

# MEIN FITNESS

Gdcfh'i bX'A i g]\_. '8 ]Y 'VYghYb 'D`Um`]ghg

Gdcfh'i bX'A i g]\_. '8 ]Y 'VYghYb 'D`Um`]ghg'CV']a ': ]hbYgggh X]cž  
 VY]a 'x[ [ Yb 'cXYf'VY]a 'HfU]b]b[ 'ni '<Ui gY ' 'A i g]\_ 'i bX  
 Gdcfh[ Y\Yb '<UbX']b '<UbX" '8 ]Y 'f]W h][ Y 'A i g]\_Ui gk U\ ``\_Ubb  
 i bg'ni gAhn`W Y '9bYf[ ]Y 'i bX'A ch]j Uh]cb 'ZØf'i bgYfY  
 K cf\_ci hg'[ YVYb" 'b 'X]YgYa '5fh]\_Y `ghY ``Yb 'k ]f'X]Y 'VYghYb  
 D`Um`]ghg'ZØf'j YfgW ]YXYbY 'GdcfhUfhYb 'j cf" '8 ]Y 'K ]W h][ \_Y]h  
 XYf'A i g]\_ 'VY]a 'Gdcfh'A i g]\_ 'UhY]bY 'dcg]h]j Y 'K ]f\_i b[ 'Ui Z  
 i bgYfY 'Gh]a a i b[ 'i bX '\_Ubb 'i bgYfY '@Y]ghi b[ 'VY]a 'Gdcfh  
 j YfVYggYfb" 'I bhYfgi W i b[ Yb '\UVYb '[ YnY][ hž'XUgg'A i g]\_  
 UXg'; Y Y ]fb 'gh]a i 'Yfh'i bX'A ch]j Uh]cbž'5i gXUi Yf'i bX  
 ?cbnYbfUh]cb 'ghY][ Yfh" 'G]Y '\_Ubb 'Ui W a YfnYb 'i bX  
 5bghfYb[ i b[ Yb 'k A\ fYbX 'XYg 'HfU]b]b[ g 'fYXi n]YfYb" '9]bY  
 [ i hY 'HfU]b]b[ ga i g]\_ '\_Ubb '\Y`ZYb 'GhfYgg' / Ua dΛY ``]d/



Gdcfh'i bX'A i g]\_. '8 ]Y 'VYghYb 'D`Um`]ghg

CV']a ': ]hbYgggh X]cž'VY]a 'x[ [ Yb 'cXYf'VY]a 'HfU]b]b[ 'ni '<Ui gY '  
 A i g]\_ 'i bX 'Gdcfh[ Y\Yb '<UbX']b '<UbX" '8 ]Y 'f]W h][ Y 'A i g]\_Ui gk U\ ``\_Ubb  
 i bg'ni gAhn`W Y '9bYf[ ]Y 'i bX'A ch]j Uh]cb 'ZØf'i bgYfY  
 K cf\_ci hg'[ YVYb" 'b 'X]YgYa '5fh]\_Y `ghY ``Yb 'k ]f'X]Y 'VYghYb  
 D`Um`]ghg'ZØf'j YfgW ]YXYbY 'GdcfhUfhYb 'j cf"

8 ]Y 'K ]W h][ \_Y]h'XYf'A i g]\_ 'VY]a 'Gdcfh

A i g]\_ '\Uh'Y]bY'dcg]h]j Y'K ]f\_i b[ 'Ui Zi bgYfY'Gh]a a i b[ 'i bX'\_Ubb  
i bgYfY '@Y]ghi b[ 'VY]a 'Gdcfh]j YfVYggYfb" 'I bHfYfgi W h i b[ Yb '\UVYb  
[ YnY][ hž'XUgg'A i g]\_ 'XUg'; Y\]fb 'gh]a i 'Yfh'i bX'A ch]j Uh]cbž  
5i gXUi Yf'i bX?cbnYbhfUh]cb 'ghY][ Yfh'G]Y '\_Ubb 'Ui W h 'GW a YfnYb  
i bX'5bghfYb[ i b[ Yb 'k A\ fYbX'XYg'HfU]b]b[ g'fYXi n]YfYb"

