

MEIN FITNESS

HfU]b]b [gd`Àb Y `YfghY ``Yb . 'H]d d g `ZØf
5 b ZÀb [Yf `i bX `: c fh[YgWX f]hhYb Y

⇒ XYf`K Y `h`XYg `gd cfh`WX Yb `HfU]b]b [g `]gh`X]Y `D`Ubi b [`j cb
HfU]b]b [gY]b \ Y]hYb `i bX `!dfc [fUa a Yb `Y]b `YbhgWX Y]XYbXYf
Dfc nYggž`XYf `ØVYf`XYb `9fZc ` [`cXYf`A]ggYfZc ` [`j cb `Gdcfh`Yfb
i bX `5h\`YhYb `YbhgWX Y]XYb `_Ubb "8]Y `: fi bX`U[Yb `XYf
HfU]b]b [gd`Ubi b [`g]bX `j cb `nYbhfU`Yf`6YXYi hi b [ž`i a `X]Y
@Y]ghi b [`ni `a UI]a]YfYb `i bX `J Yf`Yhni b [Yb `ni `j Yfa Y]XYb "
: c fh[YgWX f]hhYb Y `A Yh\`cXYb `ni f`Cdh]a]Yfi b [`j cb
HfU]b]b [gd`Àb Yb `_Øbb Yb `Y]b Yb `YbhgWX Y]XYbXYb `l `bhYfgWX]YX
a UWk Ybž`k Ybb `Yg`XUfi a ` [Y\hž`XUg`j c ``Y `DchYbn]U ``Y]b Yg
Gdcfh`Yfg`Ui gni gWX ØdZYb "8cWX `Ui WX `X]Y `: Y\`Yf `i bX
< YfUi gZcfXYfi b [Yb `VY]`XYf `9fghY ``i b [`j cb `HfU]b]b [gd`Àb Yb
g]bX `b]WX h`ni `j YfbUWX `Agg][Yb "⇒b `X]YgYa `5fh]_Y ``k YfXYb `k]f
i bg`a]h`XYb `: fi bX`U[Yb `XYg `HfU]b]b [gd`Ubi b [gd fc nYggYgž
Zcfh[YgWX f]hhYb Yb `A Yh\`cXYb `ni f`Cdh]a]Yfi b [`j cb
HfU]b]b [gd`Àb Yb `gck]Y `XYb / Ua dΛY ``]d /



≠ XYf K Y`h`XYg`gdcfh`WYb`HfU]b]b[g`gh`X]Y`D`Ubi b[`j cb
HfU]b]b[gY]b\Y]hYb`i bX`!dfc[fUa a Yb`Y]b`YbhgWY]XYbXYf
DfcnYggž`XYf`ØVYf`XYb`9fZc`[`cXYf`A]ggYfZc`[`j cb`Gdcfh`Yfb`i bX
5h\`YhYb`YbhgWY]XYb`_Ubb"8]Y`; fi bX`U[Yb`XYf
HfU]b]b[gd`Ubi b[`g]bX`j cb`nYbhfu`Yf`6YXYi hi b[`z i a `X]Y`@Y]ghi b[
ni `a UI]a]YfYb`i bX`J Yf`Yhni b[Yb`ni `j Yfa Y]XYb"
: cfh[YgWf]hhYbY`A Yh\cXYb`ni f`Cdh]a]Yfi b[`j cb`HfU]b]b[gd`AbYb
_ObbYb`Y]bYb`YbhgWY]XYbXYb`I b\YfgWY]YX`a UWYbžk Ybb`Yg
XUfi a [Y\hž`XUg`j c``Y`DchYbn]U`Y]bYg`Gdcfh`Yfg`Ui gni gWØdZYb"
8cW`Ui W`X]Y`; Y\`Yf`i bX`<YfUi gZcfXYfi b[Yb`VY]`XYf`9fghY`i b[
j cb`HfU]b]b[gd`AbYb`g]bX`b]W h`ni `j YfbUW`Agg][Yb"≠ X]YgYa
5fh]_Y`k YfXYb`k]f`i bg`a]h`XYb`; fi bX`U[Yb`XYg
HfU]b]b[gd`Ubi b[gdfcnYggYgž`Zcfh[YgWf]hhYbYb`A Yh\cXYb`ni f
Cdh]a]Yfi b[`j cb`HfU]b]b[gd`AbYb`gck]Y`XYb`; Y\`Yfb`i bX
<YfUi gZcfXYfi b[Ybž`X]Y`VY]`XYf`9fghY`i b[`j cb`HfU]b]b[gd`AbYb
Ui ZhfYhYb`_ObbYbži bX`k]Y`a Ub`g]Y`j Yfa Y]XYhž`Y]b[Y\`YbX
VYZUggYb"

