

MEIN FITNESS

F UXZU\ fYb . '9]b '@Y]hZUXYb 'ZØf '5 b ZÀb [Yf

„ F UXZU\ fYb . '9]b '@Y]hZUXYb 'ZØf '5 b ZÀb [Yf 'F UXZU\ fYb ']gh
 b]WX h'bi f 'Y]bY 'VY]YVhY ': fY]nY]hU_hjj]hÀhž'gcbXYfb 'Ui WX 'Y]bY
 YZZY_hjj Y 'A Ø[`]WX _Y]hž'g]WX 'Zjh'ni '\ U'hYb 'i bX 'X]Y 'I a k Y'h'ni
 gWX cbYb" K Ybb 'Xi 'Y]b '5 b ZÀb [Yf 'V]gh'i bX 'a]h'XYa
 : U\ ffUXZU\ fYb 'VY []bbYb 'a ØWX hYghž'XUb b ']gh'X]YgYf
 @Y]hZUXYb 'dYfZY_h'ZØf 'X]WX " <]Yf 'Z]bXYgh'Xi 'U`Y
 ≠ Zcfa Uh]cbYbž'X]Y 'Xi 'VYbØh][ghž'i a 'g]WX Yf'i bX 'YfZc '[fY]WX
 a]h'XYa ': U\ ffUX 'i b hYfk Y[g'ni 'gY]b " . . 8]Y 'f]WX h][Y
 5i gfØghi b['6Yj cf'Xi 'a]h'XYa 'F UXZU\ fYb 'VY []bbghž'gc ``hYgh
 Xi 'g]WX YfgHY ``Ybž'XUgg 'Xi 'X]Y 'f]WX h][Y '5i gfØghi b['VYg]hnh"
 <]Yf 'g]bX 'X]Y 'k]WX h][ghYb '8]b [Yž'X]Y 'Xi 'VYbØh][gh
 : U\ ffUX '8 Ug': U\ ffUX 'gh'bUhØf']WX 'XUg'? YfbghØW_ 'XYf
 5i gfØghi b[" '9g'[]Vh'j YfgWX]YXYbY / Ua dΛY`]d /



„ F UXZU\ fYb . '9]b '@Y]hZUXYb 'ZØf '5 b ZÀb [Yf

F UXZU\ fYb ']gh'b]WX h'bi f 'Y]bY 'VY]YVhY ': fY]nY]hU_hjj]hÀhž'gcbXYfb
 Ui WX 'Y]bY 'YZZY_hjj Y 'A Ø[`]WX _Y]hž'g]WX 'Zjh'ni '\ U'hYb 'i bX 'X]Y
 I a k Y'h'ni 'gWX cbYb" K Ybb 'Xi 'Y]b '5 b ZÀb [Yf 'V]gh'i bX 'a]h'XYa
 : U\ ffUXZU\ fYb 'VY []bbYb 'a ØWX hYghž'XUb b ']gh'X]YgYf '@Y]hZUXYb

dYfZY_h'ZØf'X]W " <]Yf'Z]bXYgh'Xi_U``Y' bZcfa_Uh]cbYbž'X]Y'Xi
VYbØh][ghž'i a 'g]W Yf'i bX'YfZc'[fY]W 'a]h'XYa ': U\ffUX'i bhyfk Y[g
ni 'gY]b"

. . 8]Y'f]W h][Y'5i gfØghi b[

6Yj cf'Xi 'a]h'XYa 'F UXZU\fYb 'VY[]bbghž'gc ``hYgh'Xi 'g]W YfghY ``Ybž
XUgg'Xi 'X]Y'f]W h][Y'5i gfØghi b['VYg]hnh"
<]Yf'g]bX'X]Y'k]W h][ghYb
8]b[Yž'X]Y'Xi 'VYbØh][gh

. . : U\ffUX

8Ug': U\ffUX]gh'bUhØf']W XUg'? YfbghØW 'XYf'5i gfØghi b["9g'[]Vh
j YfgW]YXYbY'5fhYb'j cb': U\ffÀXYfbž'UVYf'ZØf'5bZAb[Yf'Ya dZ]Y\`h
g]W 'b'XYf'FY[Y'`Y]b'Y]bZUW Yg'7]hml'cXYf'HfY__]b[fUX" 8]YgY
: U\ffÀXYf'g]bX'j]Y'gY]h][i bX'`Y]W h'ni '\UbX\UVYb"

