

MEIN FITNESS

Gdcfh'i bX'8Ufa [Ygi bX\Y]h.'8Yf'9]bZ'i gg
XYf'A]_fcV]chU

8]Y'a YbgWY`]WY Y'A]_fcV]chUžY]b'_ca d`YI Yg'2 _cgmghYa 'Ui g
6]`]cbYb'j cb'A]_fcVYbžgd]Y'hY]bY'YbhgWY]XYbXY'Fc``Y']b
j YfgWY]YXYbYb'V]c`c[]gWYb'DfcnYggYbžXUfi bhYf'X]Y
J YfXUi i b['i bX'X]Y'FY[i ']Yfi b['XYf' a a i bZ b_h]cb" 'b'XYb
'YhhYb'J\ fYb '\Uh'XUg' 'b'hYfYggY'Ub'XYf'6Yn]Y\i b['nk]gWYb
X]YgYf'A]_fcV]chU'i bX'XYf'gdcfh`]WYb '@Y]ghi b[
ni [Ybca a Yb"K]ggYbgWY UZh]WY Ghi X]Yb'nY][Ybž'XUgg'X]Y
Ni gUa a YbgYhni b['XYf'A]_fcV]chU'b]WY hbi f'X]Y : A\][_Y]h
XYg'? ÓfdYfg'ni f'B\ fgfc ZZUi ZbU\ a Y'VYY]bZi gghž'gbXYfb
Ui WY'X]fY_h'a]h'XYf'FY[YbYfUh]cbž'5i gXUi Yf'i bX
@Y]ghi b[gZ\][_Y]hj cb'GdcfhYfb'_cffY']Yfh'8UfØVYf'\]bUi g
\Uh'X]Y'_ÓfdYf']WY'6YhAh][i b['Y]bYb'g][b]Z_UbhYb'9]bZi gg
Ui ZX]Y'J]Y'ZU'h'i bX': i b_h]cbU]hAh'XYf'8Ufa a]_fcV]chU"
Gdcfh_Ubb'b]WY hbi f'XUni 'VY]hfU[Ybž'XUg'; 'Y]WY [Yk]WY h'XYf
A]_fcVYb']a / Ua d\Y`]d/



8]Y'a YbgWY`]WY Y'A]_fcV]chUžY]b'_ca d`YI Yg'2 _cgmghYa 'Ui g
6]`]cbYb'j cb'A]_fcVYbžgd]Y'hY]bY'YbhgWY]XYbXY'Fc``Y']b

j YfgW]YXYbYb 'V]c`c[]gW Yb 'Dfc nYggYbž XUfi b hYf 'X]Y 'J YfXUi i b[i bX 'X]Y 'F Y[i ']Yfi b['XYf 'a a i bZi b_h]cb" 'b 'XYb ``YhnhYb 'kJ\ fYb \Uh 'XUg 'bhYfYggY 'Ub 'XYf '6Yn]Y\ i b['nk]gW Yb 'X]YgYf 'A]_fcV]chU i bX 'XYf 'gdcfh]W Yb '@Y]ghi b['ni [Ybca a Yb" 'K]ggYbgW UZh]W Y Ghi X]Yb 'nY][Ybž XUgg 'X]Y 'Ni gUa a YbgYhni b['XYf 'A]_fcV]chU 'b]W h bi f 'X]Y ': A\][_Y]h 'XYg ' ? ØfdYfg 'ni f 'B A\ fghc ZUi ZbU\ a Y VYY]bZi gghž gcbXYfb 'Ui W X]fY_h'a]h 'XYf 'F Y[YbYfUh]cbž '5i gXUi Yf i bX '@Y]ghi b[gZ\ A\][_Y]h'j cb 'Gdcfh 'Yfb '_cffY ']Yfh"

8 UfØVYf '\]bUi g '\ Uh 'X]Y '_ØfdYf]W Y '6YhAh][i b['Y]bYb g][b]Z]_UbhYb '9]bZi gg 'Ui Z'X]Y 'J]Y 'ZU'h'i bX ': i b_h]cbU 'hAh 'XYf 8 Ufa a]_fcV]chU " 'Gdcfh '_Ubb 'b]W h'bi f 'XUni 'VY]hfU[Ybž XUg ; 'Y]W Y [YK]W h 'XYf 'A]_fcVYb 'ja '8 Ufa 'ni 'ZØfXYfbž 'gcbXYfb 'Ui W XYfYb 'J]Y 'ZU'h'i 'Yf \ Ø\ Yb " '8]Yg 'k]fZh'k]W h][Y ': fu[Yb 'Ui Zž'k]Y 5h\ 'YhYb ']\ fY '8 Ufa [Ygi bX\ Y]h 'Xi fW Y [Yn]Y 'hY 9fbA\ fi b[gghfUhY[]Yb 'i bX '@VYVYbggh] 'AbXYfi b[Yb 'cdh]a]YfYb '_ØbbYbž i a ']\ fY 'gdcfh]W Y '@Y]ghi b['ni 'a UI ja]YfYb "