8]Y`; fi bX`U[Yb`XYg

HfU]b]b[gd`Ubi b[gdfcnYggYg

8]Y`; YghU`hi b[`Y]bYg`YZZY_h]j Yb`HfU]b]b[gd`Ub g`]gh`YbhgWY]XYbX
ZØf`XYb`9fZc`[`Y]bYg`YXYb`HfU]b]b[gdfc[fUa a g"8Yf
HfU]b]b[gd`Ubi b[gdfcnYgg`VY]b\U`hYh`Y]bY`F Y]\Y`j cb
; fi bX`U[Ybž`X]Y`VYfØW_g]W h][h`k YfXYb`a ØggYbži a
g]W Yfni ghY`Ybž`XUgg`XUg`HfU]b]b[`YZZY_h]j žg]W Yf`i bX`Ui Z`X]Y
]bX]j]Xi Y``Yb`6YXØfZb]ggY`XYg`Gdcfh`Yfg`ni [YgWb]hhYb`]gh"

Ni`XYb`[fi bX`Y[YbXYb`9`Ya YbhYb`XYg

HfU]b]b[gd`Ubi b[gdfcnYggYg`[Y\ØfYb`X]Y`ÙYbh]Zn]Yfi b[`XYf
HfU]b]b[gn]Y`Yž`X]Y`5bU`mgY`XYf`U_hi Y``Yb`;]hbYgg`XYg`Gdcfh`Yfgž
X]Y`; Ygh`Y[i b[`XYf`HfU]b]b[g]b\Ybg]hAh`i bX`!XUi Yfž`X]Y`5i gk U\`
XYf`; Vi b[Yb`i bX`X]Y`D`Ubi b[`j cb`9f\c`i b[gnY]hYb"ÙXYg`X]YgYf
9`Ya YbhY`]gh`YbhgWY]XYbX`ZØf`X]Y`9bhk]W`i b[`Y]bYg
HfU]b]b[gd`Ub gž`XYf`X]Y`6YXØfZb]ggY`XYg`Gdcfh`Yfg`YfØ`h`i bX
[`Y]W nY]h][`X]Y`J Yfa Y]Xi b[`j cb`; VYf`Ughi b[`i bX`J Yf`Yhni b[Yb

Yfa Ò[`]WX h"

8]Y`XYbh]Zn]Yfi b[XYf`HfU]b]b[gn]Y`Y`]gh`XYf`5i g[Ub[gdi b_h`XYg HfU]b]b[gd`Ubi b[gdfcnYggYg" 9g`]gh`k]WX h][ž_`UfY`i bX`gdYn]Z]gWX Y N]Y`Y`ZYghni`Y[Ybž`X]Y`a YggVUF`i bX`YffY]WX VUF`g]bX" 8]Yg`_ÒbbhY X]Y`J YfVYggYfi b[XYf`5i gXUi Yfž`X]Y`GhY][Yfi b[XYf`?fUZh`cXYf X]Y`9ffY]WX i b[`Y]bYg`VYgh]a a hYb`gdcfh]WX Yb`N]Y`g`i a ZUggYb" GcVU`X`X]Y`N]Y`Y`ZYgh[Y`Y[h`g]bXž_Ubb`XYf`HfU]b]b[gd`Ub`Ui Z X]YgY`N]Y`Y`Ui g[Yf]WX hYh`k YfXYb"

