

MEIN FITNESS

K]Y ·]WX ·a Y]b Y ·? Yfb _fUZh ·b UWX ·Y]b Ya
 ? U]gYfgWX b]hh·k]YXYf[Yk c bbYb ·\ UVY

WX ·k Uf·b]Y ·[fc» ·]b ·D`Ub_g ·i bX ·7fi bWX Yg" ·5VYf ·j YfXUa a hž
]WX ·\ UhhY ·_Y]b Y ·5\ bi b[ž·k]Y ·c Zh ·]WX ·a Y]b Yb ·? Yfb ·]a ·5``hU[
 VYbi hnhY · ·]b ·XYf ·!6U\ b ·ghY \ Ybž ·Ui g ·XYf ·6UXYk UbbY
 ghY][Ybž; Y[YbghÀbXY ·Ui Z ·YVYb · ·V]g ·]WX ·a Y]b ·YfghYg ·?]b X
 VY_Ua " ·8 U ·ÀbXYfhY ·g]WX ·U ``Yg" ·WX ·\ UVY ·ØVYf ·Y]b Yb
 Bch_U]gYfgWX b]hh ·YbhVi bXYbž ·i bX ·gU[Yb ·k]f ·Y]b ZUWX ž ·]WX
 _cbbhY ·a]WX ·XUbUWX ·b]WX h ·Y]ba U ``Ui ZgYhnYbž ·i a ·a Y]b
 BYi [YVcfYbYg ·ni ·ZØhhYfb" ·8]Y ·GWX k Ub[YfgWX UZh ·gh ·Ub ZUb[g
 \Ufh ·ZØf ·A fYb ·? Yfbž ·UVYf ·? U]gYfgWX b]hhY ·g]bX ·Y]b Y ·gY \ f ·fYU ·Y
 CdYfUh]cb" ·9g ·YfZcfXYfh ·XUg ·8 i fWX hfYbbYb ·c XYf ·6Yk Y[Yb
 XYf ·: Ugn]Yb ·i bX ·XUg ·HfYbbYb ·XYf ·6Ui WX a i g ·Y ·bž ·i a ·ni f
 ; YVÀfa i hhYf ·fl bX ``YhnhYbX ·]WX ·ni a ·/ Ua d ·A Y ·]d /



WX ·k Uf·b]Y ·[fc» ·]b ·D`Ub_g ·i bX ·7fi bWX Yg" ·5VYf ·j YfXUa a hž ·]WX
 \Uh hY ·_Y]b Y ·5\ bi b[ž·k]Y ·c Zh ·]WX ·a Y]b Yb ·? Yfb ·]a ·5``hU[·VYbi hnhY ·
]b ·XYf ·!6U\ b ·ghY \ Ybž ·Ui g ·XYf ·6UXYk UbbY ·ghY][Ybž; Y[YbghÀbXY
 Ui Z ·YVYb · ·V]g ·]WX ·a Y]b ·YfghYg ·?]b X ·VY_Ua " ·8 U ·ÀbXYfhY ·g]WX
 U ``Yg" ·WX ·\ UVY ·ØVYf ·Y]b Yb ·Bch_U]gYfgWX b]hh ·YbhVi bXYbž ·i bX

gU[Yb`k]f`Y]bZUW\ž]W\ _cbbhY`a]W\ XUbUW\ b]W\ h`Y]ba U`
Ui ZgYhnYbž`i a `a Y]b`BYi [YVcfYbYg`ni `ZØhhYfb``

8]Y`GW\ k Ub[YfgW\ UZh`]gh`UbZUb[g`\Ufh`ZØf`Δ fYb`? Yfbž`UVYf
? U]gYfgW\ b]hhY`g]bX`Y]bY`gY\ f`fYU`Y`CdYfUh]cb`9g`YfZcfXYfh`XUg
8 i fW\ hfYbbYb`cXYf`6Yk Y[Yb`XYf` Ugn]Yb`i bX`XUg`HfYbbYb`XYf
6Ui W\ a i g_Y`bž`i a `ni f`; YVÀfa i hhYf`fl bX`YhnhYbX`]W\ ni a
6UVmLni`[Y`Ub[Yb`K Ybb`G]Y`X]YgY`A i g_Y`b`j Yf`YhñYbž
j Yff]b[Yfh`X]Yg`]\fY`? fUZh`i bX`]\fYb`6Yk Y[i b[gVYfY]W\ ``