'b 'X]YgYa '5fh]_Y 'k]fX 'i b hYfgi W hž'k]Y 'X]Y 'A]_fcV]chU ']b 'XYf J YfXUi i b['i bX 'Gdcfh 'Y]ghi b['Y]bY 'Fc ``Y 'gd]Y 'hž'k Y 'W Y 5i gk]f_i b[Yb '_ØfdYf]W Y '6YhAh][i b['Ui Z'X]Y 'A]_fcV]chU '\Uh 'i bX k Y 'W Y 'YZZY_h]j Yb 'GhfUhY[]Yb 'Yg '[]Vhž 'i a 'X]Y '8 Ufa [Ygi bX\ Y]h VY] 'Gdcfh 'Yfb 'Xi fW '9fbA\ fi b['i bX '@VYVYbggh] 'ni 'ZØfXYfb "

8]Y 'Fc ``Y 'XYf 'A]_fcV]chU ']b 'XYf 'J YfXUi i b[i bX 'Gdcfh 'Y]ghi b[

8]Y 'a 'YbgW ']W Y 'A]_fcV]chUž 'Y]b '_ca d 'YI Yg '2 '_cgmgħYa 'Ui g 6] ``]cbYb 'j cb 'A]_fccf[Ub]ga 'Ybž 'gd]Y 'h 'Y]bY 'Yb hgW Y]XYbXY 'Fc ``Y]b 'XYf 'J YfXUi i b['i bX 'VYY]bZi ggh'a U» [YV ']W 'X]Y 'gdcfh]W Y '@Y]ghi b[" '8]YgY 'a]_fcV]Y ``Y ' ; Ya 'Y]bgW UZh 'VYghY \h 'Ui g '6U _hYf]Ybž J]fYbž 'D]nYb 'i bX 'UbXYfYb 'A]_fcVYbž 'X]Y 'Y]bY 'gma V]ch]gW Y 6Yn]Y\ i b['a]h 'XYa 'a 'YbgW ']W Yb 'K]fhdZY[Yb " '8]Y BYi fY[i 'Uh]cb 'i bX 'XYf 'A 'YhUVc ']ga i g 'X]YgYf 'A]_fcVYb '_ØbbYb j YfgW]YXYbY 'd 'mg]c 'c []gW Y 'Dfc nYggY 'ghYi 'Yfbž 'X]Y 'ZØf '5h\ 'YhYb j cb '6YXYi hi b['g]bX "

J YfXUi i b[gZi b_h]cbYb 'XYf 'A]_fcV]chU

9]bY'XYf'<Ui dhZ b_h]cbYb'XYf'A]_fcV]chU'gh'X]Y'I bhYfghØhni b[XYf'JYfxUi i b["8]Y'6U_hYf]Yb'a'8Ufa'g]bX'VY]gd]Y'gk Y]gY']b'XYf @U[YžBU\fi b[gVYghUbXhY]YžX]Y'XYf'a'YbgW]WY?ØfdYf'b]WYh gY'Vgh'UVVUi Yb'_Ubbžni'ZYfa'Ybh]YfYb"':>]Yf'g]bX'Y]b][Y'XYf gdYn]ZgWYb'6Y]hfÀ[Y'XYf'A]_fcV]chU'ni f'JYfxUi i b[.