8]Y`5bU`mgY`XYf`U_hi Y``Yb` :]hbYgg`XYg`Gdcfh`Yfg`]gh`Y]b`k Y]hYfYf k]WX h][Yf`5gdY_h`XYf`HfU]b]b[gd`Ubi b[" 8i fWX`X]Y`6Yi fhY`i b[XYg`U_hi Y``Yb` :]hbYggb]j YUi g`_ÒbbYb`GWX k ÁWX Yb`]XYbh]Zn]Yfh i bX`GhÀf_Yb`[Ybi hnh`k YfXYbži a `Y]bYb`]bX]j]Xi Y``Ub[YdUgghYb HfU]b]b[gd`Ub`ni `Ybhk]W_Y`b" 8]YgY`5bU`mgY`_Ubb`Ub\UbX`j cb` :]hbYgg! HYghgž@Y]ghi b[gXUhYb`i bX`6YcVUWX hi b[Yb`XYg`Gdcfh`Yfg`YfZc`[Yb"

8]Y` : Ygh`Y[i b[XYf`HfU]b]b[g]bhYbg]hÀhi bX`!XUi Yf`]gh`j cb` YbhgWX Y]XYbXYf`6YXYi h`i b[ž`i a `g]WX Yfni ghY``Ybž`XUgg`XYf` Gdcfh`Yf`Ub[Ya YggYb`YfUi g[YZcfXYfh`k]fXž`c\`bY`ØVYf`UghYh`ni k YfXYb" 8]Yg`VY]b\U`hYh`X]Y`f]WX h][Y`6U`UbWX`j cb`bhYbg]hÀhg`i bX` F`i \Yd\UgYbži a `X]Y`5XUdh]cb`i bX`9f\c`i b[XYg`?ÒfdYfg`ni Yfa Ò[`]WX Yb"

8]Y`5i gk U\``XYf` , Vi b[Yb`]gh`Y]b`k]WX h][Yf`6YghUbXhY`XYf` HfU]b]b[gd`Ubi b[" 8]Y`5i gk U\`gc`hY`VUg]YfYbX`Ui ZXYb` HfU]b]b[gn]Y`Ybž`XYb`6YXØfZb]ggYb`XYg`Gdcfh`Yfg`i bX`XYf` J Yfa`Y]Xi b[`j cb` , VYf`Ughi b[`YfZc`[Yb`J YfgWX]YXYbY` , Vi b[Yb`_ÒbbYb`?fUZh`5i gXUi Yfž`YI`]V`]hÀh`i bX`6Yk Y[`]WX _Y]h` j YfVYggYfb`i bX`gc`XYb`[Ubñ\Y]h`]WX Yb`5bgUhn`XYg`HfU]b]b[gd`Ubgi b`hYfghØhnYb"

Ðg[YgUa`h`g]bX`X]Y` ; fi bX`U[Yb`XYg`HfU]b]b[gd`Ubi b[gdfcnYggYg` YbhgWX Y]XYbX`ZØf`X]Y`9bhk]W_`i b[`Y]bYg`YfZc`[fY]WX Yb` HfU]b]b[gd`Ubgi`ÐXYa`X]Y`HfU]b]b[gn]Y`Y`_`Uf`XYZ]b]Yfhž`X]Y` :]hbYgg`XYg`Gdcfh`Yfg`UbU`mg]Yfhž`X]Y`HfU]b]b[g]bhYbg]hÀh`i bX` !XUi`Yf`ZYgh[Y`Y[hž`X]Y` , Vi b[Yb`Ui g[Yk Á\`h`i bX`9f\c`i b[gnY]hYb`