5``Y`GW\]W\ hYb`VfUi W\ Yb`NY]h`ni a `<Y]`Yb`ž`gU[h`9a`m`Dfc`i gYž
A 8ž`j cb`A Yhfc`dc`]hUb`C 6; MB`]b`8Ybj Yfž`X]Y`Y]bY`9f`c`i b[gnY]h
j cb`Yhk U`gYW\ g`V]g`UW\ h`K cW\ Yb`Ya dZ]Y`h`f`L`Y]b`gW\ k YfYg
<YVYbž`Y]W\ hYg`; Y\Ybž` B UW\ XYf`GYW\ g!K cW\ Yb!A Uf`_Y`_ØbbYb
G]Y`X]Y`HfU]b]b[g]b`hYbg]hÀh`Yf`Ø\Yb`i bX`UbZUb[Ybž`Y]b`k Yb`[
; Yk]W\ h`ni`YYVYb`

; Y\Yb`k Uf`ZØf`a]W\ XYf`YfghY`GW\ f]hž`i a `X]YgY`A i g_Y`b`k]YXYf
]b`; Ub[`ni`Vf]b[Yb`I bX`U`g`]W\ j cb`XYa`9]bgW\ b]hh`[Y\Y]`h`k Ufž
k i gghY`]W\ ž`XUgg`Yg`Ub`XYf`NY]h`k Ufž`[Yn]Y`hYf`XUfUb`ni`UfVY]hYbž
a Y]bYb`? Yfb`k]YXYfni Yf`Ub[Yb`5VYf`k Ybb`Δ f`6Ui W\ k]Y
K UW\ Y`di XX]b[`gh`i bX`Δ fY`? ØfdYfa]hhY`j ca`GhfYgg`XYf
GW\ k Ub[YfgW\ UZh`i bX`XYf`CdYfUh]cb`[YgW\ k ÁW\ h`]ghž`_Ubb`Yg
gW\ k]Yf][`gY]bž`k]YXYf`]b`XYb`; fccj Y`ni`_ca a Yb`

