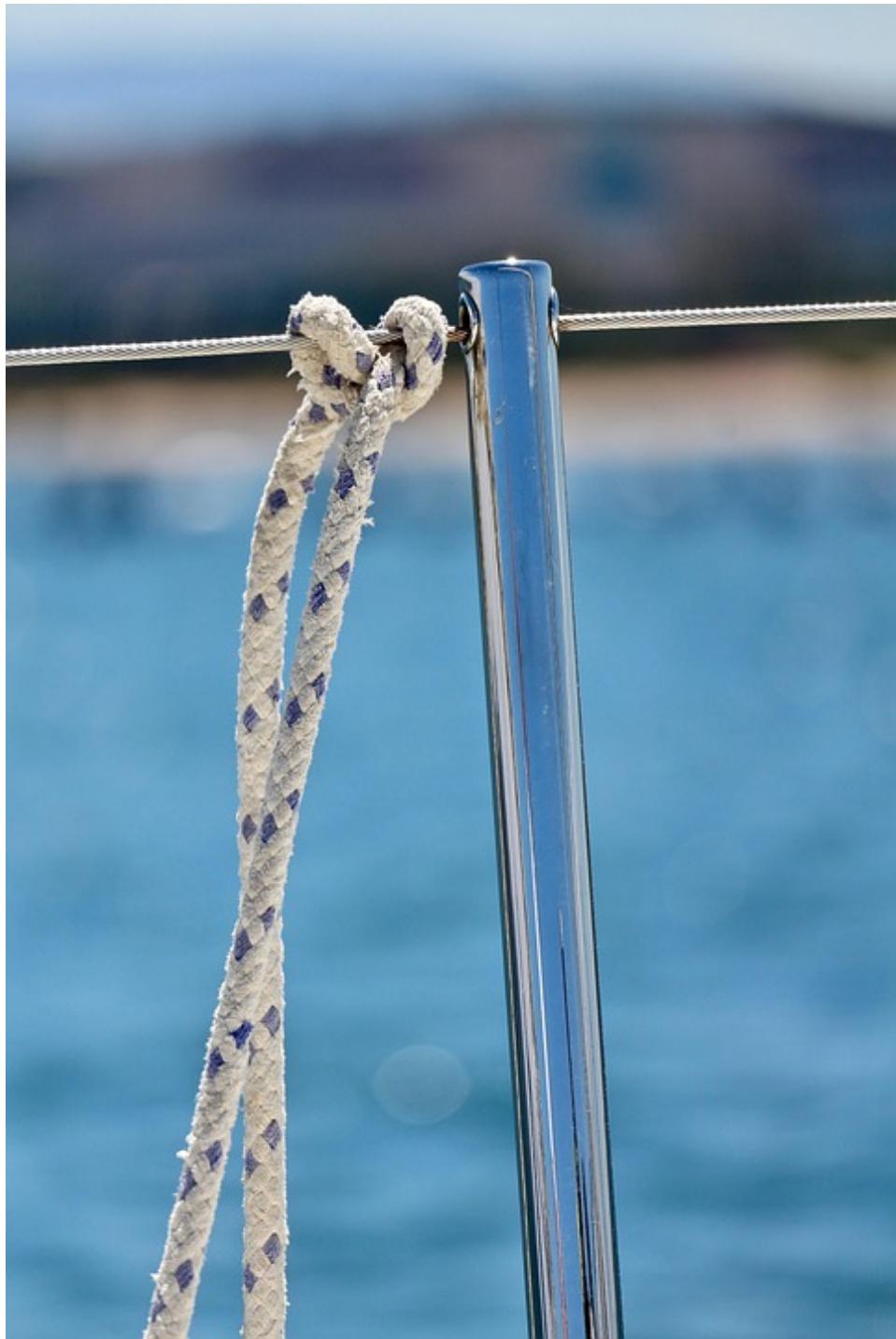


MEIN FITNESS

Gdcfh'i bX'B UW\ \U'h][_Y]h.
I a k Y`hVYk i ggh'hfU]b]YfYb

8]Y`k Y`hk Y]hY'Gdcfh]bXi ghf]Y`\Uh]b'XYb`YhnhYb`J\fnY\bhYb
Y]bYb`VY]gd]Y`cgYb`K UW\ ghi a ggW\ i V`YfZU\fYb\XYf'b]W\ h
bi f'X]Y': fY]nY]h[YghU`hi b['i bX'XUg`bhYfYggY'Ub'gdcfh]W\ Yb
5_h]j]hÀhYb`fYj c`i h]cb]Yfh'\Uh\gcbXYfb'Ui W\ `Yf\YV]W\ Y
Ô_c`c[]gW\ Y`5i gk]f_i b[Yb'a]h'g]W\ `Vf]b[h"
GdcfhY]bf]W\ hi b[Yb'i bX'!j YfUbghU`hi b[Yb`hfU[Yb`cZhni
Y]bYa`Yf\Ò\hYb`F Yggci fW\bj YfVfUi W\zY]bYf`[YghY][YfhYb
5VZU`dfcXi _h]cb'i bX'Y]bYf'a Ugg]j Yb`?c\`YbghcZZYa]gg]cb
VY]"`bh`5bVYhfUW\h'X]YgYf`<YfUi gZcfXYfi b[Yb`]gh'Yg
i bYf`Agg`]W\zX]Y`Ô_c`c[]gW\ Yb`c`[Yb`X]YgYf`9bhk]W\`i b[Yb
ni`UbU`mg]YfYb`i bX'[YY][bYhY`@Ogi b[Yb`ni`ZjbXYb"``a
YfghYb`5VgW\ b]hh'k YfXYb`k]f'X]Y`j]Y`ZÀ`h][Yb`Ô_c`c[]gW\ Yb
5i gk]f_i b[Yb`j cb`GdcfhY]bf]W\ hi b[Yb`i bX
!j YfUbghU`hi b[Yb`i bhYfgi W\Yb\`i a`Y]b`VYggYfYg
J YfghÀbXb]g`ZØf'X]Y`I a k Y`hUi gk]f_i b[Yb`XYf`GdcfhVfUbW\ Y
ni`Ybhk]W\Y`b"8UfUi Z]b`k]Xa`Yb`k]f`i bg`bUW\ \U'h][Yb
HfU]b]b[ga`Yh\cXYb`/ Ua`d\Y`])d/



8]Y `k Y `hk Y]hY `Gdcfh]bXi ghf]Y `\'Uh`]b `XYb ``YhnhYb `U\ fnY\ b hYb
Y]bYb `VY]gd]Y ``cgYb `K UWX ghi a ggWX i V `YfZU\ fYbZXYf`b]WX h`bi f`X]Y
: fY]nY]h[YghU`hi b[`i bX `XUg` `bhYfYggY `Ub `gdcfh`]WX Yb `5_h]j]hÀhYb