[Yd`Ubhk YfXYbz_Ubb`Y]b`YZZY_h]j Yf`HfU]b]b[gd`Ub`Ybhk]W_Y`h
k YfXYbz_XYf`X]Y`6YXØfZb]ggY`XYg`Gdcfh`Yfg`YfZØ`h`i bX`[`Y]WX nY]h][
X]Y`J Yfa Y]Xi b[`j cb` VYf`Ugh`i b[`i bX`J Yf`Yhni b[Yb`Yfa Ø[`]WX h"

' : c fh[YgWX f]hhYbY`A`Yh\cXYb`ni`f
Cd h]a]Yfi b[`j cb`HfU]b]b[gd`ÀbYb`

6Y]`XYf`9fghY`i b[`j cb`HfU]b]b[gd`ÀbYb`[]Vh`Yg`ZcfhgWX f]hh`]WX Y
A`Yh\cXYb`ni`f`Cd h]a]Yfi b[`zX]Y`XUni`VY]hfu[Yb`_ØbbYbzX]Y
9ZZY_h]j]hÀh`i bX`9ZZ]n]Ybn`XYg`HfU]b]b[g`ni`ghY][Yfb"8]YgY
A`Yh\cXYb`VY]b\U`hYb`gdYn]ZgWX Y`GhfUhY[]Yb`i`bX`HYWX b]_YbzX]Y
XUFUi Z`UVn]Y`YbzX]Y`@Y]ghi b[`ni`j`YfVYggYfb`i`bX`J Yf`Yhni b[Yb`ni
j`Yfa`Y]XYb"=a` : c`[YbXYb`k`YfXYb`Y]b][Y`Zcfh[YgWX f]hhYbY
A`Yh\cXYb`ni`f`Cd h]a]Yfi b[`j cb`HfU]b]b[gd`ÀbYb`Yf`Ài`hYfh

%" DYf]cX]g]Yfi b[.`8]Y`DYf]cX]g]Yfi b[`]gh`Y]bY
Zcfh[YgWX f]hhYbY`A`Yh\cXYbzVY]`XYf`XYf`HfU]b]b[gd`Ub`[b
j`YfgWX]YXYbY`Nm`Yb`i`bhYfhY]h`k`fXz`i`a`X]Y`@Y]ghi b[`ni
ghY][Yfb`i`bX` VYf`Ugh`i b[`ni`j`Yfa`Y]XYb"8`i`fWX`X]Y
UVk`YWXgY`bXY`6Y`Ughi b[`i`bX`9f\c`i`b[`_ØbbYb`Gdcfh`Yf
]`fY`@Y]ghi b[gZÀ\`[_Y]h`j`YfVYggYfb`i`bX`\`fY`N]Y`Y
YZZY_h]j`Yf`YffY]WX`Yb"

&" `bX]j`]Xi`U`g]Yfi b[.`8]Y` `bX]j`]Xi`U`g]Yfi b[`j`cb
HfU]b]b[gd`ÀbYb`]gh`YbhgWX Y]XYbXz`i`a`X]Y`gdYn]ZgWX`Yb
6YXØfZb]ggY`i`bX`N]Y`Y`YXYg`Gdcfh`Yfg`ni`VYfØW_g]WX h][Yb"
`bXYa`XYf`HfU]b]b[gd`Ub`Ub`X]Y`bX]j`]Xi`Y`Yb` :`À\`[_Y]hYbz
GhÀf`Yb`i`bX`GWk`ÀWX`Yb`Ub[YdUggh`k`fXz`_Ubb`X]Y
9ZZY_h]j`hÀh`XYg`HfU]b]b[g`a`UI`ja`]Yfh`k`YfXYb"

