

MEIN FITNESS

A i g_Y`Ui ZVUi '! K]Y`a Ub`A i g_Y`b`f]W h][
Ui ZVUi h

K Ybb`G]Y`gW bY``A i g_Y`b`Ui ZVUi Yb`a ØW hYbža ØggYb`G]Y
X]Y`GW f]hhY`Ui gZØ\ fYbžX]Y`YfZc`[fY]W `g]bXži a `XYb
[Yk ØbgW hYb`? ØfdYf`ni `Yf\ U`hYb`GY\ Yb`G]Yž`Yg`[]VhY]b][Y
; Y\Y]a b]ggY`VY]a `A i g_Y`Ui ZVUi `i bX`VY]a : YhhUVVUI ž`X]Y
G]Y`_YbbYb`gc``hYb`i bX`X]Y`A bYb`\Y`ZYb`k YfXYb``: fY]Y
; Yk]W hYž`b]W h`bi f`A UgW]bYb`GW bY`Yf`A i g_Y`Ui ZVUi
_Ub b`b]W h`bi f`a]h`HfU]b]b[g[YfA hYb`YffY]W h`k YfXYb`
A UgW]bYb`gc``Yb`I b hYfghØhni b[`V]YhYb`i bX`J Yf`Yhni b[Yb
j Yf\]bXYfb``I a `a UI]a U`Y`A i g_Y`a UggY`ni `YffY]W hYbž
a ØggYb`G]Y`ZfY]Y`; Yk]W hY`j Yfk YbXYbž`i bX`G]Y`a ØW hYb
Ui W _Y]bY`9f[Abni b[ga]hhY``k]Y`i hUa]bdi `j Yf
j Yfk YbXYb``I b hYfgi W i b[YbžX]Y`]W h`Xi fW [YZØ\ fh`UVYž
nY][YbžXUgg`XUg`VYghY`HfU]b]b[`ni a `A i g_Y`Ui ZVUi `X]Y
A i g_Y`ZUgYfb`gh]a i `]Yfhž`k Ug`a]h`A UgW]bYb`b]W h`YffY]W h
/ Ua d^Y``]d/



K Ybb`G]Y`gW bY``A i g_Y`b`Ui ZVUi Yb`a ØW hYbža ØggYb`G]Y`X]Y
W f]hhY`Ui gZØ\ fYbžX]Y`YfZc`[fY]W `g]bXži a `XYb`[Yk ØbgW hYb

? ØfdYf`ni `Yf\ U`hYb" `GY\ Yb`G]Yž`Yg`[]Vh`Y]b][Y` ; Y\ Y]a b]ggY `VY]a
A i g_Y`Ui ZVUi `i bX`VY]a ` : YhhUVVUI ž`X]Y`G]Y`_YbbYb`gc``hYb`i bX
X]Y`_A bYb` \Y`ZYb`k YfXYb"

: fY]Y` ; Yk]W hYž`b]W h`bi f`A UgW]bYb

GW bY`Yf`A i g_Y`Ui ZVUi `_Ubb`b]W h`bi f`a]h`HfU]b]b[g[Yf`hYb
YffY]W h`k YfXYb" A UgW]bYb`gc``Yb`I b hYfghØhni b[`V]YhYb`i bX
J Yf`Yhni b[Yb`j Yf\]bXYfb" I a `a UI]a U`Y`A i g_Y`a UggY`ni
YffY]W Ybž`a ØggYb`G]Y`ZfY]Y` ; Yk]W hY`j Yfk YbXYbž`i bX`G]Y
a ØW hYb`Ui W `Y]bY`9f[Abni b[ga]hY`k]Y` ; `i hUa]bdi `j Yf
j Yfk YbXYb" I b hYfgi W i b[Ybž`X]Y`]W `Xi fW [YZØ\ fh`UVYž`nY][Ybž
XUgg`XUg`VYghY`HfU]b]b[`ni a `A i g_Y`Ui ZVUi `X]Y`A i g_Y`ZUgYfb
gh]a i `]Yfhž`k Ug`a]h`A UgW]bYb`b]W h`YffY]W h`k YfXYb`_Ubb"

K Ufi a `ZfY]Y` ; Yk]W hY`Zi b_h]cb]YfYb

=f`? ØfdYf`j Yfk YbXYh`GhUV`]gUhcf!`i bX`GmbYf[]ghYb`A i g_Y`bž`i a
A i g_Y`a UggY`Ui Zni VUi Yb" `8]YgY`A i g_Y`b`i b hYfghØhnYb`XYb
<Ui dha i g_Y`VY`gY]bYf`5fVY]h`9]b`[i hYg`6Y]gd]Y`YfZØf`]gh`Y]b
6Ub_XfØW`Yb`cXYf`@Y[YghØhnYb`I a `XYb`@Zh`ni
j Yfj c`ghAbX][Ybž`i b hYfghØhnYb`XYf`GhUV`]gUhcf`i bX`X]Y
gmbYf[Yh]gW Yb`A i g_Y`b`XYb`<Ui dha i g_Y`8]Y
<Ui dha i g_Y`[fi ddY`k]fX`b]Ya U`g`k UWgYbž`k Ybb`_A fY
GhUV`]gUhcf a i g_Y`b`gW k UW`g]bX"

