

# MEIN FITNESS

Gc 'k À\`Yb 'G]Y 'XYb 'f]W h][ Yb ': ]hb Ygg!  
HfUW\_Yf

8 U'ja a Yf'a Y\ f'A YbgW Yb 'Ui Z'Y]b '[ YgØb XYfYg '@VVYb  
\]bUfVY]hYbž'b]a a h'X]Y 'Fc ``Y 'j cb ': ]hb Ygg! HfUW\_Yfb 'ni " '6Y]  
gc 'j ]Y`Yb 'Ui Z'XYa 'A Uf\_h'Yf\À'h]W Yb 'HfUW\_Yfb '\_Ubb 'Yg  
gW k ]Yf][ 'gY]bž'X]Y 'Gh]Y 'ni '\_Ybb Ybž'X]Y 'Δ fYb  
5bZcfXYfi b[ Yb 'Yb hgdfYW Yb ''< ]Yf'X]g\_i h]YfYb 'k ]f ØVYf'X]Y  
bØhn]W Yb '8]b[ Yž'bUW 'XYb Yb 'G]Y ']b 'Y]bYa ': ]hb Ygg! HfUW\_Yf  
gi W Yb 'gc ``hYb. '8 Yg][ b 'i bX '5bnY][ Y '8]Y 'Ga Ufhk UhW Yg 'a ]h  
[ fc » Ya '8 ]gd `Um'Yfa Ø[ `]W Yb 'Y]bY 'Y]bZUW Y 'B Uj ][ Uh]cb  
Xi fW i j YfgW ]YXYbY ': i b\_h]cb Yb ''9]bY 'i h'd UggYbXY 'f Ø» Y  
i bX 'Y]b 'd UggYbXYg '8 Yg][ b '\ Y'ZYb 'Δ b Ybž'g]W XUfUi Z'ni  
\_cbnYbhf]YfYbž [ YgØb XYf'i bX 'ghÀf\_Yf 'ni 'k YfXYb ''G]Y  
\_Øbb Yb 'Δ fY ': ]hb Yggm]Y`Y '[ Ubn'Y]bZUW 'Ui Z? bcdZXfi W  
j YfZc '[ Yb ''G]Y 'gc ``hYb 'bUW '6UbXg 'gi W Ybž'X]Y 'b]W h  
/ Ua dΔ Y ``]d /



8 U'ja a Yf'a Y\ f'A YbgW Yb 'Ui Z'Y]b '[ YgØb XYfYg '@VVYb  
\]bUfVY]hYbž'b]a a h'X]Y 'Fc ``Y 'j cb ': ]hb Ygg! HfUW\_Yfb 'ni " '6Y]  
gc 'j ]Y`Yb 'Ui Z'XYa 'A Uf\_h'Yf\À'h]W Yb 'HfUW\_Yfb '\_Ubb 'Yg 'gW k ]Yf][

gY]bžX]Y'Gh]`Y'ni`\_YbbYbžX]Y`ΔfYb`5bZcfXYfi b[ Yb`Ybhgd fYWX Yb"  
< ]Yf`X]g\_i h]YfYb`k ]f`ØVYf`X]Y`bØh]WX Yb`8 ]b[ Yž`bUWX`XYbYb`G]Y`]b  
Y]bYa` : ]hbYgg! HfUW\_Yf`gi WX Yb`gc`hYb.

8 Yg][ b`i`bX`5bnY][ Y

8 ]Y`Ga`Ufhk`UhWX`Yg`a`]h`fc»`Ya`8`gd`Um`Yfa`Ø[ `]WX`Yb`Y]b`Y  
Y]b`ZUWX`Y`B`Uj`][ Uh]cb`Xi`fWX`j`YfgWX`Y`XYb`Y`i`b\_h]cb`Yb`9]b`Y`[ i`h  
d`Ugg`Yb`XY`f`fØ`Y`i`bX`Y]b`d`Ugg`Yb`XYg`8`Yg`[ b`\Y`ZYb`Δ`b`Ybž`g]WX  
XUFUi`Z`ni`\_c`bn`Yb`hf]Yf`Ybž`[ YgØ`b`XYf`i`bX`ghÀ`f`\_Yf`ni`k`Yf`XYb`"`G]Y  
\_Ø`b`b`Yb`Δ`f`Y`:]hb`Yggn]Y`Y`[ Ubn`Y]b`ZUWX`Ui`Z?`bcd`ZXfi`W\_j`Yf`Zc`[ Yb`  
G]Y`gc`hYb`b`UWX`6`Ub`Xg`gi`WX`Ybž`X]Y`b]WX`h`ni`\_`c`V`[ `i`bX`Y]b`ZUWX  
ni`VYX]Yb`Yb`g]b`X"