9]bY'[ i hY'HfU]b]b[ ga i g]\_ '\_Ubb '\Y'ZYb 'GhfYgg'UVni VUi Yb 'i bX'i bg  
]b'XYb' : 'ck 'ni 'j YfgYhnYbž'Y]b 'Ni ghUbX'Yf\ Ø\hYf'DfcXi \_h]j ]hAh  
i bX': fYi XY''9]bY'[ i hY'a i g]\_U'gW Y'6Y[ 'Y]hi b[ '\_Ubb 'Ui W h 'X]Y  
5V'Yb\_i b[ 'j cb 'GW a YfnYb 'ZØfXYfb 'i bX'\Y'ZYbž'X]Y'NY]h'k A\ fYbX  
XYg'HfU]b]b[ g'gW bY'Yf'j Yf[ Y\Yb 'ni 'UggYb"

8 ]Y 'VYghYb 'D`Um`]ghg 'ZØf 'j YfgW ]YXYb Y  
GdcfhUfhYb

%" '@Ui ZYb 'i bX'x[ [ Yb .

' @Ui ZYb 'i bX'x[ [ Yb 'ghY]bY'XYf'VY]YVhYghYb 'GdcfhUfhYbž'i bX'X]Y  
f]W h][ Y'A i g]\_ '\_Ubb 'XYb '@Ui ZgdU» 'bcW 'ghY][ Yfb" '6Y]X]YgYa  
Gdcfh]gh'Yg'k ]W h][ ž'Y]bYb'[ i hYb 'F \mh\ a i g'ni 'Z]bXYbž'XYf'i bg  
a ch]j ]Yfh'i bX']a 'HU\_h'\A'h' 'D`Um`]ghg'a ]h'A i g]\_Z'X]Y'Y]bYb'[ i hYb  
6YUh'i bX'Y]bY'Yf\ Ø\hY'6DA 'f6YUhg'dYf'A ]bi hY\ Ø\UVYbž'g]bX'XYU'"  
9]b][ Y'VY']YVhY '@Ui Za i g]\_!; YbfYg'g]bX'Dcdž'FcW\_ž'9`Y\_hfc'i bX  
< ]d!< cd'< ]Yf'g]bX'Y]b][ Y'6Y]gd]Y'Y'ZØf '@Ui ZD`Um`]ghg.

' ' Dck Yf'F i b . '8]YgY 'D`Um`]gh'Ybh\A'h'YbYf[ ]Y[ Y'UXYbY '@]YXYf  
a ]h'Y]bY a 'gW bY'Yb 'F \mh\ a i g'ni 'X]Y '@Y]ghi b[ 'ni 'ghY][ Yfb 'i bX  
XYb '@Ai ZYf']b 'GW k i b[ 'ni 'Vf]b[ Yb'  
' Hcd '< ]hg'ZØfg'x[ [ Yb . '8]YgY 'D`Um`]gh'Ybh\A'h'X]Y'U\_hi Y'Yb  
7\Ufh!< ]hgž'i a 'VY]a 'x[ [ Yb 'Ui ZXYa 'bYi YghYb 'GhUbX'ni 'gY]b"  
' 6YghcZF cW\_F i bb]b[ . '8]YgY 'D`Um`]gh'Ybh\A'h'\_Ugg]gW Y'FcW!  
< ]hgž'X]Y'dYfZY\_h'g]bXž'i a 'VY]a 'x[ [ Yb ' ; Ug'ni '[ YVYb"

&"`? fUZh hfU]b ]b [ .

"`6Y]a `? fUZh hfU]b ]b [ `]gh`Yg`k ]W h][ `g]W h`Ui ZX]Y , Vi b[ Yb`ni  
\_cbnYb hf]YfYb `i bX`X]Y`f]W h][ Y`5i gZ\ fi b[ `g]W h`Yfni ghY``Yb" `A i g]\_  
\_Ubb `i bg`XUVY]`Y`ZYbž]b`XYb : c\_i g`ni ` [ Y`Ub[ Yb`i bX`i bg  
ni gÀhn`]W h`Y`9bYf[ ]Y`Z\ f`X]Y`gW k YfYb ; YK ]W hY`ni ` [ YVYb" <]Yf  
g]bX`Y]b][ Y`D`Um`ghgž`X]Y`Z\ f`XUg"? fUZh hfU]b ]b [ ` [ YY][ bYh`g]bX.

