZcFXYfh`?cbnYbhfUh]cb`i bX`J]g]cb`i bX`]gh
Ua`k Y]hYghYb`j cb`Y]bYa`gcn]U`Yb`F]hi U`YbhfZhfbh`I bX`XUg
K`]W\h`[ghY`]ghž`XUgg`XYf`?ØfdYf`X]Y`?À\`[_Y]h\Uhž`X]Y`?fUZh`i a
Yhk U`\$`\$`i`ni`ghY`[Yfbž`k À\`fYbX`X]Y`?À\`[_Y]h`ni f`9f\c`i b[`i a
\ØW\ghYbg`)\$`i`ni b]a a h`K Ybb`G]Y`U`gc`ghÀf`Yf`k YfXYbž`a ØggYb
G]Y`gck c\`XUg`Jc`i a Yb`U`g`Ui W\`X]Y`<Ài Z`[_Y]h`fYXi n]YfYbž`i a
=f`[YbYh]gW\Yg`DchYbn]U`k Y]hYf`Ui gni gW\ØdZYb`"9g`VYghY\h`b]Y
X]Y`Bch`YbX`[_Y]hž`Y]bY`9b`h`Uggi b[`Ui Z`fi bX`j cb`_, VYfhfU]b]b[
ni`bY\`a Ybž`XU`Yg`b]Ya`U`g`_, VYfhfU]b]b[`[`Vhž`k Ybb`Yg`f]W\h`[
j Yfk`U`hYh`k`]fX"

K Ybb'G]Y'Yfbgh\UZhØVYf'ΔfY': cfhg\W f]hhY'g]bXž'g\W'U[Yb'G]Y'Yg
g\W k Yfž'+!%)'A]bi hYb'g]bX'U'Yg'fk Ł+H'XUi Yfh' I bX'j Yf[YggYb'G]Y
b]W hž'g]W'Ui Z'ΔfY'A]gg]cb'ni '_cbnYbhf]YfYb'i bX'g]W'XUfUi Z
j cfni VYfY]hYb'

≠bgd]f]Yfhj cb'6]``GU\`]

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