. . < Y'a

9]b'[i h'g]hnYbXYf': U\ffUX\Y'a ']gh'UVgc'i h'i bYf'Àgg']W ž'i a 'XY]bY
G]W Yf\Y]h'Ui Z'XYa ': U\ffUX'ni '[Yk À\f'Y]ghYb'5W hY'XUfUi Z'XUgg
XYf'< Y'a 'f]W h]['dUggh'i bX'X]Y'79! ? YbbnY]W bi b['hfÀ[hž'i a
g]W Yfni ghY ``Ybž'XUgg'Yf'XYb'G]W Yf\Y]hggUbXUfXg'Yb'hgdf]W h"

. . 6Y`Yi W h'i b[

K Ybb'Xi 'j cf\Ughž'Ui W 'b'XYf'8Àa a Yfi b['cXYf'VY]'8i b_Y`\Y]h
ni 'ZU\fYbž'gc ``hYgh'Xi 'ØVYf'Y]bY'[i h'Y'6Y`Yi W h'i b['ZØf'XY]b
: U\ffUX'j YfZØ[Yb'"Gck c\`Y]b': fcbeh'U'g'Ui W 'Y]b'F ØW_]W h'g]bX
k]W h][ž'i a 'j cb'UbXYfYb'J Yf_Y\fgbh']bY\ a Yfb'[i h'[YgY\Yb'ni
k YfXYb"

. . : U\ffUX_`Y]Xi b[

K À\fYbX'Xi 'Ua '5bZUb['_Y]bY'gdYn]Y``Y': U\ffUX_`Y]Xi b[
VYbØh][ghž']gh'Yg'XYbbcW fUhgUa ž'VYe i Ya Y'?'Y]Xi b['ni 'hfU[Ybž
X]Y'X]W '[i h'VYk Y[Yb'`Àggh'J Yfa Y]XY'k Y]hY'< cgYbVY]bYž'XU'g]Y
]b'X]Y'?'Yhhy'[YfUhYb'_ØbbYbž'i bX'n]Y\Y'']YVYf'Yb['Ub']Y[YbXYž

fYZY_h]YfYbXY?`Y]Xi b[`Ubži a 'VYggYf'g]WX hVUf'ni 'gY]b"

. . G]WX Yf\ Y]hg\]bk Y]gY

G]WX Yf\ Y]h`VY]a 'F UXZU\fYb ']ghj cb '[fÒ» hYf'6YXYi hi b["<]Yf'g]bX
Y]b][Y'k]WX h][Y'G]WX Yf\ Y]hgfY[Y'bžX]Y'Xi 'VYUWX hYb'gc``hYgh

. . <Y`a 'hfU[Yb

K]Y'VYfY]hg'Yfk Á\bhž]gh'XUg'HFU[Yb'Y]bYg <Y`a g'Y]b 'UVgc`i hYg
A i gg"9]b <Y`a 'gWX Øhnh'XY]bYb ?cdZ]a ': U`Y'Y]bYg'Ghi fnYg'i bX
_Ubb'gWX k YfY'J Yf'Yhni b[Yb'j Yf\]bXYfb"

. . 5WX hgUa _Y]h]a 'J Yf_Y\ f

5`g': U\ffUXZU\fYf\V]gh'Xi 'Y]b 'HY]`bY\ a Yf'Ua 'GhfU» Ybj Yf_Y\ f'i bX
gc``hYgh'XU\Yf'X]Y'FY[Y'b'i bX'J cfgWX f]ZhYb 'VYUWX hYb" <U`hY'X]WX
Ub'J Yf_Y\ fgnY]WX Yb'i bX'5a dY'b'i bX'gY]']a a Yf'Ui Za Yf_gUa 'i bX
j cfUi ggWX Ui YbX"

