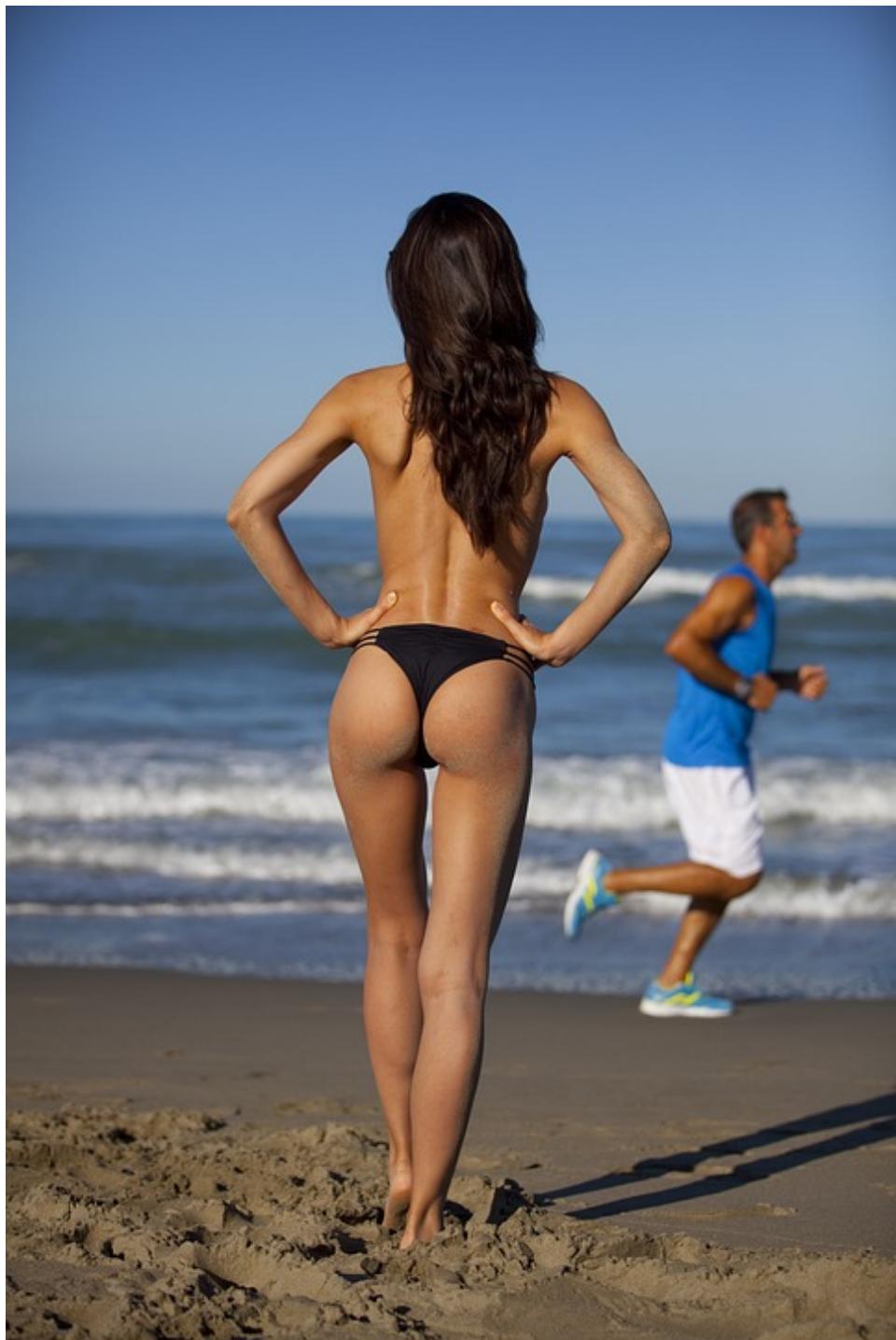


# MEIN FITNESS

D]`UhYg. `? Yfb\_fUZh'i bX : `YI ]V]`]hÀh`]a  
: c\_i g

D]`UhYg. `? Yfb\_fUZh'i bX : `YI ]V]`]hÀh`]a : c\_i g`D]`UhYg`]gh`Y]b  
[ Ub\_n\Y]h]W\Yg`HfU]b]b[ g\_c b\_nYd h\Z`XUg`]b`XYb`YhnhYb`\fYb  
]a a Yf`VY`]YVhYf`[ Yk cfXYb`]gh`9g`k i fXY`j cb`xgYd`D]`UhYg  
Ybh\k ]W\Y`h'i bX`n]Y`h`XUfUi Z`UV\Z`X]Y`A i g\_i `Uhi f`ni`ghÀf`Yb\z  
X]Y : `YI ]V]`]hÀh`ni`j YfVYggYfb`i bX`XYb`? ØfdYf  
Ui gni VU`UbW\YfYb`"b`X]YgYa`5fh]\_Y`k YfXYb`k ]f`i bg  
[ YbUi Yf`a`]h`XYb`; fi bX`U[ Yb`XYg`D]`UhYg\Z`XYb`J`cfhY`Yb`i bX  
XYb`\Ài Z][`[ YghY`hYb`; fu[ Yb`VYZUggYb`"K`]Y`Z`b\_h]cb]Yfh  
D]`UhYg3`D]`UhYg`VUg]Yfh`Ui Z`gY\W\g`; fi bXdf]bn]d]Yb.  
?c b\_nYb`hfUh]cb\z`? cb`hfc`Y\Z`NYb`hf]Yfi b[ \Z`5ha`i b[ \Z`DfÀn]g]cb  