"`< YUj m`A YhU`K cf\_ci h .`8]YgY`D`Um`gh`Ybh\À`h`\UfhY`i bX  
U[ [ fYgg]j Y`A YhU`!Gcb[ gž`X]Y`XYb`6`i hži gg`Ub fY[ Yb`i bX`? fUZh`i bX  
5i gXUi Yf`ghY][ Yfb"

"`F Ud`Di a d`I d`Gcb[ g .`8]YgY`D`Um`gh`VYghY\h`Ui g  
a ch]j ]YfYbXYb`F Ud`!Gcb[ gž`X]Y`XYb`]bbYfYb`?Àa dZYf`Yfk YW\_Yb  
i bX`i bg`ni `< ÒW gh`Y]ghi b[ Yb`Ub gdcfbYb"

"`9d]W`bghfi a YbhU`g .`8]YgY`D`Um`gh`Ybh\À`h`]bghfi a YbhU`Y  
GhÒW\_Y`Ui g`j YfgW k YXYbYb ; YbfYg`k ]Y`C fW k YghYfž: ]`a a i g]\_`i bX  
Y`Y\_hfc b]gW k Y`A i g]\_ž`X]Y`i bgYfY`9bYf[ ]Y`ghY][ Yfb`i bX`i bg`Xi fW k  
gW k YfY , Vi b[ Yb`Z\ fYb"

"`"Mc[ U`i bX`9b hgdUb b i b[ ghfU]b ]b [ .

"`6Y]`Mc[ U`i bX`9b hgdUb b i b[ ghfU]b ]b [ ` [ Y\h`Yg`XUfi a ž`XYb` ; Y]gh  
ni `VYfi \][ Yb`i bX`]b`9]b\_`Ub[ `a`jh`XYa`?ÒfdYf`ni `ca a Yb"  
GUbZhY`i bX`a YX]hUh]j Y`A i g]\_`]gh`\]Yf`j cb`JcfhY`<]Yf`g]bX`Y]b][ Y  
D`Um`ghg`Z\ f`Mc[ U`i bX`9b hgdUb b i b[ ghfU]b ]b [ .

"`"Mc[ U`7\]`ci h .`8]YgY`D`Um`gh`Ybh\À`h`Yb hgdUb b Yb XY`A i g]\_ž  
X]Y`XYb` ; Y]gh`VYfi \][ h`i bX`i bg`]b`Y]bYb`a YX]hUh]j Yb`Ni ghUbX  
j YfgYhnh"

"`5a V]Ybh`Gci bXgW dYg .`8]YgY`D`Um`gh`VYghY\h`Ui g  
Uha cgd\Àf]gW k Yb`?`Àb[ Yb`i bX`B Uh f[ YfÀi gW k Ybži a `F i \Y`i bX  
; Y`UggYb\Y]h`ni `Z\ fXYfb"

"`NYb`A i g]\_`Z\ f`9b hgdUb b i b[ .`8]YgY`D`Um`gh`Ybh\À`h  
hfUX]h`cbY``Y`NYb`A i g]\_`i bX`a YX]hUh]j Y`A Y`cX]Ybži a `Y]bY  
\Ufa cb]gW k Y`i bX`Yb hgdUb b hY`5ha cgd\ÀfY`ni `gW k UZZYb"

< Ài Z][ ` [ YghY``hY` : fU[ Yb

%"·K Ufi a ·]gh·A i g]\_·VY]a ·Gdcfh·gc·k ]WX h][ 3

"A i g]\_·\_Ubb·i bgYfY·Gh]a a i b[ ·dcg]h]j ·VYY]bZi ggYb i bX·i bgYfY  
@Y]ghi b[ ·VY]a ·Gdcfh·ghY][ Yfb"·G]Y\_·Ubb·i bg·a ch]j ]YfYbžXYb  
: c\_i g]j YfVYggYfb i bX·X]Y·NY]h·gWX bY·Yf] Yf[ Y\Yb ·UggYb"  
5i » YfXYa \_Ubb·A i g]\_·\Y·ZYbžGWa YfnYb i bX·5bgfYb[ i b[ Yb  
VY]a ·HfU]b]b[ ·ni ·fYXi n]YfYb"

&"·K Y·WX Yg"; YbfY ·]gh·Ua ·VYghYb ·ZØf·XUg·HfU]b]b[  
[ YY][ bYh3

"8Ug"; YbfYžXUg·Ua ·VYghYb ·ZØf·XUg·HfU]b]b[ [ YY][ bYh]ghž\Àb[ h  
j cb·XYf·GdcfhUfh·i bX·XYb ·]bX]j ]Xi Y·Yb·Jcf]YVYb ·UV"·6Y]  
]bhYbg]j Yb i bX·YbYf[ ]Y[ Y·UXYbYb·K cf\_ci hg·g]bX; YbfYg·k ]Y·Dcdž  
FcWž9·Y\_hfc i bX·<]d!<cd·VY·]YVh"·6Y]·Mc[ U·i bX  
9bhgdUbibi b[ ghfU]b]b[ ·g]bX·gUbZhY i bX·a YX]hUh]j Y; YbfYg·k ]Y  
7\]·ci h·i bX·NYb!A i g]\_·[ YY][ bYh"

