

MEIN FITNESS

DfchY]bYf[Àbni b[Yb. 'K]Y'k À\`h'a Ub'X]Y
VYghY'ZØf'XYb'A i g_Y`Ui ZVUi 3

DfchY]b']gh'XYf'6Ui ghY]b'XYg'?ÒfdYfg'i bX'ZØf'X]Y
Ghfi _hi f]Yfi b['XYf'A i g_Y'b'j YfUbhk cfh]W"·K Ybb'a Ub
XUfUb'XYb_hz'Ub'; Yk]WKh'cXYf'?ÒfdYfa i g_i `Uhí f
ni ni bY\ a Ybž'ZÀ``h'Y]bYa 'U'g'9fghYg'Y]bž'j]Y'`DfchY]b'ni 'g]W
ni 'bY\ a Yb"·5VYf'a UbW a U'']gh'X]Y'BU\ fi b[gUi ZbU\ a Y
a Ò[']W Yfk Y]gY'b]W h'X]Y'YZZY_h]j ghY '@Ogi b[ž'XU'j]Y'
a U[YfYg':`Y]gW 'a Ò[']W Yfk Y]gY'b]W h'gc'bØhn']W'']gh"·K Ug
_Ubb'X]Y'YZZY_h]j ghY '@Ogi b['XUZØf'gY]b3'DfchY]b'di 'j Yf'i bX
A c`_Ydi 'j Yf'g]bX'X]Y'5bhk cfh"·DfchY]b'9f[Àbni b[Yb'A Ub
_Ubb'j YfgW]YXYbY'9f[Àbni b[Yb'Ui Z'XYa 'A Uf_h'Z]bXYbž
UVYf'nk Y]XYf'\Ai Z][ghYb'g]bX.'Gc'U.'9g']gh'Y]bY'XYf
\Ai Z][ghYb'9bhgW Y]Xi b[Ybž'k Ybb'Yg'i a
BU\ fi b[gYf[Àbni b[ga]hhY`'[Y\h'Gc'UdfchY]b'Y][bYh'g]W
\Yfj cffU[YbX'ni f'GYb_i b['XYg'7\c'YghYf]bgd]Y[Y'g
/ Ua d^Y'']d/



DfchY]b']gh'XYf'6Ui ghY]b'XYg'?ÒfdYfg'i bX'ZØf'X]Y'Ghfi _hi f]Yfi b[

XYf'A i g_Y`b`j YfUbhk cfh]W "K Ybb'a Ub'XUfUb'XYb_h'Ub'; Yk]W h cXYf? ØfdYfa i g_i `Uh f ni ni bY\ a Ybž'ZÀ`h'Y]bYa 'U`g'9fghYg'Y]bž j]Y`DfchY]b`ni `g]W 'ni `bY\ a Yb"5VYf'a UbW a U`]gh'X]Y BU\fi b[gUi ZbU\ a Y'a Ø[`]W Yfk Y]gY`b]W h'X]Y'YZZY_h]j ghY '@Ogi b[ž XU`j]Y`a U[YfYg: `Y]gW a Ø[`]W Yfk Y]gY`b]W h'gc`bØhn`W `]gh" K Ug'_Ubb'X]Y'YZZY_h]j ghY '@Ogi b['XUZØf'gY]b3'DfchY]bdi `j Yf'i bX A c`_Ydi `j Yf'g]bX'X]Y'5bhk cfh

DfchY]b'9f[Åbni b[Yb

A Ub'_Ubb`j YfgW]YYbY'9f[Åbni b[Yb'Ui Z'XYa 'A Uf_h'Z]bXYbž UVYf'nk Y]XYf'\Ài Z][ghYb`g]bX.

%" Gc 'U. '9g`]gh'Y]bY'XYf`\Ài Z][ghYb`9bhgW Y]Xi b[Ybž'k Ybb Yg'i a 'BU\fi b[gYf[Åbni b[ga]hhY`[Y\h" Gc 'UdfchY]b Y][bYh'g]W '\Yfj cffU[YbX`ni f`GYb_i b['XYg 7\c`YghYf]bgd]Y[Y`g'i bX`ni f`J Yff]b[Yfi b['XYg C ghYcdcfcgYdfcV`Ya g"5i W 'ZØf: fUi Ybž'X]Y'g]W ']b'XYf A YbcdUi gY'VYZ]bXYbž_Ubb'Gc 'UdfchY]b'gY\ f'YZZY_h]j 'gY]b" &" A c`_Y. 'A c`_YdfchY]b`]gh'Y]bY`k Y]hYfY`k]f_gUa Y'i bX VY`]YYhY: cfa 'XYf'DfchY]bYf[Åbni b["9g`]gh`[i hž'hÀ[`]W bUW 'XYa 'HfU]b]b['Ub[Yk YbXYh`ni `k YfXYb"9g`]gh k]f_gUa 'VY]XYf'F YXi n]Yfi b['j cb`GhfYgg`i bX'Ui W 'VY] XYf'9f\Ø\i b['XYg`9bYf[]Yb]j YUi g"9g'_Ubb'Ui W 'Y]W h j YfXUi h'k YfXYb"

9g`[]Vh`bi f`k Yb][Y'UbXYfY`b]W h'g`VY]YVhY'Cd h]cbYb`k]Y'< UbZž F Y]gž'A]W ž'9fVgYb`i gk "