i bX`i gg`"8]YgY`Df]bn]d]Yb`k YfXYb`]b`XYb`; Vi b[ Yb`i bX  
6Yk Y[ i b[ gUV`Ài Z`Yb`\_cbgYei Ybh`Ub[ Yk YbXYh`"8Yf`c\_i g  
`]Y[ h`Ui Z`XYf`GhÀf`i b[ `XYf`h]YZ`Yb`6Ui W\!`i bX  
F ØW\Yba`i g\_i`Uhi f\Z`k Y`W\Y`c\Z\`Ua`d\Y`]d/



D]`UhYg. ? Yfb\_fUZh'i bX : `YI ]V]`]hÀh]a : c\_i g

D]`UhYg`]gh`Y]b`[ Ub n\Y]h`]W Yg`HfU]b]b[ g\_c b n Yd hž`XUg`]b`XYb ``Yh nhYb  
d\ fYb`]a a Yf`VY`]YVhYf`[ Yk cfXYb`]gh`9g`k i fXY`j cb`xgYd\`  
D]`UhYg`Ybhk ]W\_Y`hi bX`n]Y`h`XUfUi Z`UVž`X]Y`A i g\_i `Uhi f`ni `ghÀf`\_Ybž  
X]Y : `YI ]V]`]hÀh`ni `j YfVYggYfb`i bX`XYb`?ÒfdYf`Ui gni VU`UbW]YfYb"  
dì`X]YgYa`5fh]\_Y`k YfXYb`k ]f`i bg`[ YbUi Yf`a ]h`XYb`; fi bX`U[ Yb

XYg'D]`UhYgž'XYb'JcfhY]`Yb'i bX'XYb'\\Ài Z][`[ YghY``hYb': fU[ Yb  
VYZUggYb"