. . G]WX hVUf_Y]h`Yf\ Ò\Yb

I a 'j cb 'UbXYfYb'J Yf_Y\ fghY]`bY\ a Yfb '[i h'[YgY\Yb'ni 'k YfXYbž
gc``hYgh'Xi 'fYZY_h]YfYbXY?`Y]Xi b['hfU[Yb'i bX'XY]b': U\ffUX'a]h
Ui gFY]WX YbXYf'6Y'Yi WX hi b['Ui gghUhYb"8UXi fWX'a]b]a]Yfgh'Xi
XUg'F]g]_c'j cb'l bZÁ``Yb"

. . : U\ffUX_cbhfc``Y

. . VYfdfØZY'fY[Y'a Á»]['XYb'Ni ghUbX'XY]bYg': U\ffUXg" 'GhY``Y
g]WX YfžXUgg'X]Y'6fYa gYb '[i h'Zl b_h]cb]YfYbžX]Y'FY]ZYb '[YbØ[YbX
@ Zh\UVYb'i bX'XUgg'U`Y?ca dcbYb hYb'_cffY_h'a cbh]Yfh'g]bX"
9]b '[i h'[Yk UfhYhYg': U\ffUX']gh'g]WX YfYf'i bX'YZZ]n]Yb hYf"

. . : fi bX`Y[YbXY': U\ffUXZU\fhYWX b]_Yb

I a 'YfZc'[fY]WX'a]h'XYa ': U\ffUX'i b hYfk Y[g'ni 'gY]bž'gc``hYgh'Xi
Y]b][Y'[fi bX`Y[YbXY': U\fhYWX b]_Yb'VY\YffgWX Yb" <]Yf'g]bX'X]Y

k]WX h][ghYb.

. . GhUfhYb 'i bX'5b\U`hYb

8Ug'GhUfhYb 'i bX'5b\U`hYb 'Ui Z'XYa ': U\ffUX'a U['Y]bZUWX
YfgWX Y]bYbž'YfZcfXYfh'UVYf'XYbbcWX 'Y]b '[Yk]ggYg'A U» 'Ub
HYWX b]_''I a 'ni 'ghUfhYbž'gYhnY 'X]WX 'Ui Z'XYb'GUhhY'ž'\U`hY 'XUg
'Y]WX [Yk]WXh'i bX'hfYhY '_fĀZh]['b 'X]Y'DYXU'Y'"I a 'Ubni \U`hYbž
XfØW_Y 'X]Y'6fYa gYb'gUbZh'i bX'j Yfk YbXY'VY]XY'6fYa gYb
['Y]WX nY]h]["

. . ? i fj YbZU\fYb

6Y]a ' ? i fj YbZU\fYb 'gc ``hYgh'Xi 'XY]b ' ? ØfdYf[Yk]WX h'Yb'hdgfYWX YbX
j Yf`U[Yfb 'i bX 'b 'X]Y '[Yk ØbgWX hY 'F]WX hi b['Yb _Yb" < U`hY 'XYb
@Yb _Yf'ZYghž'VYi [Y 'X]WX ''Y]WX h']b 'X]Y '? i fj Y 'i bX'VY\U`hY 'X]Y
; YgWX k]bX][_Y]h'a '5i [Yž'i a 'X]Y '? cbhfcc'Y 'ni 'VY\U`hYb"

. . 6Yf[Ui ZZU\fYb

K Ybb 'Yg'VYf[Ui Z[Y\hž'gWX U`hY ']b 'Y]bYb ' 'Y]WX hYfYb ' ; Ub['i bX
[fY]ZY 'XYb '@Yb _Yf'ZYgh" < U`hY 'Y]b '['Y]WX a A»][Yg'HYa dcž'i a
XY]bY'9bYf[]Y 'ni 'gWX cbYbž'i bX'Uhā Y '['Y]WX a A»]["

. . 6Yf[UVZU\fYb

6Y]a '6Yf[UVZU\fYb 'gc ``hYgh'Xi 'j cfg]WX h]['gY]b 'i bX'XY]bY
; YgWX k]bX][_Y]h'_cbhfcc'']YfYb" 'J Yfa Y]XY'UVfi d hYg'6fYa gYb 'i bX
\U`hY 'VfYa gVYfY]hY ':]b[Yf'Ub 'XYb '6fYa g\YVY'b" 'J Yf`U[YfY 'XY]b
; Yk]WX h'Y]WX h'bUWX '\]b hYbž'i a 'X]Y'GhUV']j hA hni 'j YfVYggYfb"

