

MEIN FITNESS

/ Ua d/ei ch/Dc`mbYg]gWX Y
 ? ØfdYf/ Ua d/ei ch/! K Ufi a
 dc`mbYg]gWX Y ? ØfdYf A i g_Y`b 'VYggYf
 Ui ZVUi Yb

8]Y 'Dc`mbYg]Yf'g]bX 'B UWX_ca a Yb 'YbYf'ZfØ\Yb 'GYYZU\fYfž
 X]Y 'X]Y '[fc» Yb'; Yk ÀggYf'ØVYfei YfhYb 'i bX 'X]Y
 i fgdfØb['WX Yb '6Yk c\bYf'XYf'gØXdUn]ZgWX Yb 'øgY`b
 k i fXYb" I a 'X]YgY ``Ub[Yb '_U'hYb 'CnYUbFY]gYb 'ni
 ØVYfghY\YbžYbhk]W_Y'hYb 'g]WX ']\fY 'dc`mbYg]gWX Yb ? ØfdYfž
 i a 'a UI ja U'Y'A i g_Y`Ui ZVUi ZÀ\][_Y]hYb 'ni 'Ybhk]W_Y`bži a
 X]Y ? ØfdYfhYa dYfUhi f'ni 'YfnYi [Yb 'i bX 'ni 'Yf\U'hYb" 8]Yg
 k Uf'Y]bY 'X]fY _hY '5bdUggi b['Ub 'Y]bYb 'I a k Y`hZU_hcf"
 8]Y Yb][YbžX]Y 'g]WX 'b]WX h'UbdUggYb '_cbbhYbžghUfVYbž
 k À\ fYbX 'X]Y , VYf'VVYbXYb '[YbYh]gWX Y 'J cfhY]Y 'a]h'g]WX
 VfUWX hYb 'i bX 'Y]bY '5fh'\mVf]XYb ? ØfdYf'gWX i ZYbžXYf
 Ybcfa Y 'ØfdYf]WX Y '5fVY]h'a]h'gY\f'k Yb]['U'cf]Yb 'i bX
 gY\f'k Yb]['K UggYf'j Yff]WX hYb '_cbbhY '8]Y '6Yg]YX 'i b['XYf
 dUn]ZgWX Yb 'øgY`b 'Yfa i h][hY 'XYb 'dc`mbYg]gWX Yb ? ØfdYf'bi fž
 X]YgY'; YbY][YbgWX UZhYb / Ua d\Y``]d/



8]Y'Dc`mbYg]Yf'g]bX'B UWX_ca a Yb'YbYf'ZfØ\Yb'GYYZU\fYfžX]Y'X]Y
[fc»Yb'; YkÀggYf'ØVYfei YfhYb'i bX'X]Y'i fgdfØb[']WX_Yb'6Yk c\bYf
XYf'gØXdUn]ZjgWX_Yb'bgY'b'k i fXYb'"I a 'X]YgY'Ub[Yb'_U'hYb
CnYUbfY]gYb'ni 'ØVYfghY\YbžYbhk]W_U'hYb'g]WX'']\fY
dc`mbYg]gWX_Yb'?ØfdYfži a 'a UI]a U'Y'A i g_Y'Ui ZVUi ZÀ\][_Y]hYb'ni
Ybhk]W_U'bži a 'X]Y'?ØfdYfhYa dYfUhí f'ni 'YfnYi [Yb'i bX'ni
Yf\U'hYb"

8]Yg'k Uf'Y]bY'X]fY_hY'5bdUggi b['Ub'Y]bYb'I a k Y'hZU_hcf"
8]Y'Yb][YbžX]Y'g]WX'b]WX'h'Ub'dUggYb'_cbbhYbžghUfVYbžk À\ fYbX
X]Y', VYf'YVYbXYb'[YbYh]gWX Y'J cfhY]Y'a]h'g]WX'VfUWX hYb'i bX'Y]bY
5fh'\mVf]XYb'?ØfdYf'gWX i ZYbžXYf'Ybcfa Y' _ØfdYf']WX Y'5fVY]h'a]h
gY\f'k Yb]['U'cf]Yb'i bX'gY\f'k Yb]['K UggYf'j Yff]WX hYb'_cbbhY"