- : Yfa'YbhUh]cb'j cb'6U``UghghcZZYb.'8]Y'A]_fcV]chU'\]Zh VY]XYf'NYfgYhni b['j cb'6U``UghghcZZYb'i bX'dfcXi n]Yfh _i fn_Yhh][Y': YhhgÀi fYb'fG7: 5gŁ'X]Y'U'g'9bYf[]Ye i Y''Y Z b[]YfYb'i bX'YbhñØbXi b[g\Ya a'YbXY'9][YbgWUZhYb Ui Zk Y]gYb"
- J]hUa]bdxfcXi _h]cb.'9]b][Y'8Ufa'VU_hYf]Yb gmbh\Yh]g]YfYb'J]hUa]bYž]bgVYgcbXYfY'J]hUa]b'? i bX VYgh]a a'hY'6!J]hUa]bYžX]Y'ZØf'XYb'GhcZk YWgY''i bX'X]Y 9bYf[]YdfcXi _h]cb'j cb'6YXYi hi b['g]bX"
- A cXi `Uh]cb'XYf'B U\fi b[gUi ZbU\ a'Y.'8]Y'A]_fcV]chU VYY]bZi ggh'X]Y'GUhh\Y]h'i bX'XYb'5ddYh]hžk Ug'X]fY_hY 5i gk]f_i b[Yb'Ui Z'X]Y?U'cf]YbUi ZbU\ a'Y'i bX'XUg ?ØfdYf[Yk]WYh\UVYb'_Ubb"

9]bZi gg'Ui Z'X]Y'gdcfh`]WY@Y]ghi b[

8]Y'Ni gUa a'YbgYhni b['i bX'J]Y'ZU'h'XYf'A]_fcV]chU'_ØbbYb'Ui W X]Y'gdcfh`]WY@Y]ghi b['dcg]hj'VYY]bZi ggYb"J YfgW]YXYbY Ghi X]Yb'\UVYb'[YnY][hžXUgg'5h\YhYb'\A i Z]['Y]bY i bhYfgW]YX']WY'a]_fcV]Y''Y'Ni gUa a'YbgYhni b['b']\fYa'8Ufa]a'J Yf['Y]WY'ni'B]WYh\5h\YhYb'Ui Zk Y]gYb": c'[YbXY'5gdY_hY'g]bX \YfVY]j cb'6YXYi hi b[.

- 9bYf[]Yj YfZØ[VUf_Y]h.'9]bY'Ui g[Yk c[YbY'A]_fcV]chU _Ubb'X]Y'6]cj YfZØ[VUf_Y]hj cb'B\fgcZZYb'Yf\Ø\Yb'i bX X]Y'5i gXUi Yf'Y]ghi b[gZÀ\][_Y]hj YfVYggYfb"
- 9bhñØbXi b[gfYU_h]cbYb.'9]bY'[Ygi bXY'A]_fcV]chU _Ubb'YbhñØbXi b[g\Ya a'YbXY'9ZZY_hY'Ui gØVYbžk Ug'ZØf X]Y'F Y[YbYfUh]cb'bUW]b hYbg]j Yb'HfU]b]b[gY]b\Y]hYb j cfhY]\UZh]gh"
- a a i bgmghY a .'8]Y'A]_fcV]chU'hfÀ[h'ni f'A cXi `Uh]cb'XYg a a i bgmghY a g'VY]Zk Ug'5h\YhYb'j cf'øZY_h]cbYb

gWX ØhnYb '_Ub bžX]Y ']b 'ghfYgg][Yb 'HfU]b]b[gd\UgYb '\Ài Z][
j cf_ca a Yb"

J Yf\À`hb]g'nk]gWX Yb 'A]_fcV]chU'i bX'9fbÀ\fi b[

8]Y'9fbÀ\fi b['\Uh'Y]bYb 'X]fY_hYb '9]bZi gg'Ui ZX]Y
Ni gUa a YbgYhni b['XYf'A]_fcV]chU''6Yghja a hY'B U\fi b[ga]hhY'
_ØbbYb 'XUg'K UWX ghi a 'bØhn']WX Yf'6U_hYf]Yb 'ZØfXYfb i bX'X]Y
8]j Yfg]hÀh'XYf'A]_fcV]chU'Yf\Ø\Yb" Ni 'XYb 'YbhgWX Y]XYbXYb
B U\fi b[gVYghUbXhY]Yb '[Y\ØfYb.