? ca`Zc`f`hghi`ZY

8`U`G]Y`Yg`X]Y`a`Y]ghY`NY]h`hfU`[ Yb`k`Yf`XYbž`gc`hY`XYf`HfUW`Yf  
Ub`[ Yb`Y\`a`ni`h`fU`[ Yb`g`Y]b`8`Y]Y]b`ZUWX`gh`Yb`;`Yf`h`Y`\_Ø`b`b`Yb`XYb`  
[ Ubn`Yb`HU`[ `Yh`fU`[ Yb`k`Yf`XYbž`c`b`Y`a`]h`]\b`Yb`ni`]bh`YfU`[ `Yf`Yb`  
8`Yf`HfUW`Yf`gc`hY`Y]b`ZUWX`ni`VYX]Yb`Yb`i`bX`ni`VYX]Yb`Yb`g`Y]b`  
HfUW]b`[ !`i`b\_h]cb`Yb

C`V`k`c`\_\`U`Y`5`\_h]j`]h`hg!`HfUW`Yf`a`]h`HfUW]b`[ !`i`b\_h]cb`Yb  
Ui`g`[ Y`gh`Uhh`Y`h`g]b`Xž`V]Y`h`Yb`Y]b`[ Y`gd`Yn`Z`gWX`Yf`Y`8`Yh`U`g`8`Y  
Zc`f`h`gWX`f]h]WX`Yb`;`Yf`h`Y`g]b`X`Ui`WX`a`]h`;`DG`Ui`g`[ Y`gh`Uhh`Y`hž`X`Ua`]h  
G]Y`X]Y`9`b`h`Z`fb`i`b`[ `Y`b`Ui`a`Y`gg`Y`b`\_Ø`b`b`Y`b`K`Y`bb`Δ`f`Y  
<`Ui`d`h`U`\_h]j`]h`h`V`Y]gd`Y`g`k`Y]g`Y`Ui`g`[ Y`ZØ`f`h`k`f`Xž`gc`hY`g]Y`]b`XYf  
@`U`[ Y`g`Y]bž`8`U`h`Y`b`ZØ`f`X]Y`g`Y`V`Y`gh]a`a`h`Y`G`dc`f`h`U`f`h`ni`Y`f`Z`U`gg`Y`b`  
GW`U`ZØ`V`Y`fk`UWX`i`b`[ `k`f`X`Ui`WX`Y]b`U`[ Y`a`Y]b`Y`g`A`Y`f`\_a`U`"  
F`WX`h]`[ Y`f`G`WX`U`Z`gh`g`Y`f`k`]WX`h]`[ ZØ`f`X`U`g`K`c`\_\`V`Y`Z`b`X`Y`b`Y]b`Y`g  
A`Y`bg`WX`Y`b`9`g`[ `]V`h`;`Yf`h`Y`ž`X]Y`Y]b`Y`Y]b`ZUWX`Y`\_,`V`Y`f`k`UWX`i`b`[ g`n`Y]h  
V]Y`h`Y`bž`k`Δ`f`Y`b`X`Y]b`[ Y`8`Yh`U`g`ni`j`Y`fg`WX`Y`XY`b`Y`b`G`WX`U`z`d`U`g`Y`b`  
`]Y`Z`Y`fb`"

<`Y`f`n`Z`f`Y`e`i`Y`b`n`Ø`V`Y`f`k`UWX`i`b`[ g`Z`i`b\_h]cb

<`Y`i`h`ni`h`U`[ Y`g]b`X`X]Y`a`Y]gh`Y`b`K`Y`U`f`U`V`Y`g`a`]h`Y]b`Y`f

< YfnZfYe i YbnØVYfk UWX i b[ gZ b\_h]cb\_Ui g[ YghUhYh"9g.Yfa Ø[ `]WX h  
= bYbž Á fY < YfnZfYe i Ybn ni ØVYfk UWX Yb i bX X]Y Á hYbg]hAhXYg  
HfU]b]b[ g ni ghYi Yfb"8 ]YgY : i b\_h]cb \_Ubb X]Y ; YbUi ][ \_Y]hXYf  
? U`cf]Ybj YfVfYbbi b[ 'Yf\YV']WX j YfVYggYfb"

? U`cf]Yb! HfUW\_Yf

8 ]Y a Y]ghYb '6UbXg'V]YhYb 'X]Y 'A Ø[ `]WX \_Y]hž'X]Y '5bnU\ ``XYf  
j YfVfUbbhYb ? U`cf]Yb ni j YfZc [ Yb"8 ]Yg [ ]Vh Á bYb [ YbUi Y  
9f[ YVb]ggY Á fYf'5\_hj]jhAhYb"

@YVYbgXUi Yf'XYf'6UhYf]Y

Gi WX Yb 'G]Y 'bUWX : ]hbYggVÀbXYfbž'X]Y 'YbYf[ ]YYZZ]n]YbhYf'g]bX 'i bX  
ØVYf'Y]bYb 'Àb[ YfYb 'NY]hfUi a j Yfk YbXYh'k YfXYb '\_ÒbbYb"9]b][ Y  
HfUW\_Yf'g]bX 'k ]YXYfUi ZUXVUfž'k À\ fYbX 'UbXYfY 'a ]h  
?bcdZnY ``YbVUhhYf]Yb 'VYhf]YVYb 'k YfXYb"8 ]Y '5\_\_i 'Ui ZnY]h'fY]WX h  
j cb 'Y]bYa 'HU[ 'V]g ni a Y\ fYfYb 'A cbUhYb"