' " 9f[`AbnYbXY`A`U`bU\`a`Yb`B`YVYb`XYa`Y][Ybh`]WX`Yb
HfU]b]b[`_ØbbYb`Yf[`AbnYbXY`A`U`bU\`a`Yb`k`]Y`9fbÀ\`fi`b[`z
FY[YbYfUh]cbghWX b]_Yb`i`bX`a`YbhU`Yg`HfU]b]b[`ni`f
Cd h]a`]Yfi`b[`XYg`HfU]b]b[gd`Ub`VY]hfu[Yb"9]b
[Ub\`Y]h`]WX`Yf`5bgUhn`VYfØW_g]WX h][h`U`Y`5gdY`hYzX]Y`X]Y
@Y]ghi`b[gZÀ\`[_Y]h`i`bX`XUg`K`c\`VYZ]bXYb`VYY]bZi`ggYb"

(" 8UhYbUbU`mgY`8]Y`J`Yfk`YbXi`b[`j`cb`8UhYbUbU`mgY`!Hcc`g

i bX`K YUfUV`Yg`_Ubb`XUni `VY]hfU[YbžXYb `HfU]b]b[gd`Ub
VUg]YfYbX`Ui Z@Y]ghi b[gXUhYb`i bX`F ØW_a Y`Xi b[Yb`ni
cdh]a]YfYb"8i fW`X]Y`_ VYfk UWk i b[`j cb
@Y]ghi b[g]bX]_UhcfYb`_ØbbYb `HfU]b]b[gd`ÀbY`[Yn]Y`h
Ub[YdUggh`i bX`j YfVYggYfh`k YfXYb"

) " : `YI]V`]hÀh`i bX`5bdUggi b[gZÀ\][_Y]h` : cfh[YgWk f]hhYbY
HfU]b]b[gd`ÀbY`gc``hYb`X]Y` : `YI]V`]hÀh`i bX
5bdUggi b[gZÀ\][_Y]h`VYfØW_g]Wk h][Ybž`i a`Ui Z
i bj cf\Yf[YgY\YbY`9fY][b]ggY`i bX`]bX]j]Xi Y`Y
: cfhgWk f]hhY`Ub[Ya`YggYb`fYU[]YfYb`ni`_ØbbYb"8]Y
: À\][_Y]hžXYb`HfU]b]b[gd`Ub`Ub`j YfÀbXYfhY`6YX]b[i b[Yb
Ubni dUggYbž]gh`Yb`hgWk Y]XYbX`ZØf`Ub[Zf]gh][Yb`9fZc`["

8]Y`5bk YbXi b[`Zcfh[YgWk f]hhYbYf`A`Yh\cXYb`ni`f`Cdh]a`]Yfi b[`j cb
HfU]b]b[gd`ÀbYb`YfZcfXYfh`Z`bX]YfhYg` : UWk`]ggYb`i`bX`9fZU\fi b[
]a`6YfY]Wk`XYg`GdcfhhfU]b]b[g"8i`fW`X]Y`[Yn]Y`hY`5bk`YbXi b[
X]YgYf`A`Yh\cXYb`_ØbbYb`GdcfhYf`i`bX`HfU]bYf`X]Y`9ZZY_h]j`]hÀh
]\fYf`HfU]b]b[gd`ÀbY`ghY][Yfb`i`bX`Ub[Zf]gh][Y`9fZc`[Y`Yfn]Y`Yb"
: Y\`Yf`i`bX`<YfUi`gZcfXYfi`b[Yb`VY`XYf
9fghY`i`b[`j`cb`HfU]b]b[gd`ÀbYb`i`bX`k`]Y
a`Ub`g]Y`j`Yfa`Y]XYh

6Y]`XYf`9fghY`i`b[`j`cb`HfU]b]b[gd`ÀbYb`_ØbbYb`j`YfgWk`]YXYbY
: Y\`Yf`Ui`ZhfYhYbž`X]Y`X]Y`9ZZY_h]j`]hÀh`XYg`HfU]b]b[g
VYY]bhfÀWk h][Yb`_ØbbYb`9g`gh`k`]Wk h][ž`g]Wk`X]YgYf` : Y\`Yf
VYk`i`ghh`ni`gY]b`i`bX`GhfUhY`]Yb`ni`Ybhk`]W_Y`bž`i`a`g]Y`ni
j`Yfa`Y]XYb"