- 6U``UghghcZZY. '@VVYbga]hhY'žX]Y 'fY]WX 'Ub '6U``UghghcZZYb
g]bXžZØfXYfb 'XUg'K UWX ghi a 'j cb 'dfcV]ch]gWX Yb '6U_hYf]Yb"
- : Yfa Yb h]YfhY '@VVYbga]hhY'. >[\i fhž?YZ]f'i bX'UbXYfY
ZYfa Yb h]YfhY 'DfcXi _hY'g]bX 'fY]WX 'Ub 'YYVYbXYb 'A]_fcVYbž
X]Y'X]Y'A]_fcV]chU'dcg]hj 'VYY]bZi ggYb '_ØbbYb"
- 5b h]cl]XUb h]Yb. 'C Vghi bX'; Ya ØgYžX]Y 'fY]WX 'Ub
5b h]cl]XUb h]Yb 'g]bXži b hYfghØhnYb 'X]Y'; Ygi bX\Y]h'XYf
A]_fcV]chU'i bX'\UVYb 'YbhñØbXi b[g\Ya a YbXY
9][YbgWX UZhYb"

8]Y'5i Za Yf_gUa _Y]h'Ui ZX]Y'A]_fcV]chU']b 'XYf'9fbÀ\fi b['j cb
GdcfhYfb 'ØZbYh'bYi Y'DYfgdY_hj] Yb 'ZØf'X]Y'C dhja]Yfi b[']\fYf
@Y]ghi b['i bX'; Ygi bX\Y]h'Jcf'X]YgYa '<]b hYf[fi bX']gh'Y]bY
X]ZZYfYbn]YfhY '6YhfUWX h b['XYf'K YWX gY'k]f_i b[Yb'nk]gWX Yb
A]_fcV]chU'9fbÀ\fi b['i bX'gdcfh]WX Yf'5_hj]hÀhj cb 'a a YbgYf
6YXYi hi b["

9]bZi gg'j cb '_ØfdYf']WX Yf'6YhÀh][i b['Ui ZX]Y
Ni gUa a YbgYhni b['XYf'8Ufa a]_fcV]chU

8]Y'K YWX gY'VYn]Y\i b['nk]gWX Yb '_ØfdYf']WX Yf'6YhÀh][i b['i bX'XYf
Ni gUa a YbgYhni b['XYf'8Ufa a]_fcV]chU']gh'Y]b 'ZUgn]b]YfYbXYg
:cfgWX i b[gZY'XžXUg'ni bY\ a YbX'Ub '6YXYi hi b['Yk]bbh"
J YfgWX]YXYbY 'Ghi X]Yb'nY][YbžXUgg'fY[Y'a À»][Y'_ØfdYf']WX Y
5_hj]hÀh'b]WX h'bi f'X]Y '_ØfdYf']WX Y':]hbYgg'j YfVYggYfhžgc bXYfb
Ui WX 'Y]bYb 'g][b]Z_UbhYb '9]bZi gg'Ui ZX]Y'J]Y'ZU'h'i bX
Ni gUa a YbgYhni b['XYf'a]_fcV]Y'Yb'; Ya Y]bgWX UZh]a '8Ufa '\Uh"

8]YgY'J YfAbXYfi b[Yb'_ObbYb'h]YZ[fY]ZYbXY'5i gk]f_i b[Yb'Ui Z X]Y'; Ygi bX\Y]hi bX'XUg'A c\`VY]bXYb'\UVYbž]bgVYgcbXYfY'VY] Gdcfh'Yfb"

?ÒfdYf]WY'5_hj]hÀh'\Uh'X]Y': À\][_Y]hž'X]Y'Ni gUa a YbgYhni b[XYf'A]_fcVYb'a '8Ufa 'ni 'a cXi ']YfYb"Ni 'XYb'\Ài Z[VYcVUW hYhYb'J YfAbXYfi b[Yb'[Y\ÒfYb.

- 9f\Ò\i b['XYf'5fhYbj]Y'ZU'h'Gdcfh]WY'5_hj]hÀhYb g]bX'a]hY]bYf'\Ò\YfYb'a]_fcV]Y''Yb'8jj Yfg]hÀh j YfVi bXYbž'k Ug'U'g'NY]WYb'Y]bYf[Ygi bXYb'A]_fcV]chU []h'
- J YfAbXYfi b[Yb'XYf'gdYn]Z]gWYb'6U_hYf]YbUfhYb. 6Ygh]a a hY'6U_hYf]Yb[Uhhi b[Ybž'k]Y':]fa JW hYg'i bX' 6UWYfc]XYhYgž'_ObbhYb'i bhYf'9]bZi gg'j cb'fY[Y'a À»][Ya HfU]b]b['ni bY\ a Yb'cXYf'UVbY\ a Yb"
- : ÒfXYfi b['j cb'_i fn_Yhh][Yb': YhhgÀi fYb'fG7: 5gŁ. 8i fW'XYb'J YfnY\ f'j cb'6U''UghghcZZYbž'XYf'cZh'a]h gdcfh]WYf'6YhÀh][i b['Y]b\Yf[Y\hž'k]fX'X]Y'DfcXi _h]cb j cb'G7: 5gž'X]Y'YbhñØbXi b[g\Ya a YbXY'9][YbgWUZhYb VYg]hmYbž' [YghY][Yfh"

