

MEIN FITNESS

Gdcfh'i bX'Ghi X]i a . '6U`UbWY'Z]bXYb

Gdcfh'i bX'Ghi X]i a . '6U`UbWY'Z]bXYb 'Gdcfh'i bX'Ghi X]i a 'g]bX
 nk Y]'k]WXh][Y'6YfY]WX Y']a '@YVYb 'Y]bYg'Ghi XYbhYb"
 K Á\ fYbX'XUg'Ghi X]i a 'X]Y'U_UXYa]gWX Y'9bhk]W_`i b[
 ZØfXYfh'V]YhYh'XYf'Gdcfh'nU\ `fY]WX Y'J cfhY]`Y'ZØf'X]Y
 _ØfdYf]WX Y'i bX'[Y]gh][Y'; Ygi bX\ Y]h"8]Y'<YfUi gZcfXYfi b[
 VYghY\ h'XUf]bž'Y]bYb 'K Y['ni 'Z]bXYbž'X]YgY'VY]XYb '5gdY_hY
]b'9]b_`Ub['ni 'Vf]b[Yb 'i bX'Y]bY[Ygi bXY'6U`UbWY'nk]gWX Yb
]\bYb'ni 'Z]bXYb" 'b'X]YgYa '5fh]_Y`'k YfXYb'k]f'i bg'a]h'XYf
 6YXYi hi b['j cb'Gdcfh]a 'Ghi X]i a 'VYZUggYb'i bX'H]ddg
 [VYVYbž'k]Y'a Ub 'X]Y'dYfZY_hY'6U`UbWY'Z]bXYh"K Ufi a ']gh
 Gdcfh'k Á\ fYbX'XYg'Ghi X]i a g'k]WXh][3'Gdcfh'\Uh'j]Y`Y
 J cfhY]`Y'ZØf'Ghi XYbhYb" 'B YVYb'XYb'cZZYbg]WX h]WX Yb
 [Ygi bX\ Y]h]WX Yb 'J cfhY]`Ybž'k]Y'XYf' / Ua dΛY``]d/



Gdcfh'i bX'Ghi X]i a . '6U`UbWY'Z]bXYb

Gdcfh'i bX'Ghi X]i a 'g]bX'nk Y]'k]WXh][Y'6YfY]WX Y']a '@YVYb 'Y]bYg
 Ghi XYbhYb" 'K Á\ fYbX'XUg'Ghi X]i a 'X]Y'U_UXYa]gWX Y'9bhk]W_`i b[

ZØfXYfhž'V]YhYh'XYf'Gdcfh'nU\`fY]WX Y'JcfhY]`Y'ZØf'X]Y'`ØfdYf`]WX Y
i bX'[Y]gh][Y'; Ygi bX\Y]h'8]Y'<YfUi gZcfXYfi b[`VYghY\h'XUf]bž
Y]bYb'K Y[`ni 'Z]bXYbž'X]YgY'VY]XYb'5gdY_hY']b'9]b_`Ub[`ni
Vf]b[Yb'i bX'Y]bY'[Ygi bXY'6U`UbW\`nk]gWX Yb']\bYb'ni 'Z]bXYb'"=b
X]YgYa'5fh]_Y`'k YfXYb'k]f'i bg'a]h'XYf'6YXYi hí b['j cb'Gdcfh]a
Ghi X]i a 'VYUggYb'i bX'H]ddg'[YVYbž'k]Y'a Ub'X]Y'dYfZY_hY
6U`UbW\`Z]bXYh"

K Ufi a ']gh'Gdcfh'k Å\ fYbX'XYg'Ghi X]i a g
k]WX h][3

Gdcfh'\Uhj]Y`Y'JcfhY]`Y'ZØf'Ghi XYbhYb''BYVYb'XYb
cZZYbg]WX h']WX Yb'[Ygi bX\Y]h']WX Yb'JcfhY]`Ybž'k]Y'XYf'GhÀf_i b[
XYg'<Yfn_fY]g`Ui ZGmghYa g'i bX'XYf'J YfVYggYfi b['XYf'5i gXui Yfž
_Ubb'fY[Y`a Å»][Yf'Gdcfh'XUg'GhfYgg]j YUi 'gYb_Yb'i bX'X]Y
Gh]a a i b['j YfVYggYfb''Ghi X]YfYb'_Ubb'gY\ f'ghfYgg]['gY]bž'a]h
'Ub[Yb'Ghi bXYb'XYg'G]hnYb'i bX'@YfbYbg" Gdcfh'V]YhYhY]bY
k]`_ca a YbY'5Vb YWX g'i b['i bX'\]Zh'XUVY]ž'XYb'?cdZ
ZfY]ni a UWYb'i bX'GhfYgg'UVni VUi Yb"