fYj c`i h]cb]Yfh`\ UhZ`gc bXYfb `Ui WX `Yf\ YY`]WX Y `O_c`c[]gWX Y
5i gk]f_i b[Yb `a]h`g]WX `Vf]b[h` `GdcfhY]bf]WX hi b[Yb `i bX
!j YfUbghU`hi b[Yb `hfU[Yb `cZh`ni `Y]bYa `Yf\ O\ hYb
F Yggci fWX bj YfVfUi WX Z`Y]bYf`[YghY][YfhYb `5VZU``dfcXi _h]cb `i bX
Y]bYf`a Ugg]j Yb `?c\ `YbghcZZY a]gg]cb `VY]"` `5bVYhfUWX h`X]YgYf

< YfUi gZcfXYfi b[Yb]gh`Yg`i bYf`Agg`]W_Xž`X]Y`O_c`c[]gW_XYb` : c`[Yb X]YgYf`9bhk]W_`i b[Yb`ni `UbU`mg]YfYb`i bX`[YY][bYhY`@Ogi b[Yb`ni Z]bXYb`"

=a`YfghYb`5VgW_Xb]hh`k YfXYb`k]f`X]Y`j]Y`ZÀ`h][Yb`O_c`c[]gW_XYb 5i gk]f_i b[Yb`j cb`GdcfhY]bf]W_Xhi b[Yb`i bX`!j YfUbghU`hi b[Yb i bhYfgi W_XYbž`i a`Y]b`VYggYfYg`J YfghAbXb]g`ZØf`X]Y I a k Y`hUi gk]f_i b[Yb`XYf`GdcfhhvfbUbW_XY`ni `Yb`h`k]W_`b`"8UfUi Z`]b k]Xa Yb`k]f`i bg`bUW_X\U`h][Yb`HfU]b]b[ga`Yh\cXYb`i bX`XYb dchYbn]Y`Yb`J cfhY]Ybž`X]Y`X]YgY`ZØf`GdcfhYf`a`]hg]W_X`Vf]b[Yb _O`bbYb`"GW_X`]Y`»`]W_X`k`YfZYb`k`]f`Y]b`Yb`6`]W_`]b`X]Y`Ni`_i`bZh`i`bX YfØfhYfb`X]Y`DYfgdY`h]j`Yb`XYf`Gdcfh]bXi`ghf]Y`\`]bg]W_Xh`]W_X`Y]b`Yf i a k Y`hZFYi`bX`]W_XYb`HfUb`gZcfa`Uh]cb`"N]Y`X]YgYg`5fh]`Y`g`]gh`Ygž X]Y`Bch`YbX][`_Y]h`Y]b`Yf`bUW_X\U`h][Yb`<YfUb[Y\`Yb`gk`Y]gY`]a` Gdcfh`ni`_j`YfXYi`h`]W_XYb`i`bX`K`Y[Y`Ui`Zni`nY][Ybž`k`]Y`gck`c` 5h\`YhYb`U`g`Ui`W_X`Cf[Ub]gUh]cbYb`ni`f`FYXi`n]Yfi`b[`XYf` O_c`c[]gW_XYb`": i`»UVXfØW_XY`VY]hfU[Yb`_O`bbYb`"

