

# MEIN FITNESS

K UbXYfb 'ZØf': ]hbYgg. 'H]ddg'i bX'Fci hYb

K UbXYfb 'ZØf': ]hbYgg. 'H]ddg'i bX'Fci hYb 'K UbXYfb ']gh'b]W h  
 bi f'Y]bY '[ fc» Ufh][ Y'A Ø[ `]W \_Y]h'X]Y'B Uhí f'ni 'Yf\_i bXYb'i bX  
 XYb '?cdZ'ZfY]'ni 'VY\_ca a Ybž'gcbXYfb 'Ui W 'Y]bY'gY\ f  
 YZZY\_hjj Y'A Yh\cXYži a 'Zh'ni 'V'Y]VYb"9[ U`cV'5bZÀb[ Yf  
 cXYf'YfZU\fYbYf'K UbXYfYfž'K UbXYfb 'V]YhYh'Y]bY'J ]Y'nU\`  
 j cb '[ Ygi bX\Y]h]W Yb'J cfhY]Yb'i bX']gh'ni XYa 'Y]bY'Ài » Yfgh  
 [ Øbgh][ Y'i bX'ni [ Àb[ `]W Y'GdcfhUfh"=b'X]YgYa '5fh]\_Y`  
 k YfXYb 'k ]f'X]f'Y]b][ Y'bØhn]W Y'H]ddg'ZØf'YfZc'[ fY]W Yg  
 K UbXYfb '[ YVYb'i bX'j YfgW ]YXYbY'Fci hYb'j cfghY''Ybž'X]Y  
 g]W 'VYgcbXYfg'ZØf'XUg'HfU]b]b[ 'Y][ bYb"8]Y'J cfhY]Y'XYg  
 K UbXYfbg'ZØf'X]Y': ]hbYgg 'K UbXYfb ']gh'Y]bY': cfa 'XYg  
 5i gXUi Yfgdcfhgž'X]Y'j ]Y'Y'dcg]hjj Y'5i gk ]f\_i b[ Yb'Ui ZX]Y  
 \_ØfdYf']W Y'; Ygi bX\Y]h/ Ua d\Y'']d/



K UbXYfb 'ZØf': ]hbYgg. 'H]ddg'i bX'Fci hYb

K UbXYfb ']gh'b]W h'bi f'Y]bY '[ fc» Ufh][ Y'A Ø[ `]W \_Y]h'X]Y'B Uhí f'ni  
 Yf\_i bXYb'i bX'XYb '?cdZ'ZfY]'ni 'VY\_ca a Ybž'gcbXYfb 'Ui W 'Y]bY  
 gY\ f'YZZY\_hjj Y'A Yh\cXYži a 'Zh'ni 'V'Y]VYb"9[ U`cV'5bZÀb[ Yf'cXYf

YfZU\ fYbYf'K UbXYfYf'K UbXYfb 'V]YhYh'Y]bY'J ]Y`nU\ ``j cb  
[ Ygi bX\ Y]h]WX Yb'J cfhY]`Yb'i bX'gh'ni XYa 'Y]bY'Ai » Yfgh'[ Øbgh][ Y  
i bX'ni [ Àb[ `]WX Y'GdcfhUfh"« X]YgYa '5fh]\_Y`'k YfXYb'k ]f'X]f'Y]b][ Y  
bØhn`]WX Y'H]ddg'ZØf'YfZc`[ fY]WX Yg'K UbXYfb '[ YVYb'i bX  
j YfgWX]YXYbY'Fci hYb'j cfhY`YbžX]Y'g]WX 'VYgcbXYfg'ZØf'XUg  
HfU]b][ 'Y][ bYb"

8 ]Y'J cfhY]`Y'XYg'K UbXYfb g'ZØf'X]Y': ]hbYgg

K UbXYfb ']gh'Y]bY': cfa 'XYg'5i gXUi YfgdcfhgžX]Y'j ]Y`Y'dcg]hjj Y  
5i gk ]f\_i b[ Yb'Ui Z'X]Y'\_ØfdYf]WX Y'; Ygi bX\ Y]h'\Uh"  
Y]b][ Y'XYf'k ]WX h][ ghYb'J cfhY]`Y'XYg'K UbXYfb g'ZØf'X]Y': ]hbYgg.