K ]Y Zi b\_h]cb]Yfh'D]`UhYg3

D]`UhYg'VUg]Yfh'Ui ZgYWXg'; fi bXdf]bn]d]Yb. ?cbnYbhfUh]cbž  
?cbhfc``YžNYbhf]Yfi b[ ž5ha i b[ žDfÀn]g]cb'i bX': `i gg"·8]YgY  
Df]bn]d]Yb'k YfXYb']b'XYb', Vi b[ Yb'i bX'6Yk Y[ i b[ gUV`Ài Zy  
\_cbgYei YbhUb[ Yk YbXYh"·8Yf': c\_i g``]Y[ h'Ui ZXYf'GhÀf\_i b[ 'XYf  
h]YZYb'6Ui WX!i bX'FØW\_Yba i g\_i `Uhi fz'k Y`WX Y'cZh'U'g'?ÒfdYfa ]hhY  
cXYf'Dck Yf\ci gY'VYnY]WX bYh'k ]fX"

D]`UhYg', Vi b[ Yb'k YfXYb'a Y]gh'Ui ZY]bYf'A UhhY'cXYf'Ui Z  
gdYn]Y``Yb'; YfÀhYb'k ]Y'XYa 'FYZcfa Yf'Xi fWX[ YZØ\fh"·8UVY]  
k YfXYb'gck c\``X]Y'a i g\_i `ÀfY'5i gXUi Yf'U'g'Ui WX'X]Y  
6Yk Y[ `]WX\_Y]hj YfVYggYfh"·8]Y', Vi b[ Yb'k YfXYb'`Ub[ gUa'i bX  
\_cbhfc``]Yfh'Ui g[ YZØ\fhž'i a 'X]Y'A i g\_Y'b'ni '\_fÀZh][ Yb'i bX'ni  
j Yf`Àb[ Yfb"

? Yfb\_fUZh'i bX': `YI ]V]`]hÀh. '8]Y'JcfhY]`Y'j cb  
D]`UhYg

D]`UhYg!HfU]b]b[ `V]YhYh'Y]bY'J]Y'nU\ ``j cb'JcfhY]`Yb'ZØf'XYb'?ÒfdYf.

%`GhÀf\_i b[ 'XYf'?ÒfdYfa ]hhY

8Ug'Dck Yf\ci gYž'XUg'Ui g'XYb'h]YZYb'6Ui WX!ž'FØW\_Yb!i bX  
6YW\_YbVcXYba i g\_Y'b'VYghY\hž'k ]fX'Xi fWX'XUg'D]`UhYg!HfU]b]b[  
[ YghÀf\_h"·9]bY'ghUf\_Y'?ÒfdYfa ]hhY'gcf[ h'b]WX h'i f'ZØf'Y]bY  
VYggYfY'?ÒfdYfVU'UbWX'i bX'!ghUV']`hÀhž'gcbXYfb'`\_Ubb'Ui WX  
FØW\_YbgWXa YfnYb'fYXi n]YfYb"

&"`J YfVYggYfi b[ 'XYf': `YI ]V]`]hÀh

8]Y`\_, Vi b[ Yb`]a`D]UhYg`g]bX`XUfUi`Z`Ui`g[ Yf]W\hYhž`X]Y`\_`YI`]V`]hÀh  
ni`j`YfVYggYfb`\_8i`fW\`XUg`fY[ Y`a`À»][ Y`HfU]b]b[ `k`YfXYb`X]Y  
A`i`g\_Y`b`[ YXY\bh`i`bX`Ui`ZY]bY`[ Ygi`bXY`K`Y]gY`[ YXY\bh`\_8]Yg  
\_Ubb`ni`Y]bYf`VYggYfYb`6Yk`Y[ `]W\`Y]h]a`5``hU[ `ZØ\fYb`"