9]b`\Ai`Z][Yf` : Y\`Yf`VY`XYf`9fghY`i`b[`j`cb`HfU]b]b[gd`ÀbYb`]gh`X]Y
J`Yfb`UWk`Agg][i`b[`XYf`]bX]j`]Xi`Y`Yb`6YXØfZb`]ggY`i`bX`N]Y`Y`XYf
HfU]b]YfYbXYb"8XYf`HfU]b]YfYbXY`\\Uh`i`bhYfgWk`]YX`]Wk`Y`N]Y`Yž
: À\][_Y]hYb`i`bX`9]bgWk fÀb`i`b[Ybž`X]Y`VY`XYf`D`Ubi`b[`Y]bYg
HfU]b]b[gd`fc`fUa`a`g`VYfØW_g]Wk h][h`k`YfXYb`a`ØggYb`b`bX`Y`a`Ub
X]Y`]bX]j`]Xi`Y`Yb`6YXØfZb`]ggY`XYf`HfU]b]YfYbXYb`b`]Wk h
VYfØW_g]Wk h][hž`_Ub`b`Yg`ni` : fi`ghfUh]cb`i`bX`a`Ub[Y`bXYf
A`ch]j`Uh]cb`_ca`a`Yb"

9]b`k`Y]hYfYf` : Y\`Yf`]gh`X]Y`_ VYf`Ughi`b[`XYf`HfU]b]YfYbXYb`C`Zh
bY][Yb`HfU]bYf`XUni`ž`ni`j`]Y`J`c`i`a`Yb`cXYf`bhYbg]hÀh`]b`XYb

HfU]b]b[gd`Ub `Ui Zni bY\`a Ybž\k Ug\`ni , VYfhfU]b]b[ž\J Yf\`Yhni b[Yb i bX\`6i fbci h\Z\`fYb\`_Ubb\`9g\`gh\`k]W\h][ž\X]Y\`HfU]b]b[gVY\`Ughi b[Ub[Ya YggYb\`ni \`Xcg]YfYbž\i a \`Ub[Zf]gh][Y\`c fhgW\h]hhY\`ni [Yk Á\`f\`Y]ghYb"

5i W\`X]Y\`a Ub[Y\`bXY\`J Uf]Uh]cb\`a \`HfU]b]b[gd`Ub\`_Ubb\`ni DfcV\`Ya Yb\`Z\`fYb\`9g\`gh\`k]W\h][ž\X]Y\`HfU]b]b[ga Yh\`cXYb\`j Yfk YbXYhž\`Ubb\`Yg\`ni \`D\`UhYUi g\`i bX @Ub[Yk Y\`Y\`ca a Yb\`9g\`gh\`k]W\h][ž\X]Y\`HfU]b]b[gd`Ub fY[Y\`a Á\`][\`ni \`j Uf]]YfYbž\i a \`ghU[b]YfYbXY\`c fhgW\h]hhY\`ni j Yfa Y]XYb"

9]b\`k Y]hYfYf\`Ái Z][Yf\`Y\`Yf\`gh\`X]Y\`ZY\`YbXY Dfc[fYgg]cbgd`Ubi b[\`J]Y\`Y\`HfU]b]YfYbXY\`V\`Y]VYb\`ØVYf\`Áb[YfY NY]h\`VY]XYbgY\`VYb\`Yk]W\h]bX\`K]YXYf\`c\`i b[gnU\`Ybž\`c\`bY]\`fY\`HfU]b]b[gVY\`Ughi b[\`ni \`Yf\`Ø\`Yb\`9g\`gh\`k]W\h][ž\Y]bY\`_`UfY Dfc[fYgg]cbgghfUhY[]Y\`ni \`Ybhk]W\`Ybž\i a \`cbh]bi]Yf\`]W\`Y : c fhgW\h]hhY\`ni [Yk Á\`f\`Y]ghYb"