' "·K ]Y·Z]bXY·]WX·X]Y·f]WX h][ Y·A i g]\_·ZØf·a Y]b  
HfU]b]b[ 3

"I a ·X]Y·f]WX h][ Y·A i g]\_·ZØf·XY]b ·HfU]b]b[ ·ni ·Z]bXYbž·\_Ubbgh·Xi  
j YfgWX]YXYbY·A i g]\_!GhfYUa ]b[ !8 ]YbghY·bi hnYbžX]Y·gdYn]Y·Y  
D·Um`]ghg·ZØf·j YfgWX]YXYbY·GdcfhUfhYb ·UbV]YhYb"·8i ·\_Ubbgh·Ui WX  
bUWX·D·Um`]ghg·j cb ·UbXYfYb ·Gdcfh·Yfb ·cXYf·HfU]bYfb ·gi WX Ybž i a  
·bgd]fUh]cb ·ni ·Z]bXYb"·DfcV]YfY·j YfgWX]YXYbY; YbfYg·i bX·Gcb[ g  
Ui g·i bX·Z]bXY·\YfUi gžk Y·WX Y·A i g]\_·X]WX·Ua ·VYghYb·a ch]j ]Yfh  
i bX·XY]bY·@Y]ghi b[ ·ghY][ Yfh"

( "·Gc ·hY ·]WX ·]a a Yf·X]YgY·VY·D·Um`]gh·j Yfk YbXYb  
cXYf·fY[ Y·a ·À» ][ ·k YWX gY·b 3

''9g`\_Ubb`j cb`J cfhY]`gY]bžfY[ Y`a Á»][ `X]Y`D`Um`ghg`ni `k YW gY`bž  
i a `5Vk YW g`i b[ `ni `UVYb`i bX`XUg`HfU]b]b[ `]bhYfYggUbh`ni  
`U`hYb`BYi Y`Gcb[ g`i bX`; YbfYg`\_ÒbbYb`ni gÀhn`]W Y`A ch]j Uh]cb  
Vf]b[ Yb`i bX`j Yf\ ]bXYfbž`XUgg`X]Y`A i g]\_ ``Ub[ k Y]`][ `k ]fX``8 i  
\_Ubbgh`Ui W j YfgW ]YXYbY`D`Um`ghg`ZØf`j YfgW ]YXYbY`D\ UgYb  
XY]bYg`HfU]b]b[ g`j Yfk YbXYbž`n"6"Y]bY`D`Um`gh`ni a `5i Zk Áfa Yb  
i bX`Y]bY`UbXYfY`ni a `]bhYbg]j Yb`HfU]b]b[ "

: Unjh

8 ]Y`f]W h][ Y`A i g]\_ `Ubb`i bg`XUVY]`Y`Zbž`XUg`6YghY`Ui g  
i bgYfYa`HfU]b]b[ `YfUi gni \c`Yb`D`Um`ghg`a`]h`YbYf[ ]Y[ Y`UXYbYf  
A i g]\_ `ÒbbYb`i bg`a ch]j ]YfYb`i bX`i bgYfY`@Y]ghi b[ `ghY][ Yfb`9g  
]gh`k`]W h][ ž`X]Y`A i g]\_ `Ub`X]Y`Yk`Y]`[ Y`GdcfhUfh`Ubni dUggYb`i bX  
; YbfYg`ni `k Á\`Ybž`X]Y`i bg`dYfgÒb`]W`a ch]j ]YfYb`DfcV]YfY  
j YfgW ]YXYbY`D`Um`ghg`Ui g`i bX`Z]bXY`YfUi gž`k Y`W Y`A i g]\_ `Ua  
VYghYb`ni `XY]bYa`HfU]b]b[ `dUggh`5`gc`gW bUdd`X]f`XY]bY  
?cd\ÒfYfž`k Á\`Y`XY]bY`@YV`]b[ ga`i g]\_ `i bX`[ Yb]Y» Y`XUg  
HfU]b]b[ °

8 YhU]`g

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