8]Y'6Yg]YX'i b['XYf'dUn]ZjgWX_Yb'bgY'b'Yfa i h][hY'XYb
dc`mbYg]gWX_Yb'?ØfdYf'bi fžX]YgY'; YbY][YbgWX UZhYb'ni
j YfVfY]hYbžXU'X]Y'ZfØ\Yb'bgY'VYk c\bYf']\fY'<Ài gYf
Vi WX ghÀV']WX'a]h'V'c»Yb'<ÀbXYb'Ui g'XYb'K À'XYfb' \UW_hYb''8]Y
8ca Ygh]n]Yfi b['j cb'K]Xh]YfYb'i bX'; UfhYbVUi 'k Uf'Y]bY
<Yf_i 'Yg'Y]ghl b['ži bX'X]Y'?bUdd\Y]h'Ub'Zf]gWX Ya 'K UggYf'ZØ\fhY
XUni žXUgg'XYf'dc`mbYg]gWX Y'?ØfdYf': 'Øgg][_Y]hYb'YZZ]n]Ybh
gdY]WX Yfb'a i gghY"

8]YgY'ZfØ\Yb'9j c'i h]cbga i ghYf'V]XYb'X]Y'; fi bX'U[Y'XYg
nY]h[YbØgg]gWX Yb'dc`mbYg]gWX Yb'?ØfdYfg'9g'Yfa Ø[']WX h
dc`mbYg]gWX Yb'?ØfdYfb.

%' A i g_Y'`Y]WX h'Ui ZVUi Yb

&' 6Yg]hnYb'G]Y'Y]bY'Y]bn][Ufh][Y'GhÀf_Y'ZØf'A UggYbZÀ\][_Y]hYb

' ''<U'hYb'G]Y'fUi Yb'I a [YVi b[gVYX]b[i b[Yb'`Y]WX hYf'ghUbX

(''<U'hYb'G]Y'`Ub[Y'NY]h'a]h'k Yb]['B U\fi b['i bX'k Yb]['K UggYf
Ui g

@Y]XYf'VYXYi hYb'X]YgY'5bdUggi b[Yb'Ui WX'dc`mbYg]gWX Y'?ØfdYf

%"·GdY]W Yfb·G]Y·ØVYfgW Øgg][Y·9bYf[]Y·Y]W hYf·]b·: cfa·j cb
?ØfdYfZYhh

&"·@U[Yfb·G]Y·ØVYfgW Øgg][Yg·K UggYf·gi V_i hUb

' "·J YfVfYbbYb·G]Y·?U`cf]Yb·`Ub[gUa Yf·i bX·`Ub[gUa Yf

·b·9fa Ub[Y·i b[·XYf·YI hFYa Yb·_ØfdYf]W Yb·5bghfYb[i b[Yb
i bgYfYf·dc`mbYg]gW Yb·J cfZU\fYb·i bX·XYf·]b·k Ygh]W Yb·?i `hi fYb
fY]W j cf\UbXYbYb·BU\fi b[·]ghYg·_Y]bY·, VYffUgW i b[·XUgg
dc`mbYg]gW Y·?ØfdYf·XUni·bY][Ybž·i bUbgY\`b·]W Yg·?ØfdYfZYhh·ni
[Yk]bbYb·"8]YgY·GdY]W Yfi b[·j cb·ØVYfgW Øgg][Yf·9bYf[]Y·k Uf
Y]bY·, VYf·YYbgUbdUggi b[·ZØf·X]Y·HU[Y·XYf·A U[Yf_Y]hž·X]Y·]b
XYb··b·Y`_i `hi fYb·j cf\YffgW hYbž]b·k Ygh]W Yb·?i `hi fYb·YXcW
j Ø`][·ZY\`hYb"

<]Yf·g]bX·`XYf·VYghYb·H]ddg·ni f·J YfVYggYfi b[·Y]bYg
dc`mbYg]gW Yb·?ØfdYfg

%"·, Vi b[·z]bhYbg]j Yg·?fUZhhfU]b]b[·ghUhh·7UfX]c·k Å\`Yb"

Dc`mbYg]gW Y·?ØfdYf·g]bX·gc·_cbn]d]Yfhž·XUgg·g]Y·a]h·a UI ja U`Yf
·bhYbg]hÅh·hfU]b]YfYb·"9]b!·V]g·nk Y]a U`·dfc·K cW Y·]ghUi gfY]W YbX·
K Ybb·G]Y·) ··*·HU[Y·X]Y·K cW Y·?fUZhhfU]b]b[·a UW Ybž·[UfUbh]YfY
]W ··bYbž·XUgg·G]Y·Y]b!·cXYf·nk Y]a U`·dfc·K cW Y·XcddY·hgc·\Ufh
hfU]b]YfYb·_ØbbYb·"9]bY·UbXYfY·G]W h·Y]gY·]gh·Zc·[YbXY·K Ybb
G]Y·-\$·A]bi hYb·`Ub[·a]h·XYa ·; Yk]W h·hfU]b]YfYb·_ØbbYbž·_ØbbYb
G]Y·(\$·A]bi hYb·`Ub[·\ÅfhYf·hfU]b]YfYb·"8Yb_Yb·G]Y·XUfUbž·XUgg
G]Y·\Ufh·cXYf·`Ub[Y·hfU]b]YfYb·_ØbbYbž·UVYf·b]W h·VY]XYg·_ØbbYb
9bhgW Y]XY·X]W ·ja a Yfž·\Ufh·ni hfU]b]YfYb··bhYbg]j Yg·HfU]b]b[
·Øgh·X]Y·: fY]gYhni b[·j cb·A i g_Y`Ui ZUi \cfa cbYb·]b·XYb
6·i h_fY]g`Ui ZUi g"·`UbY·: cbXU·K cf_ci hg·b]W h·Dc`mbYg]gW Y
?ØfdYf·fYU[]YfYb·[i h`Ui Z i b[·Ui V·]W ·]bhYbg]j Y
HfU]b]b[gdfc[fUa a Yž·X]Y·gY·hYbYf·Xi fW [YZØ\ fh·k YfXYb"