² _c`c[]gW_XY`5i`gk`]f_i`b[Yb`j`cb`GdcfhY]bf]W_Xhi`b[Yb`i`bX` !j`YfUbghU`hi`b[Yb`]gh`Y]b`Yb`hgW_XY]XYb`XYg`H\`Ya`U`]b`XYf` 8]g_i`gg]cb`i`a`X]Y`B`UW_X\U`h][`_Y]h`XYg`Gdcfhg`J`cb`XYf`D`Ubi`b[V]g`ni`f`5i`gZØ\`fi`b[`UVYb`X]YgY`9]bf]W_Xhi`b[Yb`Y]b`Y`J`]Y`nU\`j`cb` O_c`c[]gW_XYb`5i`gk`]f_i`b[Ybž`X]Y`gcf[ZÀ`h][`VYhfUW_Xh`h`k`YfXYb` a`ØggYb`"øgVYgcbXYfY`X]Y`6Ui`k`Y]gYž`XYf`6Yhf]YV`i`bX`XYf` 5VZU`a`UbU[Ya`Yb`h`DfcnYgg`g]bX`6YfY]W_XYž`X]Y`?Yfbdi`b_hY` i a k Y`hZFYi`bX`]W_XYf`GhfUhY[]Yb`XUfghY`Yb`"

9]b`k`YgYbh]W_XYf`5gdY`h]gh`XYf`J`YfVfUi`W_X`j`cb`F`Yggci`fW_Xb` k`À\`fYbX`XYf`9ff]W_Xhi`b[`j`cb`GdcfhUb`U[Yb`"8Yf`9]bgUh`j`cb` bUW_X\U`h][`Yb`6Ui`a`UhYf]U`]Ybž`k`]Y`f`YWhW_Xh`Ya`6Yhcb`cXYf` G7` nYfh]Z]n]YfhYa`<c`nž`_Ubb`X]Y`I`a`k`Y`hUi`gk`]f_i`b[Yb`g`][`b]Z]_Ubh`gYb`_Yb`"J`]Y`a`cXYfbY`GdcfhUb`U[Yb`]b`hY`[f]YfYb` 9b`Yf[]YYZZ]n]Yb`n`]b`]f`Y`D`Ubi`b[`ž`i`a`XYb`9b`Yf[]Yj`YfVfUi`W_X k`À\`fYbX`]\`f`Yf`@YVYbgXUi`Yf`ni`a`]b]a`]YfYb`"8]Yg`_Ubb`Xi`fW_X HYW_Xbc`c[]Yb`k`]Y`gc`UfVYhf]YVYbY`6Y`Yi`W_Xhi`b[`cXYf`

Ui hca Uh]gWX Y'6Y`ØZhi b[ggmghYa Y'YffY]WX h'k YfXYb"

8 UfØVYf`\]bUi g`]gh'XYf'K UggYfj YfVfUi WX `]b[GdcfhY]bf]WX hi b[Yb Y]b 'VYXYi hYbXYg`Ø_c`c[]gWX Yg`H\Ya U"·GhUX]cbfUgYb `i bX GWX k]a a VÀXYf'VYbØh][Yb `[fc» Y'A Yb[Yb`K UggYfžX]Y`]b`j]Y`Yb FY[]cbYb`_bUdd`k YfXYb"·øbcj Uh]j Y`K UggYfa UbU[Ya Ybh! GmghYa Y`i bX`X]Y`J Yfk YbXi b[`j cb`FY[Ybk UggYf`_ØbbYb`XUni VY]hfU[YbžXYb`J YfVfUi WX `ni `fYXi n]YfYb"·9]bY`VYk i gghY`D`Ubi b[ž X]Y`VY]gd]Y`gk Y]gY`X]Y`DZUbnYbk U\`Ui Z`XYa `; Y`ÀbXY VYfØW_g]WX h][hž`_Ubb`YVYbZU`g Y]bYb`dcg]h]j Yb`9]bZI gg`Ui Z`XYb K UggYfVYXUfZ`UVYb"