' ``? ØfdYf`]W\`Y`i`bX`[ Y]gh][ Y`9b`hgd`Ubb`i`b[

D]`UhYg`\_cbnYbhf]Yfh`g]W\`b]W\`h`bi`f`Ui`ZX]Y`\_ØfdYf`]W\`Y`:]hb`Yggž  
gcbXYfb`Ui`W\`Ui`ZX]Y`[ Y]gh][ Y`9b`hgd`Ubb`i`b[ ``8i`fW\`X]Y  
?ca`V]bUh]cb`j`cb`\_cbhfc`]YfhYf`5ha`i`b[ `i`bX`Z]Y»`YbXYb  
6Yk`Y[i`b[ Yb`\_Ubb`D]`UhYg`GhfYgg`UVVUi`Yb`i`bX`Y]b`U`[ Ya`Y]bYg  
;`YZØ\`XYf`9b`hgd`Ubb`i`b[ `i`bX`XYg`K`c\`VYZ]bXYbg`ZØfXYfb`"

( ``J`YfVYggYfi`b[ `XYf`<`U`hi`b[

9]bY`gW\`YW\`hY`?ØfdYf\`U`hi`b[ `\_Ubb`ni`j`YfgW\`]YXYb`Yb`DfcV`Ya`Yb  
k`]Y`FØW\`YbgW\`a`YfnYb`i`bX`J`Yfgd`Ubb`i`b[ Yb`ZØ\fYb`D]`UhYg!  
,`Vi`b[ Yb`\_Y`ZYb`XUVY]ž`X]Y`f]W\`h][ Y`?ØfdYf\`U`hi`b[ `ni`j`YfVYggYfb  
i`bX`\_Y\`U`hi`b[ Yb`ni`\_cff][ ]YfYb`\_8]Yg`\_Ubb`ni`Y]bYf`]bg[ YgUa`h  
VYggYfYb`?ØfdYf\`U`hi`b[ `]a`5``hU[ `ZØ\fYb`"

) ``A`i`g\_Y`Ui`Z`Ui`c\`bY`A`UggYni`k`UW\`g

D]`UhYg!,`Vi`b[ Yb`V]YhYb`Y]bY`YZZY\_h]j`Y`A`Ø[ `]W\`\_Y]hž`X]Y  
A`i`g\_i`Uhi`f`ni`ghfUZZYb`i`bX`ni`ghÀf`Ybž`c\`bY`XUVY]`Y]bY`[ fc»`Y  
A`i`g\_Y`a`UggY`Ui`Zni`VUi`Yb`\_8]Yg`\_Ubb`VYgbXYfg`ZØf`A`YbgW\`Yb  
]b`hYfYggUb`h`gY]bž`X]Y`\_Y]bY`a`i`g\_i`ØgY`9fgW\`Y]bi`b[ `Ub`ghf`VYbž  
gcbXYfb`Y]b`gW\`Ub`\_Yg`i`bX`VYZ]b]YfhYg`9fgW\`Y]bi`b[ gV`X  
VYj`cfni`[ Yb`"

<`Ài`Z][ `][ YghY``hY`:\_fU[ Yb`ØVYf`D]`UhYg

K Y`WY`5 i gfØghi b[ `k ]fX`ZØf`D]`UhYg`VYbØh][ h3

D]`UhYg`\_Ubb`gck c\`Ui ZY]bYf`A UhYg`U`g`Ui WY`a ]h`gdYn]Y`Yb  
; YfÀhYb`k ]Y`XYa`FYZcfa Yf`cXYf`XYa`D]`UhYg!Ghi \`Xi fWY [ YZØ\fh  
k YfXYb" 5bZAb[ Yf`\_ØbbYb`a ]h`Y]bYf`Y]bZUWYb`A UhYg`VY[ ]bbYb  
i bX`gdÀhYf`Ui Z; YfÀhY`i a ghY][ Ybži a`XUg`HfU]b]b[ `ni  
]bhYbg]j ]YfYb"

=gh`D]`UhYg`ZØf`YXYb`[ YY][ bYh3

D]`UhYg`\_Ubb`j cb`A YbgWYb`U`Yf`5`hYfg[ fi ddYb`i bX` : ]hbYgg`Yj Y`g  
dfU\_h]n]Yfh`k YfXYb" 9g`]gh`YXcWY`fUhgUa žj cf`6Y[ ]bb`Y]bYg`bYi Yb  
HfU]b]b[ gdfc[ fUa a g`Y]bYb`5fnh`ni`\_cbgi`h]YfYbž]bgVYgcbXYfY  
k Ybb`G]Y`VYfY]hg`[ Ygi bX\Y]h]WY`DfcV`Ya Y`UVYb`cXYf  
GWk Ub[ YfgWYUZhYb`\UVYb"