9g']gh'k]W h]['ni 'VYUW hYbž'XUgg'b]W h'U''Y'5fhYb'j cb'6Yk Y[i b[X]Y'A]_fcV]chU['Y]W VYY]bZi ggYb"5i gXUi YfhfU]b]b[ž'k]Y'@Ui ZYb cXYf'FUXZU\fYbž'gW Y]bh'VYgcbXYfg'dcg]hj]Ui ZX]Y'a]_fcV]Y''Yb ; Ya Y]bgW UZhYb'ni 'k]f_Yb"9]bY'A YhUUUbU'mgY'\Uh' [YnY][hž'XUgg 5i gXUi Yfgdcfh'Yf']a 'J Yf['Y]W 'ni 'GYXYb'hÀfYb'Y]bY'g][b]Z_Ubh \Ò\YfY'a]_fcV]Y''Y'J Y'ZU'h'Ui Zk Y]gYb"8]Yg'_ObbhY'XUfUi Z \]bXYi hYbž'XUgg']bhYbg]j Y'5i gXUi YfVY'Ughi b[Yb'X]Y 6U_hYf]Ybj]Y'ZU'h'VY[Øbgh][Yb'i bX'XYf'; Ygi bX\Y]h'XYg'8Ufa g ni [i hY_ca a Yb"

9]b'k Y]hYfYg'fY'Yj UbhYg'?cbnYdh']gh'X]Y'gc[YbUbhY' 8Ufa !<]fb! 5WgY "'8]YgY'V]X]fY_h]cbU'Y?ca a i b]Uh]cbgghfU»Y'nk]gWYb XYa'A U[Yb!8Ufa !HfU_hi bX'XYa 'nYbhU'Yb'BYfj YbgmghYa 'k]fX XI fW'_ÒfdYf]WY'5_hj]hÀh'dcg]hj]VYY]bZi ggh"5_hj]hÀh'_Ubb'X]Y 5i ggW Øhhi b['j cb'BYi fc'hfUbga]hhYfb'k]Y'GYfc'hcb]b'i bX 8cdUa]b'ZÒfXYfbž'X]Y'k]YXYfi a 'X]Y'A]_fcV]chU'VYY]bZi ggYb"

9]b][Y'Ghi X]Yb '\UVYb '[YnY][h'XUgg'gdcfh]WY'6YhÀh][i b['X]Y
DfcXi _h]cb 'j cb 'VYgh]a a hYb '6U_hYf]Yb 'ZÒfXYfb '_UbbžX]Y 'ZÒf'X]Y
GmbH\YgY 'j cb 'BYi fchfUbga]hhYfb 'j YfUbhk cfh]WY'g]bXžk Ug'ni
Y]bYf 'j YfVYggYfhYb 'Gh]a a i b['i bX'_c[b]h]j Yb ': i b_h]cbYb 'ZÒ\ fYb
_Ubb"

8]Y'5fh'i bX'8Ui Yf'XYf'_ÒfdYf]WYb '6YhÀh][i b['g]bX
Yb hgWY]XYbX''9]bY 'HUVY''Y '_ÒbbhY'X]Y 'j YfgWY]YXYbYb
HfU]b]b[gUfhYb 'i bX'XYfYb '5i gk]f_i b[Yb 'Ui ZX]Y'a]_fcV]Y''Y
Ni gUa a YbgYhni b['XUfghY''Yb.

HfU]b]b[gUfh	K]f_i b['Ui ZX]Y'A]_fcV]chU
5i gXUi YfhfU]b]b[9f\Ò\i b['XYf'5fhYbj]Y'ZU'h'i bX G7: 5!DfcXi _h]cb
?fUZhfhU]b]b[J Yff]b[Yfi b['VYgh]a a hYf dUh\c[YbYf'6U_hYf]Yb
¬b hYfj U''hfU]b]b[GhY][Yfi b['XYf'a]_fcV]Y''Yb 8]j Yfg]hÀhž'_i fnZF]gh][Y Ybh[]ZhYbXY'9ZZY_hY