9]b`k Y]hYfYf`k]WX h][Yf`Di b_h`g]bX`X]Y`HfUb gd c fhY a]gg]cbYb`]a Ni gUa a Yb\Ub[`a]h`Gdcfhj YfUbghU`hi b[Yb"·8]Y`5bfY]gY`j cb HY]bY\`a Yfb`i bX`Ni gWX Ui Yfb`j Yfi fgUWX Yb`Y]bYb`Yf\YV`]WX Yb 7C &! 5i gghc» "·J YfUbghU`hYf`_ØbbYb`Xi fWX`X]Y`·ØfXYfi b[`j cb ØZZYbh]WX Yb`J Yf`Y\fga]hhY`b`i bX`7Ufdcc`]b[!Cd h]cbYb`ni f F YXi _h]cb`XYf`9a]gg]cbYb`VY]hfU[Yb"·Ni gÀhn`]WX`_ØbbYb` : U\ ffUXghUh]cbYb`i bX`g]WX YfY`5VghY`a Ø[`]WX`Y]hYb`ZØf : U\ ffÀXYf`Y]b[Yf]WX hYh`k YfXYbži a`i a k Y`hZfYi bX`]WX Y 5`hYfbUh]j Yb`ni `i b hYfghØhnYb"

I`b hYfbY\`a Yb`i bX`Gdcfhj YfY]bY`_ØbbhYb`Ui WX`ØVYf`Y]bY j`YfVYggYfhY`5VZU`VYk]fhgWX UZhi b[`bUWX XYb`Yb"·8Yf`9]bgUhñ j`cb`k`]YXYfj Yfk YbXVUfYb`A UhYf]U`]Ybžk`]Y`a Y\fk Y[`6YWX Yfb`i bX`; YgWX]ffž`_Ubb`X]Y`A Yb[Y`Ub`9]bk Y[d`Ugh`_j`Yff]b[Yfb"·6Y] X]YgYa`5bgUhñ`_Ubb`Ui WX`X]Y`Ni gUa a YbUfVY]h`a]h`c_U`Yb`F YWmWX]b[gmghYa Yb`Y]bY`k]WX h][Y`Fc`Y`gd]Y`Yb"

Ni a`VYggYfYb`J YfghÀbXb]g`XYf`Ø_c`c[]gWX Yb`5i gk]f_i b[Yb`j cb GdcfhY]bf]WX hi b[Ybž`gh`X]Y`Zc`[YbXY`HUVY`Y`ni`VYhfUWX hYbž`X]Y X]Y`i b hYfghWX]YX`]WX Yb`U_hcfYb`ni gUa a YbZUggh

: U_hcf

5i gk]f_i b[

A Ø[`]WX`Y]hYb`ni f J`YfVYggYfi b[

6Ui k Y]gY	<c\Yf`FYggci fWXbj Y fVfUi WX	J`Yfk YbXi b[bUWX \U`h][Yf A UhYf]U`]Yb
------------	----------------------------------	---

: U_hcf	5i gk]f_i b[A Ò[`]WX_Y]hYb ni f J YfVYggYfi b[
9bYf[]Yj YfVfUi WX	7C &!9a]gg]cbYb	æ d`Ya Ybh]Yfi b[j cb `YfbYi YfVUfYb 9bYf[]Yb
K UggYfj YfVfUi WX	, VYfb i hni b[`j cb K UggYffYggci fWXb	F Y[Ybk UggYfb i hni b [`i bX `YZZn]YbhY F UgYbVYk ÁggYfi b[
HfUbgdcfh	9f\Ò\hY J Yf_Y\fgYa]gg]cbYb	^ ZZYbh]WX Y J Yf_Y\fga]hhY` ZÒfXYfb
5VZU`a UbU[Ya Ybh	J YfgWX a i hni b[Xi fWX `D`Ugh]_	9]bZ\fi b[`j cb A Y\fk Y[Ub[YVchYb

=b`5bVYhfUWX h`X]YgYf` : U_hcfYb `k]fX `XYi h`]WX ž`XUgg
 GdcfhY]bf]WX hi b[Yb `i bX `!j YfUbghU`hi b[Yb `gck c\`
 < YfUi gZcfXYfi b[Yb `U`g`Ui WX `DchYbn]U`Y `V]YhYbž`i a `X]Y
 Ò_c`c[]gWX Y `6]`Ubn`XYg`Gdcfhg`ni `j YfVYggYfb" `9]bY `dfcU_h]j Y
 < YfUb[Y\Ybgk Y]gY `Ub `bUWX \U`h][Y `DfU_h]_Yb `Ubb `b]WX h`bi f`ni f
 GWXcbi b[`j cb `F Yggci fWXbž`gcbXYfb `Ui WX `ni f`9f\U`h`b[`XYf
 I a k Y`h`VY]hfU[Ybž`X]Y `j]Y`Yb `GdcfhUfhYb `ni [fi bXY ``]Y[h` `8 Ug
 6Yk i gghgY]b `i bX `X]Y `6YfY]hgWX UZh`ni f`J YfAbXYfi b[`]b `XYf
 GdcfhVfUbWX Y `g]bX `Yb hgWX Y]XYbX `ZÒf`Y]bY `i a k Y`hZfYi bX`]WX Y
 Ni _i bZh"