&"·=gg·b]W h·YXYb·HU["

8]YgYf·a U[·ZØf·G]Y·Y]b·GW cW·gY]bž·VYgcbXYfg·k Ybb·G]Y

Dc`mbYg]Yf'g]bXžUVYf'Yg']gh'k U\f" G]Y \UVYb'j]Y\Y]W\h[Y\Øfhž
XUgg\A f? ØfdYf]b XYb'<i b[Yfa cXi g'k YW\gY\hž'k Ybb'G]Y'b]W\h
U\Y'dUUf'Ghi bXYb'YggYbž'mUXUž'mUXU" K Yf'_Ua 'Ui ZX]YgY
=XYž\UVYb'g]Y'XYb'F Ygh'XYg'HU[Yg'ZØf'gc'W\Y]bY'6f]\`Ubn'ZfY]3
9g']gh'Y]bZUW\ b]W\h'k U\f" Dc`mbYg]gW\Y? ØfdYf'ghUa a Yb'j cb
Y]bYa '[YbYh]gW\Yb'GhUa a 'j cb'A YbgW\Yb'UVžXYf'k cW\Yb'Ub[
c\bY'B U\fi b['i bX'F i \Y'i bX'a]h'gY\f'k Yb]['K UggYf'ØVYf'YVYb
_ØbbhY"

8Yf'ZfØ\Y'A YbgW\ j YfZc'[hY <YfXYb'ni ':i » ØVYf'k Y]hY'K Y]hYbž
i bX'U'g'g]Y'gW\']Y» ']'W\']fY'6Yi hY'Y]bgYhnhYbž'_cbbhYb'g]Y']b
X]YgYa 'YfgW\ØdZhYb'Ni ghUbX']f[YbXk]Y'X]Y? fUZh'i bX'9bYf[]Y
Ui Zf]b[Ybž'i a 'Y]b'H]Yf'\Yfi b\hYfni 'Ui ZYb'i bX'ni 'h\hYbž'XUg
a Y\f'U'g'nY\ba U'g'fc' k Uf'k]Y'g]Y"=W\k Y]ž'Y]bYg']gh'g]W\Yf"
GYhnYb'G]Y'Y]b'dUUf'X]YgYf'ZfØ\Yb'<ca]b]XYb']b'X]Y'B: @i bX'g]Y
k ØfXYb'XYb'F chn'Ui g'X]YgYb'GUZh_\ØdZYb'ghUa dZYb" K]f'a ØggYb
X]YgY? fUZh'bi hnYb'i bX'X]Y'[YgdY]W\YfhY'9bYf[]Y'XYg? ØfdYfg
bi hnYb"

8]Y'=XYžXUgg'G]Y'g]W\X]Y'[UbnY'NY]h'a ØXY'ZØ\Yb'i bX'gh\AbX][
YggYb'a ØggYbž'i a '\A f'9bYf[]Yb]j YUi 'Ui ZfYW\hni Yf\U'hYbž']gh'Y]bY
9fZ]bXi b['XYg'gW\k UW\Yb'a cXYfbYb'; Y]gh'gž'X]Y'i bg'XUfUb
\]bXYf\hž'X]Y'K Y]hY'i bgYfYg'k U\fYb'a YbgW\']W\Yb'DchYbn]U'g
Ui gni gW\ØdZYb"

' "·9ggYb'G]Y'YW\hYž'bUhØf']W\Yž'i bj YfUfVY]hYhY '@VVYbga]hhY'ž'X]Y
Ui Z'XYb'\bgY'b'\Y]a]gW\g]bXž'i bX'YggYb'G]Y[YfUXY'[Ybi [ž'i a
ni Zf]YXYb'ni 'gY]b"