I a \`X]YgY\`Y\`Yf\`ni \`j Yfa Y]XYbž\]gh\`Yg\`k]W\h][ž\Y]bYb ghfi \`hi f]YfhYb\`HfU]b]b[gd`Ubi b[gdfcnYgg\`ni \`Ybhk]W\`Ybž\`XYf\`X]Y]bX\`j]Xi Y\`Yb\`6YXØfZb]ggY\`i bX\`N]Y\`Y\`XYf\`HfU]b]YfYbXYb VYfØW\`g]W\h][h\`8UVY]`ØbbYb\`j YfgW\h]YXYbY\`A Yh\`cXYb\`i bX\`Hcc\`g ni f\`D\`Ubi b[\`z\` , VYfk UW\`i b[\`i bX\`5bdUggi b[\`XYg\`HfU]b]b[gd`Ubg Y]b[YgYhnh\`k YfXYbž\i a \`Y]bY\`Ub[Zf]gh][Y\`i bX\`bUW\`U\`h][Y HfU]b]b[gdfc[fYgg]cb\`ni [Yk Á\`f\`Y]ghYb"

\`Un]h. \`8]Y\`? i bgh\`XYf\`HfU]b]b[gd`Ubi b[

8]Y\`9fghY\`i b[\`Y]bYg\`YZZY\`h]j Yb\`HfU]b]b[gd`Ub g\`YfZcfXYfh\`Y]b h\`YZ[Y\`YbXYg\`J Yfgh\`AbXb]g\`XYf\`fi bX\`U[Yb\`XYg HfU]b]b[gdfcnYggYg\`gck]Y\`Zcfh[YgW\h]f]hhYbYf\`A Yh\`cXYb\`ni f Cdh]a \`Yfi b[\`9g\`gh\`k]W\h][ž\`Y\`Yf\`i bX\`<YfUi gZcfXYfi b[Yb\`ni]XYb]h]Z]n]YfYb\`i bX\`ni \`j Yfa Y]XYbž\i a \`XUg\`HfU]b]b[gYf\`YVb]g\`ni a UI]a]YfYb\`i bX\`J Yf\`Yhni b[Yb\`ni \`j Yfa Y]XYb"

9[U\`ž\`cV\`G]Y\`Y]b\`5bZ\`Ab[Yf\`cXYf\`Y]b\`c fh[YgW\h]f]hhYbYf\`g]bXž\`X]Y ? i bgh\`XYf\`HfU]b]b[gd`Ubi b[\`_Ubb\`Xi fW\`_cbh]bi]Yf\`]W\`Yg\`@YfbYb i bX\`5bdUggYb\`dYfZ\`h]cb]Yfh\`k YfXYb\`8i fW\`X]Y\`5bk YbXi b[\`XYf]b\`X]YgYa \`5fh]_Y\`VYgdfcW\h YbYb\`H]ddg\`_ØbbYb\`G]Y\`g]W\h YfghY\`Ybž XUgg\`Á\`f\`HfU]b]b[gd`Ub\`Á\`fY\`]hbYggn]Y\`Y\`YZZY\`h]j \`i bHfgh\`hnh\`i bX\`Á\`bYb\`XUVY]`\`Zhž\`Ub[Zf]gh][Y\`9fZc\`[Y\`ni \`Yfn]Y\`Yb\`<U\`hYb\`G]Y\`g]W\h Ub\`X]Y\`k]ggYbgW\h UZh]W\h Yb\`Df]bn]d]Yb\`i bX\`V\`Y]VYb\`G]Y\`a ch]j]Yfhž i a \`X]Y\`VYgha \`O[\`]W\h Yb\`9f[YVb]ggY\`ni \`Yfn]Y\`Yb"

8 YhU]`g

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