8Yg'K Y]hYfYb'j YfVYggYfh'Gdcfh'X]Y'?cbnYbfUh]cbgZÀ\][_Y]h'i bX
X]Y'_c[b]hj Y': i b_h]cb''8i fWX'X]Y'_ØfdYf`]WX Y'5_hj]hÀh'k]fx'X]Y
8i fWX V'i hí b['XYg'; Y\]fbg'Yf\Ø\hž'k Ug'ni 'Y]bYf'VYggYfYb
GUI YfghcZj Yfgcf[i b['ZØ\fh''8]Yg'_Ubb'g]WX'dcg]hj 'Ui ZXUg
@YfbYb'i bX'X]Y'A Yf_ZÀ\][_Y]h'Ui gk]f_Yb''Gdcfh'_Ubb'Ui WX'XUVY]
\Y'ZYbž'X]Y'GW\`UZe i U']hÀh'ni 'j YfVYggYfbž'k Ug'k]YXYfi a 'ni 'Y]bYf
[YghY][YfhYb'DfcXi _hj]hÀh'ja 'Ghi X]i a 'ZØ\fYb'_Ubb"

B YVYb'XYb']bX]j]Xi Y``Yb'JcfhY]`Yb'_Ubb'Gdcfh'Ui WX'XUVY]\Y'ZYbž
gcn]U'Y'?cbhU_hY'ni '_bØdZYb'i bX'XUg'gcn]U'Y'B Yhk Yf'_ni
Yfk Y]hYfb''8Ug'A]ha UWYb']b'Gdcfhj YfY]bYb'cXYf'I b]!
Gdcfh_i fgYb'V]YhYhX]Y'A Ø[`]WX'_Y]hž'; `Y]WX [Yg]bbhY
_YbbYbni 'YfbYb'i bX': fYi bXgWX UZhYb'ni 'gWX'Y»Yb''9g'_Ubb'Ui WX
Y]bY'k]`_ca a YbY'5Vb YWX g'i b['j ca 'Ghi X]i a 'gY]b'i bX'Y]bY
; Y`Y[Yb\Y]h'V]YhYbž'GdU»'ni '\UVYb'i bX'g]WX'ni 'YbhgdUbbYb"

< YfUi gZcfXYfi b[Yb 'XYf'6U`UbW\`nk]gW\ Yb
Gdcfh'i bX'Ghi X]i a

9g`]gh'b]W\h]a a Yf`Y]bZUW\z`Y]bY`[Ygi bXY'6U`UbW\`nk]gW\ Yb`Gdcfh
i bX'Ghi X]i a 'ni 'Z]bXYb"8Yf'NY]ha Ub[Y``]gh`cZh`Y]b`[fc»Yg
DfcV`Ya "5`g`Ghi XYbh`\Uh'a Ub`cZh`Y]bYb`j c``Yb`Ghi bXYbd`Ub`a]h
Jcf`Ygi b[Ybž, Vi b[Yb`i bX`DfØZ b[Yb"9g`YfZcfXYfh`XU\Yf
8]gn]d`]b`i bX`Cf[Ub]gUh]cbži a ' [YbØ[YbX'NY]h`ZØf`XYb`Gdcfh`ni
Z]bXYb" A UbW\ a U``_Ubb`Yg`Ui W\`gW\ k]Yf][`gY]bžX]Y`A ch]j Uh]cb
Ui ZfYW\ hni Yf\ U`hYbži a 'fY[Y`a À»]['ni 'hfU]b]YfYbž`YYgcbXYfg
k À\ fYbX`ghfYgg][Yf`DfØZ b[gnY]hYb"