B UWX \ U`h][Y `HfU]b]b[ga Yh\cXYb `i bX `]\fY
 J cfhY]`Y `ZÒf`Gdcfh`Yf

8]Y `æ d`Ya Ybh]Yfi b[`bUWX \ U`h][Yf`HfU]b]b[ga Yh\cXYb `\\Uh]b `XYb
 `YhnhYb `J\`fYb `Ub `6YXYi hi b[` [Yk cbbYb " `Gdcfh`Yf`i bX `HfU]bYf
 Yf_YbbYb `ni bY\`a YbXž`XUgg`I a k Y`h`VYk i gghgY]b `Ui WX `]b `XYf
 K Y`h`XYg`Gdcfhg`Y]bY `nYbhfU`Y `Fc ``Y `gd]Y`h` `8]YgY `A Yh\cXYb
 ZÒfXYfb `b]WX h`bi f`X]Y ` _ÒfdYf]WX Y `; Ygi bX\Y]h`XYf`5h`YhYbž
 gcbXYfb `hfU[Yb `Ui WX `ni f`Ò_c`c[]gWX Yb `B UWX \ U`h][`_Y]h`VY]"

9]bYf`XYf` <Ui dhj cfhY]`Y `bUWX \ U`h][Yf`HfU]b]b[ga Yh\cXYb `]gh`X]Y
 f`FYXi n]Yfi b[`XYg`Ò_c`c[]gWX Yb `: i » UVXfi W_gf ` `8]Yg`_Ubb
 Xi fWX `j YfgWX]YXYbY `5bgÀhnY `YffY]WX h`k YfXYbž`k]Y `Yhk U.

- A i `h]! Gdcfh! HfU]b]b[. `bhY[fUh]cb`j YfgW]YXYbYf
GdcfhUfhYbžia`XYb`6YXUfZUb`gdYn]U`g]YfhYb
HfU]b]b[gfÀi a`]W]hYb`ni`a]b]a]YfYb"
- B Uhi fc]Ybh]YfhYg`HfU]b]b[. Bi hni b[`j cb`DUf_gž
K À`XYfb`i bX`UbXYfYb`bUhØf`]W]Yb`I a [YVi b[Yb`UbghY`Y
j cb`_Øbgh`]W]Yb`5b`U[Yb"
- 8][]hU`Y`HfU]b]b[g`Ògi b[Yb. `C b`]bY!K cf_ci hg`i bX`5dd!
[YghØhnhY`Dfc[fUa a Y`fYXi n]YfYb`FY]gY_cghYb`i bX
9a]gg]cbYb"

9]b`k Y]hYfYf`JcfhY`bUW\U`h][Yf`HfU]b]b[ga Yh\cXYb`]Y[h`b`XYf
t\ dgmW c`c[]gW Yb` ; Ygi bX\Y]h`XYf`5h`YhYb\`t`"I bYfgi W\i b[Yb
nY][YbžXUgg`5h`YhYbžX]Y`]b`XYf`B Uhi f`hU]b]YfYb`cXYf
i a k Y`hZfYi bX`]W]Y`DfU_h]_Yb`Ubk YbXYbžcZh`Y]bY`\Ø\YfY
@YVYbgni Zf]YXYb\Y]h`i bX`k Yb][Yf`GhfYgg`Ya dZ]bXYb"
; Ya Y]bgUa Y`HfU]b]b[gY]b\Y]hYb`]b` ; fi ddYb`ZØfXYfb`ni XYa`XUg
; Ya Y]bgW UZhg[YZØ\`i bX`X]Y`gcn]U`Y`J YfUbhk cfhi b["

B UW\U`h][Y`HfU]b]b[ga Yh\cXYb`_ØbbYb`Ui W\`ni f
t\ J YfVYggYfi b[`XYf`d\mg]gW Yb`@Y]ghi b[t\ VY]hU[Yb`"9]b
UVk YW\g`i b[gY]W Yg`HfU]b]b[žXUg`9`Ya YbhY`k]Y`? fUZhž
5i gXUi Yf`i bX`YI`]V`]hÀh`_ca V]b]Yfhž`ZØ\fh`ni`Y]bYf
Ui g[Yk c[YbYb`9bhk]W`i b[`i bX`j Yff]b[Yfh`XUg`F]g]_c`j cb
, VYf`Ughi b[`i bX`J Yf`Yhni b[Yb`"8i fW\`XYb`c_i g`Ui Z`bUhØf`]W]Y
6Yk Y[i b[gUV`Ài ZY`_ØbbYb`Gdcfh`Yf`]\fY`HYWb]`cdh]a]YfYb"