; c`[YbXYg`UVY`]W\ [Y`Yfbhž`U`g`]W\ a Y]bY`? Yfb_fUZh`j Yf`cf`i bX
k]YXYfYf`Ub[hY`

```GW\ k ÁW\ Y`]gh`b]W\ h`ZØf`]a a Yf````  
=W\ `k Y]`ž`Yg`ZØ\`h`g]W\ Ubž`U`g`k ØfXYgh`Xi`b]Y`k ]YXYf`ghUf`\_gY]bž  
UVYf`Xi`k ]fgh`X]W\ Yf`c`Yb`5`g`a Y]b`9]bgW\ b]hh`j Yf`Y]`h`k Ufž  
k i fXY`]W\ VYfY]hg`ghÀf`\_Yf`i bX`\_cbbhY`Y]W\ hYf`[ Y\Ybž`Y]W\ hYfY  
8]b[ Y`Ui Z`YVYb`i bX`Àb[ Yf`ghY`Ybž`i a `a Y]b`6UVmni`k ]Y[ Yb`  
I bX`]b`[ Yk ]ggYf`K Y]gY`Uh`Yg`a ]W\ [ Y`Y\ fhž`a Y\ f`; YXi`X`a ]h`a ]f  
gY`Vgh`ni`UVYbž`k Y]`]W\ j ]Y`<`Z`VfUi W\ hY`8Ug`k ]YXYf`i a  
Yf`Ui VhY`a ]fž`[ YbYfY`a Y\ f`; YXi`X`a ]h`XYf`A i hhYfgW\ UZh`ni  
UVYb`@Ub[ gUa`i bX`ghYh`[ `gh`b`CfXbi b[ ``

''' J Yfi fhY]`Y`X]YgYb`6Ui W\`b]W\h'''

=f`6Ui W\`b]W\`XYf`GW\k Ub[ YfgW\UZh\k ]fX`g]W\`k U\`fgW\Y]b`]W\`b]W\`h`gcZcfh\k ]YXYf`Yf\c`Yb``=W\`k Uf`ØVYffUgW\h\z`XUgg`]W\`Y]b`dUUf`K cW\`Yb`b]W\`XYf`; YVi fh]a a Yf`bcW\`gW\k Ub[ Yf`Ui ggU\``8]Y`; YVÀfa i hhYf`VfUi W\`hNY]h\z i a `ni`]`fYf`; fØ»Y`j cf`XYf`GW\k Ub[ YfgW\UZh\`ni fØW\_ni \_Y\`fYb\z`UVYf`k Ug\`a ]h`Y]b]Ya`6UVm`XUf]b`gØ`]gh\z ZØ\`h`g]W\`b]W\`XYf`; YVi fh`b]W\`h\`a Y\`f`gc`gYI m`Ub``=W\`j YfghY\`Y`Yg``=W\`k Uf`Xcfh`5VYf`Yg`]gh\k ]W\`h[\ z`g]W\`b]W\`h\`a ]h`UbXYfYb`A ØhhYfb`cXYf`XYa \z k Ug\`a Ub`]b`<c``mk ccX`g]Y\`h\`ni`j Yf[ `Y]W\`Yb``fGÀb[ Yf]b`D]b\_`gh]a a h\`j c``\_ca a Yb`ni "È"

''' 5fVY]hY`X]W\`cW\``

=W\`UVY`a ]h`XYa` Y]bZUW\`Yb`7cfY`%!`?i fg`]b`a Y]b]Ya`c\_U`Yb`7cfYDck Yf`Ghi X]c`VY[ cbbYb\z`XYf`j ]Y`Y`D`Ub\_!J Uf]Uh]cbYb`VY]b`U`hYh``=W\`VY`Y[ hY`i b[ YZÀ\`f`XfY]`?i fgY`dfc`K cW\`Y`i bX`UfVY]hY`XUbb`Ub`XYb`UbXYfYb`nk Y]cXYf`XfY]HU[ Yb`ni`<Ui gY`Ub`Y]bYf`F Y]`Y`j cb`6fYhhYfb\z`Y]W\`hYb`7fi bW\`Yg`i bX`; `Y]W\`[ Yk ]W\`hgØVi b[ Yb``=f[ YbXk Ubb`Z]b[ `]W\`Ui W\`Ub\z`6UffY`ni`a UW\`Yb\z k Ug\`a Y]bYb`?Yfb`bcW\`ghÀf`Yf`a UW\`hY``

GY]Yb`G]Y`]b`YfghYf`@b]Y`[ YXi`X][ `i bX`Y\`fYb`G]Y`=fYb`?ØfdYfž`k Ybb`G]Y`k ]YXYf`Gdcfh`hfY]VYb\z i bX`hi b`G]Y`X]Yg`bUhØf`]W\`bi f`Ui Z`9a dZY\`i b[ `=fYg`5fnhYg \z gU[ h?Uh\`YYb`GUbx\z`X]Y`Y]b]Yb`D\``8``]b`6]ca YW\`Ub]\_`i bX`]gh`GYb]cf`8]fYWhc`f`c`Z`C`dYfUh]cbg`ZØf`X]Y`k Ygh`]W\`Yb`Ghi X]cg`j cb`7cfYDck Yf`M`[ U``