9]b'dc`mbYg]gW\Yf? ØfdYf'_Ubb'a Y\f'K UggYf'gdY]W\Yfb" Hf]b_Yb
G]Y'XU\Yf'j]Y'ž'i a 'K UggYfY]b'U[Yfi b[Yb'ni 'j Yfa Y]XYb"

6]c!CVghž; Ya ØgYž'A YYfYgZfØW\hYž? c_cgØž'HUfc'gck]Y
<\bW\Ybž'GW\k Y]bYZY]gW\i bX'F]bXZY]gW\g]bX'X]Y
<Ui d\hghØhYb'XYf'dc`mbYg]gW\Yb'9fb\A\fi b["8]Yg'g]bX'X]Y
@VVYbga]hhY'ž'X]Y'dc`mbYg]gW\Y? ØfdYf'Ub[YdUggh'UVYbž'i a 'g]W\
]b'<i bXYf\hYb'j cb'X\Yf'9j c'i h]cb'YZZ]n]Yb\hni 'Ugg]a]]YfYb"
Dc`mbYg]Yf'gc'`hYb'_Y]bY'j YfUfVY]hYhYb '@VVYbga]hhY'

_cbgi a]YfYb"?cbgYfj Yb'i bX'_ca a Yfn]Y``j YfdUW_hY
@YVYbga]hhY`]b`?ca V]bUh]cb'a]h'XYf'bUhØf`]WX`ZYhhfY]WX Yb
dc`mbYg]gWX Yb'9fbÀ\fi b['j Yfi fgUWX Yb'a YhUVc`]gWX Yg'7\Ucg`ja
dc`mbYg]gWX Yb'?ØfdYf"6YgY]h][Yb'G]Y'U``Y'j YfUfVY]hYhYb'i bX
_Øbgh]WX Yb '@YVYbga]hhY`bUWX'i bX'bUWX"

8 i fWX'XYb'9j c'i h]cbgdfcnYgg'XYf'bUhØf`]WX Yb'GY`Y_h]cb'_ØbbYb
dc`mbYg]gWX Y'?ØfdYf'ni a 'i `h]a Uh]j Yb'?fUZhdU_Yh'ZØf'XYb
A i g_Y`Ui ZVUi 'cXYf'ni 'Y]bYa 'i bUbgy\`b`]WX Yb'GdY]WX YfgmghYa
ZØf'ØVYfgWX Øgg][Y'9bYf[]Y'i bX'K UggYf[Yk]WX h'k YfXYb"
Dc`mbYg]gWX Y'?ØfdYf'_ØbbYb'YZZ]n]Yb hYf'A i g_Y`b'Ui ZVUi Ybž'XU'g]Y
Y]bYb 'Yhk Ug'[Yf]b[YfYb'GhcZZk YWX gY`'VYg]hnYb'i bX'[YbYh]gWX
XUni 'bY][Ybž'a Y\`f'K UggYf'ni 'gdY]WX Yfb'', VYf'+\$i 'XYf'A i g_Y`b
VYghY\`h'Ui g'K UggYf"8]Yg']gh'Y]bY'k i bXYfVUfY'5bdUggi b[ž'i a
A i g_Y`a UggY'ni '[Yk]bbbYbž'UVYf'Yhk Ug'bUWX hY'][ž'k Ybb'XYf
K i bgWX 'VYghY\`h'?ØfdYfZYhh'ni 'j YfVfYbbYb'i bX'gi V_i hUbYg
K UggYf'ni 'gdØ`Yb''Dc`mbYg]gWX Y'?ØfdYf'VYg]hnYb'Ui WX'Y]bY
Y]bn][Ufh][Y'\`cfa cbY``Y'I a [YVi b[ž'X]Y'Y]bYb'YZZY_h]j YfYb
A i g_Y`Ui ZVUi 'Yfa Ø[`]WX h"9]b'; YgWX Yb_`\`fYf'J cfZU\`fYb'Ub'XYb
nY]h[YbØgg]gWX Yb'dc`mbYg]gWX Yb'?ØfdYfž'X]Y'Y]b][Y'XYf'Vfi hU'ghYb
cnYUb]gWX Yb'6YghfYVi b[Yb'ØVYf'YVh'UVYb"

I a 'g]WX'XYa'[YbYh]gWX Yb'DchYbn]U`ni 'bÀ\Yfbž'gc`'hY'Y]b
dc`mbYg]gWX Yf'6cXmVi]`XYf'gY'hYbYf'a]h'YI hfYa Yf'øhYbg]hÀh
hFU]b]YfYbž'X]Y'?U`cf]YbUi ZbU\`a Y'_cbhfc`']YfYb'i bX'gY]b'K UggYf
f]WX h]['j Yfk U'hYb"

=Øgd]f]Yfh'j cb'5bXfYK'Dc[U]

8 YhU]g

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