K ]Y`cZh`gc`hY`a Ub`D]`UhYg`a UWYb 3

: Øf`cdh]a U`Y`9f[ YVb]ggY`k ]fX`Ya dZc\`YbžD]`UhYg`nk Y]!`V]g  
XfY]a U`dfc`K cWY`ni`dfU\_h]n]YfYb" `FY[ Y`a À`][ \_Y]h`gh`XYf  
GW`ØggY`ži a` : cfhgWYf]hhY`ni`Yfn]Y`Yb`i bX`j cb`XYb`JcfhY]`Yb`XYg  
HfU]b]b[ g`ni`dfcZ]h]YfYb" 9]bY`?ca V]bUh]cb`Ui g`D]`UhYg`i bX  
UbXYfYb`gdcfh]WYb`5\_h]j ]hÀhYb`\_Ubb`YVYbZU`g`Ya dZc\`Yb  
k YfXYb"

; ]Vh`Yg`gdYn]Y`Y`D]`UhYg!`?i fgY`ZØf`5bZAb[ YfžX]Y`X]Y

!ž`Yg`[ ]Vh`gdYn]Y`Y`D]`UhYg!`?i fgY`ZØf`5bZAb[ YfžX]Y`X]Y  
; fi bX`U[ Yb`i bX`HYWb]\_Yb`XYg`D]`UhYg!HfU]b]b[ g`Y]bZØ\`fYb"  
8]YgY`?i fgY`g]bX`]XYU`ži a`X]Y`\_cffY`hY`5i gf]WYhi b[ `XYf  
?ØfdYf\U`hi b[ `gck ]Y`X]Y`[ fi bX`Y[ YbXYb`6Yk Y[ i b[ gUV`Ài ZY`ni  
Yf`YfbYb" 9g`k ]fX`Ya dZc\`Ybža ]h`Y]bYa`ei U`]Zn]YfHb`D]`UhYg!  
HfU]bYf`ni`UfVY]hYbži a`X]Y`f]WYh][ Y`HYWb]\_`ni`[ Yk À\`f`Y]ghYb"

: Unjh

D]`UhYg`]gh`Y]b`[ Ubn\Y]h`]W Yg`HfU]b]b[ g\_cbnYd\h`XUg`g]W `Ui Z`X]Y  
GhÀf\_i b[ `XYf`A i g\_i `Uh` f\z`X]Y`J YfVYggYfi b[ `XYf` `YI ]V`]hÀh`i bX  
X]Y`9bhk ]W`i b[ `Y]bYg`VYggYfYb`? ÒfdYfVYk i gghgY]bg  
\_cbnYbhf]Yfh"8i fW`fY[ Y`a À»][ Yg`HfU]b]b[ `\_ÒbbYb`G]Y`ΔfYb  
? ÒfdYf`\_fÀZh][ Yb\z`X]Y`< U`hi b[ `j YfVYggYfb`i bX`GhfYgg`UVVUi Yb"  
9[ U`cV`5bZÀb[ Yf`cXYf` cfh[ YgW f]hhYbYf\z`D]`UhYg`V]YhYh`Y]bY  
J ]Y`nU\`j cb`A Ò[ `]W\Y]hYb\z`i a`ΔfY` : ]hbYgg]Y`Y`ni`YffY]W Yb"  
DfcV]YfYb`G]Y`Yg`Ui g`i bX`gY\Yb`G]Y\z`k ]Y`D]`UhYg`]b`Δf`@YVYb  
dUggh`

8 YhU]`g

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