K' Ub b`gc`hY`Y]b'DfchY]b dfÀdUfUh`j Yfk YbXYh`k YfXYb3

K Å\fYbX'XYf'9]bbU\ a Y`j cb`BU\fi b[gYf[Åbni b[ga]hhY`b`]gh'XUg H]a]b['i bX'X]Y'8cg]Yfi b['XUg'K]W h][ghYž'XU'G]Y'gcbgh a Ø[`]W Yfk Y]gY`b]W h'XUg'YfZcfXYf]W Y'9f[YVb]g'gY\Yb"1 a 'XUg [Yk ØbgW hY'9f[YVb]g'Ui g'DfchY]bdi `j Yf`ni 'Yfn]Y'Ybž'g`hYb`G]Y XU\Yf'XUg`i 'h]a Uh]j Y`N]Y'XYf'DfchY]bY]bbU\ a Y'VYfØW_g]W h][Yb"

K' Ybb`G]Y'XUg` Yk]W h_cbhfc`]YfYb`i bX'Y]bY'Ui g[Y[`]W YbY

? ØfdYfa UggY \ U\hYb'a ØW\hYbž_Ubb'DfchY]b'j b'YXYf'A U\`nY]h'X]Y
 VYghY @Øgi b['gY]b"? ca V]b]YfYb'G]Y'Ui » YfXYa 'X]Y
 DfchY]bUi ZbU\ a Y'a]h'Y]b][Yb'GbUW\gžia 'X]Y'A cbchc b]Y'ni
 VfY\W\Yb"

I bX'k Ybb'XUg'N]Y'XUf]b'VYghY\hžA i g_Y'b'Ui Zni VUi Yb'i bX'g]W\W
 bUW\XYa 'HfU]b]b['j cb'XYf'A i g_Y'a ØX][_Y]h'ni 'Yf\c`Ybž_Ubb
 DfchY]bdi 'j Yf'bUW\XYa 'HfU]b]b['Y]bY'[i hY'C dh]cb'gY]b"8Ug
 DfchY]b'\]Zh'VY]XYf'F YdUfUhi f'i bX'XYa 'K UW\ghi a 'XYf'A i g_Y'b"

8]Y'A Yb[Y'Ub'DfchY]bžX]Y']b'Y]bYa 'Y]bn][Yb'Ni ['U'g'HY]'YXYf
 A U\`nY]h'_cbgi a]Yfh'k YfXYb'gc``hYž'gc``hY'' 'I bnYb'VYhfU[Yb"
 8]YgY'A Yb[Y'_Ubb'YXcW\YbhgdFY\W\YbX'XYa 'N]Y' i bX'XYf
 : Á\][_Y]h'XYf'DYfgcbža]h'XYa 'DfchY]b'i a ni [Y\Ybž_U']Vf]Yfh
 k YfXYb"

K]Y'k Á\`h'a Ub'XUg'f]W\h][Y'DfchY]bdi 'j Yf'Ui g3

: Øf'YXYb'Nk YW_'[]Vh'Yg'Y]b'UbXYfYg'DfchY]bdi 'j Yf'Ui Z'XYa
 A Uf_h"9]b][Y'Di b_hYžX]Y'G]Y'VYUW\hYb'gc``hYbžia 'X]Y'f]W\h][Y
 K U\`ni 'hfYZ\Ybžg]bX.

- 5VbY\ a Yb.'Ni a '5VbY\ a Yb'k Á\`Yb'G]Y'Di 'j Yf'c\ bY
 Ni gUhñ'j cb'8YI hf]bYbžA U\hcXYI hf]bYb'i bX'Ni W\Yfb"
 GhY''Yb'G]Y'Ui » YfXYa 'g]W\YfžXUgg'g]Y'_Y]bY'6755g
 Yb\h\U\hYb"
- A i g_Y'b'Ui ZVUi Yb. : Øf'XYb'A i g_Y'Ui ZVUi 'gc``hY'XYf
 V]c'c[]gW\Y'K Yfh'XYg'DfchY]bdi 'j Yfg'\cW\gY]b"K Á\`Yb
 G]Y'ni 'X]YgYa 'Nk YW_ A c'_Y]gc'UhY"
- J Y[Ub. 'J Y[YhUf]Yf'cXYf'J Y[UbYf'gc``hYb'g]W\ZØf
 dZUbn']W\Yg'DfchY]b'i bX'b]W\h'ZØf'a]W\VUg]YfhYg'DfchY]b
 Yb\hgW\Y]XYb"
- B]YfYbdfcV'Ya . 'X]Y'Yb][YbžX]Y'B]YfYbYf_fUb_i b[Yb
 \UVYbž'gc``hYb'b]W\h'j]Y' DfchY]bni gUhñ'\UVYb'i bX'XYb
 V]c'c[]gW\Yb'K Yfh'b]YXf]['\U'hYb"
- , VYfdfØZYb'G]Y'X]Y'Ni hUhYb. , VYfdfØZYb'G]Y'a a Yf
 X]Y'Ni hUhYbžVYj cf'G]Y'Y]bYb'DfchY]b!G\U_Y'cXYf'Y]bY
 DfchY]bYf[Ábni b['Ui gk Á\`Yb'K Ybb'G]Y'8]UVYh]_Yf'g]bXž

j Yfa Y]XYb 'G]Y 'Ni W_Yfni gÀhnY" K Ybb 'G]Y
J YfXUi i b[gdfcV`Ya Y '\UVYbžj Yfa Y]XYb 'G]Y
@U_hcgYni W_Yf'i bX 'dfØZYb 'G]Yž'cV '5 ``Yf[]Yb 'Ui ZhfYhYb
_ØbbYb"

≠gd]f]Yfh'j cb 'G\U`]b]'A

8 YhU]`g

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