9]bY`k Y]hYfY < YfUi gZcfXYfi b['YYghY\h`XUf]bžX]Y`f]W\ h][Y
GdcfhUfh`ni 'Z]bXYbžX]Y`ni a ']bX]j]Xi Y``Yb`NY]hd`Ub`i bX`XYb
Y][YbYb`bhYfYggYb`dUggh" A UbW\ Y`GdcfhUfhYb`YfZcfXYfb`j]Y``Y]W\ h
ni 'j]Y``NY]h`cXYf`_ØbbYb`b]W\ h]b`XYb`Ghi bXYbd`Ub`]bhY[f]Yfh
k YfXYb"9g`]gh`k]W\ h][z`Y]bY`GdcfhUfh`ni 'k À\`YbžX]Y`a Ub`[YfbY
a UW\h`i bX`X]Y``Y]W\ h]b`XYb`5``hU[']bhY[f]Yfh`k YfXYb`_Ubb"
GW\`Y»`]W\`_Ubb`XUg`6i X[Yh`Y]b`<]bXYfb]g`gY]b"J]Y`Y`Ghi XYbhYb
\UVYb`Y]b`VY[fYbnhYg`Z]bUbñ]Y``Yg`6i X[Yh`i bX`_ØbbYb`g]W\
a Ø[`]W\ Yfk Y]gY`_Y]bY`A]h[`]YXgW\ UZh`]b`Y]bYa` :]hb`Ygggh`X]c`cXYf
X]Y`HY]`bU\ a Y`Ub`VYgh]a a hYb`Gdcfhj`YfUbghU`hi b[Yb``Y]ghYb"9g
]gh`k]W\ h]['ni 'VYXYb`YbžXUgg`Gdcfh`b]W\ h`i bVYX]b[h`hYi`Yf`gY]b
a i gg"9g`[]Vhj`]Y`Y`A Ø[`]W\`_Y]hYb`ZØf`Ghi XYbhYbž`cghYb`cg`cXYf
_cghYb`Øbgh][`Gdcfh`ni `hfY]VYbžk`]Y`ni a '6Y]gd]Y``XUg`> [[Yb`]a
DUf`cXYf`XUg`Bi hnYb`XYf`GdcfhY]bf]W\ h`i b[Yb`XYf`I`b]j`Yfg]hÀh"

H]ddgž`i a 'X]Y`dYfZY`hY`6U`UbW\`ni 'Z]bXYb

I`a 'Y]bY`[Ygi bXY'6U`UbW\`nk]gW\ Yb`Gdcfh`i bX`Ghi X]i a 'ni
Z]bXYbžg]bX`\`Yf`Y]b][Y`\`ZfY]W\ Y`H]ddg.

%`Df]cf]hÀhYb`gYhnYb`GYhnY`_`UfY`Df]cf]hÀhYb`i bX`d`UbY`XY]bY`NY]h
YZZ]n]Ybh`XYbh]Z]n]YfY`X]Y`k`]W\ h][ghYb`5i Z[UVYb`ZØf`XUg`Ghi X]i a

i bX]bhY [f]YfY XYb Gdcfh'gc 'k Y]h'k]Y 'a Ø[`]WX 'b XYb HU[YgUV`Ui Z⁹g '_Ubb '\]ZfY]WX 'gY]bž'Y]bYb ZYghYb HfU]b]b[gd`Ub 'ni 'YfghY ``Ybž i a 'g]WX Yfni ghY ``Ybž XUgg [YbØ[YbX NY]h'ZØf'XYb Gdcfh'Y]b[Yd`Ubh k]fX"

&"'B i hnY X]Y F Yggci fWXb XYf' b]j Yfg]hÀh 'J]Y`Y 'i b]j Yfg]hÀhYb \UVYb GdcfhY]bf]WX hi b[Yb 'i bX Gdcfhdfc [fUa a Y ZØf'Ghi XYbhYb" =bZcfa]YfY X]WX ØVYf X]Y '5b[YVchY XY]bYf' b]j Yfg]hÀh'i bX 'bi hnY X]YgY A Ø[`]WX _Y]hYb" '9g '_Ubb 'Ui WX '\]ZfY]WX 'gY]bž'g]WX 'UbXYfYb Ghi XYbhYb Ubni gWX 'Ybž X]Y 'À\ b]WX Y =b hYfYggYb '\UVYb 'i bX [Ya Y]bgUa 'Gdcfh'hfY]VYb"

' "'; `YI]V`]hÀh 'GY] ZYI]VY 'i bX cZZYb ZØf' j YfgWX]YXYbY GdcfhUfhYb i bX '!U_h]j]hÀhYb" K Ybb 'Y]bY GdcfhUfh'Ui g'NY]ha Ub[Y ``cXYf UbXYfYb'; fØbXYb 'b]WX h'a UWVUF]ghž'dfcV]YfY 'Y]bY 'UbXYfY 'Ui g" 9g '[]Vh]j]Y`Y 'j YfgWX]YXYbY A Ø[`]WX _Y]hYbž'g]WX 'gdcfh]WX 'ni VYhÀh][Ybž'gY] 'Yg'Xi fWX 'XUg HfU]b]b['a ' :]hb Yggghi X]cž'XUg '@Ui ZYb]a 'DUF_ž'XUg Gd]Y`Yb 'j cb 'A UbbgWX UZhggdcfhUfhYb 'cXYf'XUg 'Mc [U ni ' <Ui gY"