8 UfØV`Yf`\]bUi g`g]bX`bUW\U`h][Y`HfU]b]b[ga Yh\cXYb`cZh
_cghYbYZ]n]Yb\Yf`"8Yf`9]bgUhn`j cb`t\`c_U`Yb`F Yggci fW\`b\`i bX
X]Y`A]b]a]Yfi b[`j cb`A UhYf]U`j YfVfUi W\`fYXi n]YfYb`X]Y`5i g[UVYb
ZØf`HfU]b]b[g[YfÀhY`i bX`FY]gYb`"bh]h]Uhjj Yb`_ØbbYb`Xi fW\`[Ya Y]bgW UZh`]W]Y`5bgÀhnY`fY`Yj UbhY
GmbYf[]Yb`gW UZZYb`i bX`FYggci fW\`b`YZZ]n]Ybh`bi hnYb"

I a`X]Y`JcfhY`Y`bUW\U`h][Yf`HfU]b]b[ga Yh\cXYb`k Y]hYf`ni
j YfXYi h`]W]Ybž]gh`X]Y`Zc`[YbXY`HUVY`Y`]\ZfY]W].

JcfhY`

² _c`c[]gW Yf`i »UVXfi W_

9f`Ài hYfi b[

FYXi n]Yfi b[`Xi fW\`c_U`Y

JcthY	9t Al hYfi b[HfU]b]b[gi a [YVi b[Yb'i bX X][]hU`Y @Ogi b[Yb
DgmW]gWY; Ygi bX\Y]h	J YfVYggYfi b[`Xi fW B Uhi f_cbhU_h'i bX`gcn]U`Y =b hYfU_h]cb
D\mg]gWY @Y]ghi b[C dh]a]Yfi b[`Xi fW UVk YWg`i b[gfY]WY HfU]b]b[ga Yh\cXYb
?cghYbYZ]n]Ybn	F YXi n]Yfi b[`j cb'5i g[UVYb Xi fW `Bi hn]b[``c_U`Yf F Yggci fWb

þbg[YgUa h'nY][Yb 'X]YgY·5gdY_hYž'XUgg'X]Y·þhY[fUh]cb
bUW\U'h][Yf'HfU]b]b[ga Yh\cXYb'b]W\h'bi f'Y]bY'i ba]hhY`VUfY
dcg]h]j Y·5i gk]f_i b['Ui Z'X]Y·5h\YhYb '\Uhž'gcbXYfb'Ui W\Y]bY
k]W\h][Y'Fc``Y']a '<]bV']W_Ui Z'X]Y·J YfUbhk cfhi b['XYg'Gdcfhg
[Y[YbØVYf'XYf'I a k Y'h'gd]Y'h'·8]Y'GmbYf[]Y'nk]gW\Yb
'Y]ghi b[gc f]Yb h]Yf hYa 'HfU]b]b['i bX'Ò_c`c[]gW\Yf'J YfUbhk cfhi b[
_ÒbbhY'XYf'GWW'ØggY`ni 'Y]bYf ni _i bZhgZÀ\][Yb 'Gdcfh_i `hi f'gY]b"

DYfgdY_h]j Yb 'XYf'Gdcfh]bXi ghf]Y 'ZØf'Y]bY
i a k Y`hZfYi bX`]WY Ni _i bZh

8]Y'Gdcfh]bXi ghf]Y'ghY\h'Ua '5bZUb['Y]bYg'h]YZ[fY]ZYbXYb
K UbXY`gž`XYf'Ui Z'bUW\U'h][Y'DfU_h]_Yb'i bX'i a k Y'hVYk i gghY
#bcj Uh]cbYb'UVn]Y'h''I a 'X]Y'Ò_c`c[]gW\Yb'<YfUi gZcfXYfi b[Ybž
a]h'XYbYb'X]Y'K Y'h'_cbZfcbh]Yfh']ghž'Ubní [Y\Ybž'a i gg'X]Y
6fUbW\Y'b]W\h'bi f'i a XYb_Ybž'gcbXYfb'Ui W\UbX'i b[gZÀ\][
k YfXYbž'i a '[fc»Y'5i gk]f_i b[Yb'ni 'Yfn]Y'Yb'"9g'[]Vh'a Y\fYfY
GW\`ØggY'VYfY]W\Yž]b'XYbYb'X]Y'Gdcfh]bXi ghf]Y'Y]bY'JcffY]hYffc``Y
ØVYfbY\ a Yb'_Ubb"