K UggYf! 'i bX 'GWX k Y]» VYghÀbX][ \_Y]h

9g '[ ]Vh'Y]bY '[ i hY '5bnU\ ``j cb 'K YUFUV'Ygž'X]Y 'k UggYf! 'i bX  
gWX k Y]» VYghÀbX][ 'g]bX" 'Gc '\_ÒbbYb 'G]Y 'g]Y 'dfcV'Ya 'cg'VY]  
, Vi b[ Yb 'i bX 'GWX k ]a a ghi bXYb 'hfU[ Yb"

6i X[ Yh

: ]hbYgg! HfUW\_Yf'j Uf]]YfYb 'ghUf\_ ']a 'DfY]g"8 U\Yf'gc ``hYb 'G]Y  
Yb hgWX Y]XYbž'k ]Y 'j ]Y ``; Y'X 'G]Y 'ZØf Á f'bÀWX ghYg 'K YUFUV'Y  
Ui g[ YVYb 'a ØWX hYb"8 ]Y 'bYi YghY ; YfÀhY[ YbYfUh]cb 'V]YhYh  
Ub[ Ya YggYbY 'DfY]gY"5i » YfXYa 'j YfÒZZYb'h]WX Yb 'Y]b][ Y  
I bhYfbY\ a Yb ']\fY 'bYi Y ; YfÀhY[ YbYfUh]cbž'k cVY]']\fY 'ZfØ\YfYb  
; YfÀhY 'V][ 'Yf'k YfXYb"G]Y 'gc ``hYb 'bUWX 'XYa 'gi WX Ybž'XYf Á fYb  
6i X[ YhUbZcfXYfi b[ Yb 'i bX Á fYb '[ Yk ØbgWX hYb : i b\_h]cbYb  
Yb hgdf]WX h"

? ca dUh]V]`jhAh

G]Y `gc ``hY b `b UWX : ]hb YggVAbXYfb `gi WX Ybž X]Y `g]WX `b U\ h`cg `a ]h  
=f Ya `; YfÀh`j YfV]bXYb ``UggYb "·9]b][ Y `HfUW\_Yf `g]bX `5bXfc]X!  
\_ca dUh]VY `ž k À\ fYbX `UbXYfY `]C G `g]bX "·8 ]YgY `HfUW\_Yf `j YfZØ[ Yb  
Ui WX `ØVYf `Yb hgdfYWX YbXY `5ddgž `a ]h XYbYb `G]Y `=fY  
HfU]b]b [ gY]b \ Y]hYb `k Y]hYf `ghYi Yfb ` \_ÒbbYb "

Ga Ufhd\ c b Y! I b hYfghØhni b [

8]Y `a Y]ghYb `j cb `XYb : ]hb Ygg! HfUW\_Yf `? ca a Yb `G]Y `a ]h`Y]bYa  
6]XgWX ]fa `ni f `5bnY][ Y `k ]WX h][ Yf `b Zcfa Uh]cbYb "·8Yf `\_ `Y]bY  
6]XgWX ]fa `a UW h`Yg `YXcWX `gWX k ]Yf][ ž`Y]b `j c ``ghÀbX][ Yg `6]X  
=fYf `GhUh]gh]\_Yb `ni `Yf\ U`hYb "·A ]h XYf `Ga Ufhd\ c b Y! `bhY [ fUh]cb  
\_ÒbbYb `G]Y `X]Y `YfZUgghYb `b Zcfa Uh]cbYb `XYhU]`Yfh `Ub nY][ Yb "·6Y]  
Y]b][ Yb `HfUW\_Yfb ` \_ÒbbYb `G]Y `Ui WX `6YbUWX f]WX h][ i b [ Yb `Yf\ U`hYb "  
G]Y `gc ``hYb `U`gc `X]Y `HfUW\_Yf `]b `6YhfUWX h`n]Y \ Ybž X]Y `Y]bY  
Ga Ufhd\ c b Y! `bhY [ fUh]cb `V]YhYb "

? UVY ``cgY `HYWX bc `c [ ]Y

A ]h XYb `XfU\ h`cgYb `; YfÀhYb ` \_ÒbbYb `G]Y `=f `: ]hb YggVUbx  
dfcV`Ya `cg `a ]h UbXYfYb `XfU\ h`cgYb `; YfÀhYb `j YfV]bXYb "

8 i fWX gi WX Yb `G]Y `XUm hYWX bc `c [ m"WX a ž i a `a Y\ f `ØVYf `b Y  
j YfÒZZYbh]WX hY `K YUfUV `Yg `i bX `UbXYfY `; UX[ Yhg `ni `YfZU\ fYb "

≠gd]f]Yfh `j cb `9n]b Y `i bX `J ]dUg\ U `J

8 YhU]`g

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