; fi bXg`h`]W `YfZcfXYfh`XYf`A i g_Y`Ui ZVUi ž`i a `Ub`A UggY`ni
[Yk]bbYbž`XUg`HfU]b]b[`a]h`ZfY]Yb` ; Yk]W hYbž`XU`X]YgY`X]Y
i b hYfghØhnYb`XYb`A i g_Y`b`ghUf`VY`UghYb`G]Y`k YfXYb`gW bY`Yf
a ØXY`i bX`_ØbbYb`b]W h`a Y\ f`gc`j]Y`YVYb`k]Y`a]h
; Yk]W h\ YVYfa UgW]bYb`G]Y`k YfXYb`YXcW`a Y\ f`A i g_Y`b
Ui ZVUi Yb`i bX`Ui W `Ub`? fUZh`[Yk]bbYb"

GW k YfY` ; Yk]W hY`k YfXYb`VYbØh][h

I a `A UggY`\]bni ni ZØ[Ybž`i a `Y]bYb`YZZY_h]j Yb`A i g_Y`Ui ZVUi `ni
Yfn]Y`Ybž`a ØggYb`G]Y`Ui » YfXYa`a]h`gW k YfYb` ; Yk]W hYb
hU]b]YfYb`@Y`hY`UVYb`k]f`]W `X]Y`ZU`gW Y`J cfghY`i b[`j cb

gW\ k YfYb'; Yk]W\ hYb''\ \W\ Yf]bbYfY'a]W\ Ub'X]Y'NY]h]b'XYf'<][\ G\cc' i bX'gc[Uf'ni '6Y[]bb'a Y]bYf'?Uff]YfY'U'g'l bhYfbY\ a Yf']ba Y]bYb'&\$YfbžUb'X]Y'5fh'i bX'K Y]gYžk]Y'a Y]bY'?i a dY'g'g]W\ fØ\ a hYbžk]Y'j]Y'g]Y'6Ub_XfØW_Yb'_cbbhYbži bX'Ub'XYb Ub\U'hYbXYb'GhfY]h'i a 'XYb'5i ZUi'j cb'A i g_Y'a UggY"

?ca V]b]YfYb'G]Y'Yg'a]h'8]Ah

XYf'k Y]»žXUgg'A i g_Y'b'j]Y'UhhfU_h]j Yf'g]bX'U'g': Yhh'K Ybb'G]Y U'gc'UVbY\ a Ybža ØW\ hYb'G]Y'a Y\ f'A i g_Y'b'Ui ZUi Yb'i bX'b]W\ h bi f'Y]bY'8]Ahž'i a ': Yhh'ni 'j Yf']YfYb''5VYf'Yg'[]Vh'bcW\ UbXYfY [Ygi bX\Y]h]W\ Y'J cfhY]Y'XYg'bUhØf']W\ Yb'6cXmVi]X]b[g'ZØf'; Ygi bX\Y]h'i bX':]hbYggžX]Y'G]Y'a ch]j]YfYb'gc'`hYbž]bg :]hbYggghi X)c'ni '[Y\Yb''8Yf'VYghY'K Y[ž'i a ': YhhUVVUi ['Y]W\ nY]h]['a]h'A i g_Y'Ui ZUi 'ni '\UVYbž]gh'Y]bY'[i hY'9fb\ fi b[?Y]b'ž b_': ccXž'UVYf'[i hY'Dfc'hY]b! i bX'?c\Yb\mXfUh'e i Y'Yb"

9fghYbg'fYXi n]Yfh'XYf'A i g_Y'Ui ZUi 'XYb'DfcnYbhgUhn'Ub ?ØfdYfZYhh'i bX'[]Vh'AbYb'Y]bYb'ghfUZZYfYbž'VYggYf'Ui ggY\YbXYb ?ØfdYf''8]Y'A i g_Y'a UggY']gh'Yhk U'\U'V'gc'[fc»'k]Y'X]Y : Yhha UggY''K Y]hYfY'[Ygi bX\Y]h]W\ Y'J cfhY]Y'j cb'A i g_Y'a UggY g]bX'X]Y'A Yb[Y'Ub'?U'cf]YbžX]Y'gW\ bY'Yf'j YfVfUbbh'k YfXYb" A i g_Y'b'j YfVfUi W\ Yb'9bYf[]Yžk A\fYbX': Yhh'9bYf[]Y'gdY]W\ Yfh" A Y\ f'A i g_Y'b'ni '\UVYb'VYXYi hYhža Y\ f'?U'cf]Yb'ni 'j YfVfYbbYb i bX'Y]b'[YgØbXYfYg'?ØfdYf[Yk]W\ h'Ui ZfYW\ hni Yf\U'hYb"

<]Yf'V]hhYgW\ Øb''K Ybb'G]Y'X]YgY'G\W\ f]hhY'Ui gZØ\fYbž'gY\Yb'G]Y 9f[YVb]ggY'UbghY'Y'j cb': fi ghfUh]cb''A]h'[i hYb'9f[YVb]ggYb'[Y\h GY'Vghk Yfh[YZØ\ ``gck]Y'Y]b'[Ygi bXYf'?ØfdYf'Y]b\Yfž'XYb'YXYf VYk i bXYfh'i bX'_ca a Ybh]Yfh"

øgd]f]Yfh'j cb'6`U_Y'æ\bgcb

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