9]bYf'XYf'j]Y`j YfgdfYW\YbXghYb '5bgÀhnY `]gh`X]Y `: ØfXYfi b['j cb
†† [fØbYb 'GdcfhUb`U[Yb††žX]Y `bUW\U`h]['gck c\ ``]b `XYf`D`Ubi b[
U`g`Ui W\ `]a `6Yhf]YV`g]bX" `6Y]gd]Y`gk Y]gY ` _ØbbYb 'GdcfhghUX]Yb `a]h
†† Gc`UfYbYf[]Y†† `Ui g[YghUhhYh`k YfXYbž`i a ` `] \fYb `Ghfca VYXUfZni
XYW`Yb" `8]YqY `5b`U[Yb ` _ØbbYb `Ui » YfXYa ` `qc ` YghU`hYh`k YfXYbž

XUgg'g]Y'F Y[Ybk UggYfbi hni b[ggmghYa Y']a d`Ya Ybh]YfYbž'k Y`W\ Y X]Y'K UggYffYggci fW\ b'bUW\ \U'h]['j Yfk U'hYb"8]Y'bhY[fUh]cb X]YgYf'GmghYa Y'j Yff]b[Yfh'XYb'Ø_c`c[]gW\ Yb : i » UVXfi W_ Yf\YV']W\ i bX'X]Ybh[`Y]W\ nY]h['U'g'A cXY'''ZØf'ni _ØbZh][Y 9bhk]W\ i b[Yb"

9]b'k Y]hYfYf'5gdY_h']gh'X]Y'DfcXi _h\YfghY''i b[ž]b'XYf'bUW\ \U'h][Y A UhYf]U'Yb'i bX'HYW\ bc`c[]Yb'Y]b[YgYhnh'k YfXYb'gc``hYb" GdchfUh]Y'\\YfghY''Yf'\UVYb'X]Y'A Ø[']W\ _Y]hž'i a k Y`hZfYi bX']W\ Y A UhYf]U'Yb'k]Y'†fYW\hY'GhcZYf'V]cVUg]YfhY'?i bghghcZY ni 'j Yfk YbXYb"8UXi fW\ '_Ubb'X]Y'6fUbW\ Y'b]W\ h'bi f']\fYb'6Y]hfU[ni f'FYXi n]Yfi b['j cb'5VZU''i bX'7C&!9a]gg]cbYb''Y]ghYbž'gbXYfbUi W\']\fY'[YgUa hY'K YfhgW\ØdZ b[g_YhhY'bUW\ \U'h][Yf'[YghU'hYb": c`[YbXYg'_ØbbhY'Y]bY'a Ø[']W\ Y'HUVY''Y'X]YgYg'9b[U[Ya Ybhg j YfUbgbW\Ui ']W\ Yb.

A UhYf]U'

J c fhY']

F YW\hW\hY'Dc'mYghYf	J Yff]b[Yfh'5VZU''i bX 9bYf[]Yj YfVfUi W\
6]cVUg]YfhY'?i bghghcZY	9fbYi YfVUfY'F Yggci fW\ bž'k Yb][Yf'7C&!9a]gg]cbYb
Cf[Ub]gW\Y'6Ui a k c''Y	K Yb][Yf'W\ Ya]gW\ Y 8Øb[Ya]hhY'ž'_]bXYfZYi bX']W\

Ni gÀhn']W\ gd]Y'h'X]Y'†fB UW\ \U'h][_Y]h'j cb'J YfUbghU'hi b[Yb†f Y]bY'YbhgW\ Y]XYbXY'Fc''Y"; fc»j YfUbghU'hi b[Yb'k]Y'C'ma d]gW\ Y Gd]Y'Y'cXYf'K Y`ha Y]ghYfgW\UzhYb'\UVYb'XUg'DchYbn]U'ž'A]')]UfXYb A YbgW\Yb'ni 'YffY]W\Yb'i bX'bUW\ \U'h][Y'DfU_h]Yb'ni 'ZØfXYfb" 8]Y'a d`Ya Ybh]Yfi b['j cb'†f NYfc!K UghY'GhfUhY[]Yb†ž'X]Y : ØfXYfi b['XYf'Bi hni b['ØZZYbh]W\Yf'J Yf_Y\fga]hhY''i bX'X]Y Gw\UZZ b['j cb'i a k Y`hZfYi bX']W\Yb'5V'Ài ZYb'_ØbbYb'XUni VY]hfU[Ybž'X]Y'5i gk]f_i b[Yb'X]YgYf'9j Ybhg'Ui Z'X]Y' a k Y'h XfUgh]gW\ ni 'a]b]a]YfYb"Ni XYa '_ØbbYb'gc'W\Y'J YfUbghU'hi b[Yb U'g'D'UhZcfa Yb'X]YbYbž'i a 'i a k Y`hVYk i gghYg'J Yf\U'hYb'ni i bhYfghØhnYb'i bX'8Ya cbghfUh]cbYb'ZØf'B UW\ \U'h][_Y]h UVni \U'hYb"