("GYhnY fYU 'gh]gWX Y 'N]Y `Y . 'GYhnY X]f'fYU 'gh]gWX Y 'N]Y `Y ZØf'XYb Gdcfh'i bX XUg Ghi X]i a " '8Ug': YghY [Yb 'j cb 'N]Y `Yb '_Ubb 'XUVY] \Y`ZYbž'a ch]j]Yfh'ni 'V`Y]VYb 'i bX 'Y]bY '6U`UbWX 'nk]gWX Yb 'VY]XYb 6YfY]WX Yb 'ni 'Z]bXYb" '9g ']gh'k]WX h] [ž'g]WX 'b]WX h'ni 'j]Y ' j cfni bY\ a Yb 'i bX 'g]WX 'b]WX h'ni 'ØVYfZcfXYfb"

) "GY 'VghZØfgcf[Y. ' J Yf[]gg 'b]WX h'Ui ZX]WX 'gY 'Vgh'ni 'UWX hYb" '8Yf Gdcfh']gh'nk Uf'k]WX h] [ž'UVYf 'Yg ']gh'Ui WX 'k]WX h] [ž'Ui gfY]WX YbX 'ni gWX 'UZYbž'g]WX ' [Ygi bX 'ni 'YfbÀ\ fYb 'i bX ' [YbØ[YbX NY]h'ZØf 9bhgdUbbi b['i bX 'gcn]U`Y '5_h]j]hÀhYb 'ni '\UVYb" '9]bY Ui g[Yk c[YbY 'K cf_!@ZY!6U`UbWX ']gh'Yb hgWX Y]XYbXž'i a 'gck c\ ``]a Ghi X]i a 'U`g'Ui WX ']a 'Gdcfh'YfZc ' [fY]WX 'ni 'gY]b"

<Ài Z][' [YghY ``hY ': fU[Yb

%" 'K]Y 'j]Y 'NY]h'gc ``hY 'a Ub 'XYa 'Gdcfh'k À\ fYbX

XYg`Ghi X]i a g`k]Xa Yb 3

8]Y`NY]h`X]Y`a Ub`XYa`Gdcfh`k]Xa Yh`_Ubb`Y`bUW`]bX]j]Xi Y``Yb
Jcf]YYb`i bX`NY]hd`Ub`j Uf]]YfYb`9g`k]fX`Ya dZc\`Ybž`a]bXYghYbg
%) \$`A]bi hYb`a cXYfUhY`_OfdYf`]W`Y`5_h]j]hAh`dfc`K cW`Y
Ui gni ØVYb`J]Y`Y`Ghi XYbhYb`Z]bXYb`Yg`\]ZfY]W`ž`Yhk U`!(`A U`dfc
K cW`Y`\$!(`A]bi hYb`ZOf`XYb`Gdcfh`Y]bni d`UbYb`9g`]gh`k]W`h][ž
Y]bY`fYU`]gh]gW`Y`NY]h`ni`Z]bXYbž`X]Y`]b`XYb`Ghi bXYbd`Ub`dUggh
i bX`b]W`h`ni`j]Y``NY]h`ca`Ghi X]i a`]b`5bgdfi W`b]a a h"

&``Gc``hY`a Ub`g]W`Y\Yf`ZOf`Y]bY
A Ub`bgW`UZhggdcfhUfh`cXYf`Y]b`]bX]j]Xi Y``Yg
HfU]b`]b`Y`b`hgW`Y]XYb 3

8]Y`K`U\``nk`]gW`Yb`Y]bYf`A`UbbgW`UZhggdcfhUfh`cXYf`Y]bY
]bX]j]Xi Y``Yb`HfU]b`]b`\\Àb`h`j`cb`XYb`dYfg`Ob`]W`Yb`J`cf`]YYb`i`bX
N]Y`Yb`UV`A`UbbgW`UZhggdcfhUfh`Yb`V]YhYb`X]Y`A`Ø[`]W`_Y]h`gc`n]U`Y
?cbhU`h`ni`_bØdZYb`i`bX`HYua`[Y]gh`ni`Yb`hk`]W`Y`bž`k`À\`fYb`X
]bX]j]Xi Y``Yg`HfU]b`]b`a`Y\`f`:`YI`]V`]h`Àh`i`bX`I`bUV\`Àb`][`_Y]h
Yfa`Ø[`]W`h`6Y]XY`C`d`h`cb`Yb`UV`Yb`]f`Y`Y`[Y`b`Yb`J`cfh`Y`Y`i`bX`Yg
_Ubb`\]ZfY]W`gY]bž`VY]XY`Ui`gni`dfc`V`Yf`Yb`i`bX`ni`gY`Ybž`k`Y`W`Y
VYgg`Yf`ni`a`]bX]j`]Xi`Y``Yb`@`YVY`bggh`i`bX`XYb`bhY`f`Ygg`Yb`d`Ugg`Yb`"