?Y]bY`NY]h`ZØf`Y]b`Ghi X]c3`GUbx`gW\`À[ h`X]YgY` Vi b[ Yb`j cfž`i a`fYb`?Yfb`ni`<Ui gY`ni`ghÀf`Yb``

D`Ub`\_Yb`U`hi`b[ .`@Y[ Yb`G]Y`X]Y`<UbXZÀW\`Yb`ZYgh`]b`X]Y`A UhhY`fXYb`\_Yb`G]Y`Ub`>Unn!<ÀbXY`Ui Z`XYa`6cXYb\z`ghUdY`b`G]Y`X]Y`GW\`i`hYfb`j Yfh]\_U`ØVYf`XYb`<UbX[ Y`Yb`\_Yb\z`a ]h\`j c``ghÀbX][ Yf`GhfYW\`i b[ `XYg`9``Vc[ Yb[ Y`Yb`\_g`fk À\`fYbX`G]Y`XUfUi Z`UW\`hYb\z`Y]bY` VYfXY\`bi b[ `XYg`9``Vc[ Yb[ Y`Yb`\_g`ni`j Yfa`Y]XYb\z`]; Y\`Yb`G]Y`Xi`fW\`X]Y`>VU``Yb`b]W\`i`bhYb`i`bX`ghfYW\`Yb`G]Y`X]Y`>YfgYb`b]W\`i`bhYb\z`k À\`fYbX`G]Y`X]Y`?b]YgW\`Y]VYb`ni`XYb`<ØZhYb

n]Y\Yb"·6Ui WbUVY`bUW`]bbYb`i bX`cVYb`n]Y\Yb"·GWWUi Yb`G]Y  
bUW`i bhYb`Ui ZX]Y`A UhhY`nk ]gWWYb`XYb`<UbXZAWYbži a`XYb  
<U`g`ni`j Yf`Ab[ Yfb"·fG]Y`\_ObbYb`Ui W`X]YgY`D`Ub\_!J Uf]Uh]cbYb  
Ui gdfcV]YfYbžk Ybb`G]Y`VYfY]h`g]bX"·

<U`Va cbX. `GhfYW\_Yb`G]Y`Ui g`Y]bYf`ghY\YbXYb`DcgY`X]Y`5fa`Y  
ØVYf`XYb`?cdZžj`YfV]bXYb`G]Y`X]Y`<UbXZAWYb`i bX`j`YfgWWfAb`\_Yb  
G]Y`X]Y`8Ui a`Yb"·5ha`Yb`G]Y`Y]bži a`bUW`cVYb`ni`[ fY]ZYbžUha`Yb  
G]Y`Ui g`i bX`VYi [ Yb`G]Y`g]W`XUbb`bUW`fYWWhg"]`J YfUb`Yfb`G]Y  
g]W`Xi`fW`VY]XY`·Ø»Yž\U`hYb`G]Y`<ØZhYb`i bX`6fi`gh[ YfUXY`bUW  
j`cfbY`i bX`ghfYW\_Yb`G]Y`X]Y`·]b`\_Y`GY]hYžk`À\fYbX`G]Y`X]Y  
K`]fVY`gÀi`Y`bUW`fYWWhg`VYi [ Yb"·<U`hYb`G]Y`X]Y`?fUZh`]b`VY]XYb  
5fa`Ybžk`À\fYbX`G]Y`]b`X]Y`cVYfY`fYWWhg`9W\_Y`XYg`F`Ui`a`g`[ fY]ZYb  
i`bX`ZØf`·V]g`·5hYa`nØ[ Y`Ui Z`YXYf`GY]hY`\U`hYb`·

<c\Yf`<U`Zk`Um!@]Zh. `F`]W`hYb`G]Y`X]Y`K`]fVY`gÀi`Y`a`]h`Y]bYf  
k`Y]W`Yb`?b]YVYi`[ i`b[ `dUfU`Y`ni`a`6cXYb`Ui`g`·@Y[ Yb`G]Y`X]Y  
: ]b[ Yfgd]hnyb`cXYf`<UbXZAWYb`Ui`ZX]Y`J`cfXYfgY]hY`XYf  
CVYfgWWYb`Y`·5\_hj`]YfYb`G]Y`X]Y`j`cfXYfYb`?Yfba`i`g`Y`bž`]b`XYa  
G]Y`XYb`6Ui`W`bUW`]bbYb`i`bX`cVYb`n]Y\Yb`i`bX`XYb`F`Ui`a  
nk`]gWWYb`<ØZh[ Y`Yb`i`bX`5W`gY`·Ø\`Yb`j`Yf`Ab[ Yfb"·<U`hYb`G]Y  
ZØf`·V]g`·5hYa`nØ[ Yž`VYj`cf`G]Y`g]W`i`a`\_`UddYb`cXYf`X]Y`·]b[ Yf  
ni`f`8YW\_Y`ghfYW\_Yb`"

8YhU]`g

6Ygi`W`Yb`G]Y`i`bg`Ui`Z`a`Y]b!Z]hb`Ygg`b`Yh