. . DUBbYb\]ZY

9g']gh'fUhgUa ž[fi bX'Y[YbXY '? Ybbhb]ggY']b 'XYf'DUb bYb\]ZY 'ni
\UVYbž'ZU``g'Xi 'i b hYfk Y[g'Y]bY 'DUbbY '\Ugh" '@YfbYž'k]Y 'Xi 'Y]bYb
: U\ffUXgWX 'Ui WX 'k YWX gY'ghž'Y]bY '? YhhY 'fYdUf]Yfgh'i bX'X]Y
6fYa gYb 'Y]bghY ``gh" '9]bY ' _Y]bY : U\ffUX!K Yf_nYi [hUgWX Y'a]h'XYb
bch'k YbX][Yb 'K Yf_nYi [Yb '_Ubb 'X]f'XUVY] '\Y'ZYbž' _Y]bY

DfcV`Ya Y`i b hYfk Y[g`ni `VY\YYb"

. . <Ài Z][` [YghY``hY` : fU[Yb

%"`A i gg]W\`Y]bY` : U\ffUXj Yfg]W\Yfi b[`UVgW\`Y» Yb 3

9]bY` : U\ffUXj Yfg]W\Yfi b[`]gh`cdh]cbU`žUVYf`Yg`_Ubb`g]W\`c\bYbž
Y]bY`UVni gW\`Y» Ybž i a `XY]b` : U\ffUX`[Y[Yb`8]YVghU\`i bX
GW\ÀXYb`UVni g]W\Yfb"

&"`K]Y`cZh`gc``hY`]W\`a Y]b` : U\ffUX`k UfhYb ``UggYb 3

9g`]gh`fUhgUa žXY]b` : U\ffUX`fY[Y`a À»][`k UfhYb`ni ``UggYb``Y`bUW\
<Ài Z][_Y]h`i bX`bhYbg]hÀh`XY]bYf` : U\fhYb`gc``hYgh`Xi `Yg`U``Y`dUUf
A cbUhY`ni f`bhgdY`h]cb`Vf]b[Ybž i a `g]W\Yfn i ghY``Ybž`XUgg`U``Y
?ca dcbYbhYb`Y]bk UbXZfY] Zi b_h]cb]YfYb"

' " `K]Y``Ub[Y`XUi Yfh`Ygž`V]g`]W\`a]W\`Ub`XUg` : U\ffUXZU\fYb
[Yk Ø\`bY3

8]Y`8Ui Yfž`V]g`Xi `X]W\`Ub`XUg` : U\ffUXZU\fYb`[Yk Ø\`bghž`Àb[h
j cb`XY]bYb`]bX]j]Xi Y``Yb`J cfUi ggYhni b[Yb`UV``A]h`fY[Y`a À»][Ya
HfU]b]b[`i bX` , Vi b[`gc``hYgh`Xi `X]W\`]bbYf\U`V`j cb`Y]b][Yb
K cW\Yb`k c\``ZØ\`Yb"

. . : Unjh

8Ug` : U\ffUXZU\fYb`]gh`Y]bY`[fc» Ufh][Y`A Ø[`]W\`Y]hž`g]W\`Z]h`ni
\U`hYb`i bX`X]Y`B Uhi f`ni `Yf`i bXYb`A]h`XYf`f]W\h][Yb`5i gfØghi b[ž
?Ybbhb]g`XYf`G]W\Yf\Y]hgfY[Y`b`i bX`[fi bX`Y[YbXYb
: U\fhYW\`b]_Yb`_Ubbgh`Xi `U`g`5bZÀb[Yf`g]W\Yf`i bX`YfZc`[fY]W\`a]h
XYa` : U\ffUX`i b hYfk Y[g`gY]b`J]Y``GdU» `i bX`\\U`hY`X]W\`]a a Yf`Ub
X]Y`J Yf`Y\fgfY[Y`b`

8 YhU]`g

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