8]Y'†fDUfhbYfgW\UzhYb†'nk]gW\Yb'Gdchfcf[Ub]gUh]cbYb'i bX

I a k Y`hcf[Ub]gUh]cbYb`g]bX`YYbYgc`j cb`YbhgWY]XYbXYf
6YXYi hi b["?ccdyfUh]cbYb`a]h`B; Cg`i bX`UbXYfYb
i a k Y`hVYk i gghYb`Cf[Ub]gUh]cbYb`_ObbYb`]bbcj Uhj] Y`@Ogi b[Yb
\Yfj cfVf]b[Yb`i bX`X]Y`^2 ZZYb`]WY]h`Zf`k]WYh][Y`I a k Y`hZfU[Yb
gYbg]V`]g]YfYb``8]Y`?ca V]bUh]cb`j cb`: UWk]ggYb`]a`GdcfhVYfY]W
i bX`i a k Y`hYWb]gWY Ya`?bck !\ck`_Ubb`hfUbgbZcfa Uhj] Y
Dfc Y`hY`]b`; Ub[`gYhnYb`X]Y`gck c\`XYf`B Uh f`U`g`Ui W`XYf
; Ya Y]bgWUZh`ni [i hY_ca a Yb"

GW`]Y`]W`a`i gg`X]Y`Gdcfh]bXi`ghf]Y`Ui`W`]\fY`t`6]`Xi`b[g!`i`bX
5i Z`_Af`i`b[gghfUhY`]Yb`t`_OvYfXYb`_Yb``8]Y`:_OfXYfi`b[
i a k Y`hVYk i gghYf`DfU_h`_Yb`gc`hY`b]W`h`bi`f`Ui`Z`dfc`Z`gg]cbY`Y
5h`YhYb`VYgW`fAb`h`gY]b`gcbXYfb`g]W`Ui`W`Ui`Z`5a`UhYi`fgdcfh`Yf
i bX`X]Y`VfY]hY`^2 ZZYb`]WY]h`Yfghf`Y`W`Yb``8`i`fW`G`W`i`i`b[Yb`
K`cf_g\cdg`i`bX`5i`Z`_Af`i`b[g_Ua`dU[bYb`_ObbYb
Gdcfhcf[Ub]gUh]cbYb`Y]bY`?i`hi`f`XYf`B`UW`U`h][_Y]h`gW`U`Z`Yb`X]Y
k`Y]h`OvYf`X]Y`Gdcfh`_Ah`nY`]\b`Ui`g[Y\h`

=b`g[Yg`Ua`h`]gh`X]Y`Ni`_i`bZh`XYf`Gdcfh]bXi`ghf]Y`Yb[`j`Yf_b`O`d`Zh`a`]h
]\f`Ya`9b[U[Ya`Ybh`Zf`I`a`k`Y`h`Yf`h`A`[`]W`_Y]h``8`i`fW`]bbcj`Uhj] Y
5bg`Ah`nY`z`Y]bY`i`a`Z`ugg`Yb`XY`b`UW`U`h][Y`D`U`b`b[`i`bX`6]`Xi`b[
_Ubb`X]Y`6`f`Ub`W`Y`b]W`h`bi`f`]\f`Y`Y][Yb`Yb`_O`c`c`[`]gW`Yb
: i`»`UV`X`f`W`Y`f`Y`X`i`n`Y`f`Y`b`z`g`cb`XY`fb`Ui`W`U`g`J`cf`V`X`Zf`Ub`XY`f`Y
=b`Xi`ghf]Y`b`Z`b[`]Y`f`Y`b``8`Ug`N`Y`Y]b`Y`f`i`a`k`Y`h`Z`Yi`b`X`]W`Y`b`Ni`_i`b`Zh
]gh`gck`c\`Y]b`Yh`]gW`Y`g`U`g`Ui`W`Y]b`k`]f`hg`W`U`Zh`]W`Y`g`a`d`Y`f`U`h`j`ž
XY`b`X]Y`Gdcfh]b`Xi`ghf]Y`b]W`h`][b`c`f`Y`f`Y`b`_U`bb`

8`Y`h`U`g

6`Y`gi`W`Y`b`G]Y`i`bg`Ui`Z`a`Y]b`!`Z`h`b`Y`gg`"b`Y`h