9]b ']b hYfYggUbhYf'5bgUhn']gh'Ui W'X]Y'6YhfUW\hi b['j cb 'A]_fcV]chU!
HfUbgd'UbhUh]cbYb 'i bX'XYfYb 'dchYbn]Y''Y'5bk YbXi b[Yb ']a
Gdcfh''9fghY'Ghi X]Yb 'XYi hYb 'XUfUi Z'\]bžXUgg'X]Y', VYfhfU[i b[
j cb 'A]_fcV]chU'Ui g'XYb '8Ufa 'Y]bYg'[Ygi bXYb 'Gdcfh'Yfg
dcg]h]j Yb '9]bZi gg'Ui Zi bYfZU\fYbY 'Gdcfh'Yf'\UVYb '_ÒbbhY''8]YgY
9f_Ybbhb]ggY'YfÒZZbYb 'bYi Y'DYfgdY_h]j Yb 'ZÒf'X]Y
@Y]ghi b[gghY][Yfi b['Xi fW'A]_fcV]chU!A UbU[Ya Ybh"

8]Y'K YW\gY'k]f_i b[Yb 'nk]gWYb 'Gdcfh'i bX'A]_fcV]chU'g]bX
_ca d'YI 'i bX'bcW\ 'b]W\h]j c''ghÀbX]['j YfghUbXYb''8YbbcW\ ']gh'Yg
i bVYghfY]hVUfž'XUgg'fY[Y'a À»][Y'_ÒfdYf]WY'5_h]j]hÀh'Y]bYb
dcg]h]j Yb '9]bZi gg'Ui ZX]Y'; Ygi bX\Y]h'XYf'8Ufa a]_fcV]chU'\Uhž
k Ug'Y]bY'gdUbbYbXY'DYfgdY_h]j Y'ZÒf'ni _ØbZh][Y': cfgW\i b['i bX
X]Y'9bhk]W\i b['[Yn]Y'hYf'HfU]b]b[g! 'i bX'9fbÀ\fi b[gghfUhY[]Yb
ZÒf'Gdcfh'Yf'XUfghY''h"

GhfUhY[]Yb 'ni f'Cdh]a]Yfi b['XYf
8Ufa [Ygi bX\Y]h'ZÒf'Gdcfh'Yf'Xi fW\

9fbÀ\ fi b['i bX '@YVYb ggh]`

8]Y'C dh]a]Yfi b['XYf'8Ufa [Ygi bX\Y]h'gd]Y'h'Y]bY'Yb hgWY]XYb XY
Fc``Y'ZØf'X]Y'gdcfh]WY '@Y]ghi b['i bX'XUg'U``[Ya Y]bY
K c\`VYZ]bXYb 'j cb'GdcfhYfb"9]bY'[Ygi bXY'A]_fcV]chU'_Ubb
9bhñØbXi b[Yb 'fYXn]YfYbž'X]Y'BA\ fghcZZUi ZbU\ a Y'j YfVYggYfb
i bX'XUg'ä a i bgmghYa 'ghÀf_Yb"9g'[]Vhj YfgWY]YXYbY'GhfUhY[]Ybž
X]Y'GdcfhYf'j YfZc'[Yb '_ØbbYbž'i a 'X]Y'; Ygi bX\Y]h']\fYf
8Ufa a]_fcV]chU'Xi fWY'9fbÀ\ fi b['i bX '@YVYb ggh]`ni 'ZØfXYfb"

9]b 'k]WY h][Yf'5gdY_h'XYf'9fbÀ\ fi b['gh'X]Y'6U``UghghcZZni Zi \f"
6U``UghghcZZY'g]bX'dfÀV]ch]gWY'Gi VghUbñYbž'X]Y'XUg'K UWY ghi a
j cb'[Ygi bX\Y]hgZØfXYf']WYb'6U_hYf]Yb']a '8Ufa 'i bHfghØhnYb"
GdcfhYf'gc``hYb'Zc'[YbXY'VU``UghghcZZfY]WY'BU\ fi b[ga]hhY`']b
]\fY'9fbÀ\ fi b[']bhY[f]YfYb.