'``K`]Y`_Ubb`a`Ub`X]Y`A`ch]j`Uh]cb`Ui`ZfY`W`hYf`U`hYbž`
fY`[Y`a`À»`][`Gdcfh`ni`hfY]VYb 3

8]Y`A`ch]j`Uh]cb`_Ubb`a`UbW`a`U`Y]bY`<`Yf`Ui`gZcfXYfi`b`[`gY]bž`
VY`g`b`XY`fg`k`À\`f`Y`b`X`gh`f`Y`gg`][`Yf`NY]h`Y`b`]a`Ghi`X]i`a`<`]Yf`g`]bX
Y]b`][`Y`H`ddgž`i`a`X]Y`A`ch]j`Uh]cb`Ui`ZfY`W`hni`Yf`U`hYb`.

`:]bXY`Y]bY`GdcfhUfh`X]Y`X]f`GdU`a`UW`h`i`bX`X]Y`Xi`[`Yfb`Y
a`UW`gh`"
`GY`h`Y`X]f`f`Y`U`]gh]gW`Y`N]Y`Y`i`bX`VY`c\`bY`X]W`ZOf`Y`ff`Y]W`h`Y
A`Y`Y`b`gh`Y]b`Y`"

'Gi WXY'bUWX'Y]bYa 'HfU]b]b[gdUfhbYf'cXYf'gWX`]Y» Y'X]WX'Y]bYf
Gdcfh[fi ddY'Ubž'i a 'X]WX'[Y[YbgY]h]['a ch]j]YfYb ni '_ÒbbYb"
'A UWXY'XYb'Gdcfh'ni 'Y]bYf'ZYghYb'Fci h]bY'i bX'ZØ[Y']\b
fY[Y'a À»]['b'XY]bYb'HU[YgUV`Ui ZY]b"
'8Yb_Y'XUfUbž'XUgg'XYf'Gdcfh'X]f'XUVY]'`]Zhž'GhfYgg'UVni VUi Yb
i bX'XY]bY'_ÒfdYf']WX Y'i bX'[Y]gh][Y'; Ygi bX\Y]h'i bX'_Ubb

: Unjh

8]Y'6U'UbWX'nk]gWX Yb'Gdcfh'i bX'Ghi X]i a 'ni 'Z]bXYbž'_Ubb'Y]bY
< YfUi gZcfXYfi b['gY]bž'UVYf'Yg']gh'a Ò[']WX" Gdcfh'V]YhYhj]Y`Y
JcfhY]Y'ZØf'X]Y'_ÒfdYf']WX Y'i bX'[Y]gh][Y'; Ygi bX\Y]h'i bX'_Ubb
XUni 'VY]hfU[Ybž'XYb'ghfYgg][Yb'Ghi X]YbU`hU['ni 'VYk À'h][Yb"
=bXYa 'a Ub'Df]cf]hÀhYb'gYhnhž'ZYI]VY`']gh'i bX'fYU']gh]gWX Y'N]Y`Y
gYhnhž'_Ubb'a Ub'Y]bY'[Ygi bXY'6U'UbWX'YffY]WX Yb'i bX'gck c\`']a
Gdcfh'U'g'Ui WX'ja 'Ghi X]i a 'YfZc'[fY]WX'gY]b" 8Yb_Y'XUfUbž'XUgg
Yg'k]WX h][']ghž'Ui WX'Ui Z'X]WX'gY'Vgh'ni 'UWX hYb'i bX'Y]bY
Ui g[Yk c[YbY'K cf_!@ZY!6U'UbWX'ni 'gWX UZZYb" Gc'_Ubbgh'Xi 'XUg
6YghY'Ui g'VY]XYb'K Y'hYb'\YfUi g\c`Yb'i bX'Y]b'YfZØ`hYg
Ghi XYbhYb`YVYb'ZØ\ fYb"

8YhU]`g

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