- : fØWY hY'k]Y'YdZY'ž'6UbUbYb 'i bX'6YYfYb
- ; Ya ØgY'k]Y'6fc__c`]ž? Ufc hhYb 'i bX'Gd]bUh
- Jc``_cfbdxfcXi _hY'k]Y'<UZYfZcW_Yb 'i bX'Jc``_cfbVfch
- <Ø`gYbZfØWY hY'k]Y'6c\ bYbž'@]bgYb 'i bX'?]WY YfYfVgYb

8UfØVYf'\]bUi g']gh'X]Y'9]bbU\ a Y'j cb'dfcV]ch]gWYb
@YVYbga]hhY'b 'Y]b'k]f_i b[gj c``Yf'5bgUhñni f': ØfXYfi b['Y]bYf
[Ygi bXYb'A]_fcV]chU''DfcV]ch]_U'Ybh\ U'hYb ``YVYbXY
A]_fccf[Ub]ga Ybž'X]Y'Y]bYb'dcg]hjj Yb'9]bZi gg'Ui Z'X]Y'8Ufa ZcfU
Ui gØVYb '_ØbbYb"Ni 'XYb'dfcV]ch]gWYb '@YVYbga]hhY'b'nÀ\`Yb.

- >[\i fh'a]h``YVYbXYb'?i `hi fYb
- ?YZ]f
- : Yfa Ybh]YfhYg'; Ya ØgY'k]Y'GUI Yf_fUi h'i bX'?ja WY]
- ?ca Vi WU

BYVYb'XYf'9fbÀ\ fi b['g]bX'Ui WY '@YVYb ggh]`ZU_hc fYb 'j cb
6YXYi hi b["9]b'Ub[Ya YggYbYg'A U» 'Ub'? ØfdYf']WYf'5_h]j]hÀh
ZØfXYfh'b]WYh'bi f'X]Y'U``[Ya Y]bY':]hbYggž'gcbXYfb' _Ubb'Ui WY'X]Y
8]j Yfg]hÀh'XYf'8Ufa a]_fcV]chU'Yf\ Ø\Yb" GdcfhYf'gc``hYb
fY[Y'a À»]['hfU]b]YfYbž'k cVY]gck c\``5i gXUi Yf! 'U'g'Ui WY
? fUZhhfU]b]b[']b'XYb'HfU]b]b[gd'Ub']b hY[f]Yfh'k YfXYb'gc``hYb"

8 UfØVYf` \]bUi g` _Ubb `XYf` GwX `UZ` Y]bYb `Yf\ YV`]wX Yb `9]bZi gg` Ui Z X]Y` A]_fcV]chU`\ UVYb" `I bni fY]wX YbXYf` cXYf` gWw `YwX hYf` GwX `UZ _Ubb `XUg` ; `Y]wX [Yk]wX h` XYf` 8Ufa ZcfU` ghØfYb" `8U\ Yf` gc` `hYb Gdcfh` Yf` Ui Z`Ui gfY]wX YbXYb` i bX` ei U`]hUhj` \c wX k` Yfh][Yb` GwX `UZ UWw hYbži a`]\fY` 8Ufa [Ygi bX\ Y]h` ni` cdh]a]YfYb"

8Yf` GhfYgg`Yj Y``\ Uh`YVYbZU`g`i ba]hhY`VUfY`5i gk]f_i b[Yb`Ui Z X]Y`A]_fcV]chU"<`<c\Yf`GhfYgg`_Ubb`ni`Y]bYf`8mgV]cgY`ZØ\ fYbžX]Y g]wX`bY[Uhj`Ui Z`X]Y`J YfxUi i b[`i bX`X]Y`BÀ\ fghcZZUi ZbU\ a`Y Ui gk]f_h`A`Yh\cXYb`ni f`GhfYggfYXi _h]cbžk]Y`A`YX]hUh]cbžMc[U cXYf`5hYa ØVi b[Ybžgc`hYb`]b`X]Y`Fci h]bY`j cb`Gdcfh`Yfb]b hY[f]Yfh`k`YfXYbži a`]\fY`a`YbhU`Y`i`bX`_ØfdYf`]wX Y`;`Ygi`bX\ Y]h ni`ZØfXYfb"

Ni gUa a`YbZUggYbX`Aggh`g]wX`gU[Ybž`XUgg`Gdcfh`Yf`Xi`fWw`Y]bY Ui g[Yk c[YbY`9fbÀ\ fi b[žfY[Y`a`À»][Y`6Yk`Y[i`b[ž[i`hYb`GwX`UZ i`bX`GhfYgga UbU[Ya`Ybh`ghfUhY[]gWw`X]Y`;`Ygi`bX\ Y]h`]\fYf A`_fcV]chU`cdh]a`]YfYb`_ØbbYb" `8]YgY`A`U»`bU\ a`Yb`hFU[Yb`b]wX`h bi`f`ni`f`J`YfVYggYfi`b[`XYf`gdcfh`]wX`Yb`@Y]ghi`b[ž`gcbXYfb`Ui`wX`ni`a`U`[Ya`Y]bYb`K`c\`VY]bXYb`VY]ž`]bXYa`g]Y`XUg =a`a`i`bgmghYa`ghÀf`Yb`i`bX`X]Y`J`YfxUi`i`b[gž`b`h]cb`i`b hYfghØhnYb"

: Un]h` `8]Y`Gma`V]cgY`j`cb`Gdcfh`i`bX
8Ufa [Ygi`bX\ Y]h

ø`XYf`5bU`mgY`XYf`k`YwX`gY`gY]h[Yb`6Yn]Y\ i`b[`nk`]gWw`Yb`Gdcfh`i`bX`8Ufa [Ygi`bX\ Y]h`k`]fX`XYi`h]wX`z`XUgg`X]Y`A`_fcV]chU`Y]bY`Yb`hgWw`Y]XYb`XY`F`c`Y`gd]Y`h`gck`c\`b`XYf`J`YfxUi`i`b[`U`g`Ui`wX`]b`XYf`gdcfh`]wX`Yb`@Y]ghi`b[``8]Y`9f[YVb]ggY`nY][Ybž`XUgg`Y]bY[Yn]Y`hY`6YY]bZi`ggi`b[`XYf`Ni`gUa`a`YbgYhni`b[`XYf`8Ufa`a`_fcV]chU`Xi`fWw`_ØfdYf`]wX`Y`6YhÀh][i`b[`b]wX`h`bi`f`X]Y`:]hbYgg`i`bX`5i`gXUi`Yf`j`cb`Gdcfh`Yfb`ghY][Yfb`_Ubbž`gcbXYfb`Ui`wX`XYfYb`U`[Ya`Y]bY`;`Ygi`bX\ Y]h`ZØfXYfh"

8]Y`9f`Ybbhb]ggY`ØVYf`XYb`9]bZi`gg`j`cb`6Yk`Y[i`b[`Ui`Z`X]Y`A`_fcV]chU`i`b hYfghfY]wX`Yb`X]Y`B`h`k`YbX][_Y]h`gdcfh`]wX`Y`5_hj`]hÀhYb`U`g`]b hY[fU`Yb`6YghUbXhY]`Y]bYf`[Ub`n\ Y]h`]wX`Yb

GhfUhY[]Y`ni f`J YfVYggYfi b[`XYf`8Ufa [Ygi bX\Y]h`ni `VYhfUW\hYb"
8UfØVYf`\]bUi g`k YfXYb`Xi fW\ `Ub\Uggi b[gZÀ\][Y`9fbÀ\ fi b[g!
i bX`@VYbgh]`ghfUhY[]Yb`[Yn]Y`hY`A U» bU\`a Yb`j cf[YghY``hž`X]Y
Gdcfh`Yf`i b\hYfgh\hnyb`_ØbbYbž`\fY`A]_fcV]chU`]a`G]bbY`XYf
@Y]ghi b[gghY][Yfi b[`i bX`XYg`K c\`VYZ]bXYbg`ni `cdh]a]YfYb"

≠`Ni _i bZh`gc``hY`X]Y` : cfgW\i b[`k Y]hYf[Y\YbXY`Ghi X]Yb
Xi fW\ZØ\fYbž`i a`X]Y`_ca d`YI Yb`≠`hYfU_h]cbYb`nk]gW\Yb`XYf
A]_fcV]chUž`XYa`]bX]j]Xi Y``Yb`Gdcfhj Yf\U`hYb`i bX`XYf
U``[Ya`Y]bYb` ; Ygi bX\Y]h`ni `YbhgW\`ØggY`b``≠`g[YgUa h
j YfXYi h]W\h`X]YgYf`Ni gUa a Yb\Ub[`X]Y`6YXYi hi b[`Y]bYf
žc_i gg]YfhYb`<YfUb[Y\Ybgk Y]gY`Ub`X]Y`8Ufa [Ygi bX\Y]h`U`g
GW\`ØggY``ni f`J YfVYggYfi b[`XYf`gdcfh]W\Yb`@Y]ghi b[gZÀ\][_Y]h
i bX`XYf`U``[Ya`Y]bYb`@VYbgei U]hÀh"

8YhU]`g

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