%" J YfVYggYfhY'<Yfn! ? fY]g`Ui Z!; Ygi bX\ Y]h'K UbXYfb ']gh'Y]bY  
\Yfj cffU[ YbXY'7Ufx]c!, Vi b[ žX]Y'XUg'<Yfn! ? fY]g`Ui Z'GmghYa  
ghÀf\_h'i bX'XUg'F]g]\_c'j cb'<YfnYf\_fUb\_i b[ Yb'fYXi n]Yfh"

&" ; Yk ]WX hgj Yf'i gh'i bX'? U`cf]Ybj YfVfYbbi b[ . '8i fWX'XUg  
; Y\Yb'Ui Z'i bYVYbYb'K Y[ Yb'cXYf'6Yf[ Ui Zj YfVfYbbh'a Ub'Y]bY  
VYhfÀWX h]WX Y'A Yb[ Y'Ub'? U`cf]Yb" K UbXYfb '\_Ubb'XU\Yf'XUni  
VY]hfU[ YbžØVYfgWX Øgg][ Yg'; Yk ]WX h'ni 'j Yf']YfYb'cXYf'XUg  
; Yk ]WX h'ni '\U'hYb"

' "? fÀZh][ i b[ 'XYf'A i g\_i `Uhi f.'6Y]a 'K UbXYfb'k YfXYb'j ]Y`Y  
A i g\_Y'[ fi ddYb'U\_hj ]Yfhž]bgVYgcbXYfY'X]Y'6Y]ba i g\_i `Uhi f"  
FY[ Y'a À»][ Yg'K UbXYfb'gcf[ h'gca ]h'ZØf'Y]bY'VYggYfY'A i g\_Y'\_fUZh  
i bX'!Ui gXUi Yf"

( "GhfYggUVVUi 'i bX'VYggYfY'dgmWX]gWX Y'; Ygi bX\ Y]h.  
K UbXYfb ']b'XYf'B Uhi f'gh'Y]bY'\Yfj cffU[ YbXY'A Ø[ ']'WX \_Y]hžGhfYgg  
UVni VUi Yb'i bX'XYb'; Y]gh'ni 'YbhgdUbbYb" '9g'\_Ubb'Ui WX'X]Y  
Gh]a a i b[ 'j YfVYggYfb'i bX'Gma dhca Y'j cb'5b[ gh'cXYf  
8 YdfYgg]cb ``]bXYfb"

H]ddg'ZØf'YfZc`[ fY]WX Yg'K UbXYfb 'ni f': ]hbYgg

8 Ua ]h'XUg'K UbXYfb'Y]b'YZZY\_h]j Yg': ]hb Ygg! HfU]b]b[ 'k ]fXž]gh'Yg  
K ]W h][ ž'Y]b][ Y'H]ddg'ni 'VYUW hYb" < ]Yf'g]bX'Y]b][ Y'JcfgW`À[ Yž  
i a 'XUg'6YghY'Ui g'XY]bYb'K UbXYfi b[ Yb' \YfUi gni \c'Yb.

%' K À\`Y'X]Y'f]W h][ Y'5 i gfØghi b[ . 'bj Ygh]YfY' ]b'Y]b'[ i hYg  
DUUF'K UbXYfgW i \Yž'X]Y'XY]bYb': Ø» Yb'XYb'bØh][ Yb' < U'h'i bX  
GW i hn'V]YhYb" 'HfU[ Y'VYe i Ya Y'?'Y]Xi b[ ž'X]Y'ZØf'XUg'Yk Y']][ Y  
K YhhYf' [ YY][ bYh']ghž'i bX'b]a a 'Y]bYb'F i W\_gUW\_a ]hž'i a 'K UggYfž  
GbUW\_g'i bX'UbXYfY'k ]W h][ Y'8]b[ Y'ni 'j YfghUi Yb"

&" GhUfhY ``Ub[ gUa 'i bX'ghY][ YfY'X]W . 'K Ybb'Xi '[ YfUXY'Yfgh  
a ]h'XYa 'K UbXYfb'UbZAb[ ghž'VY[ ]bbY'a ]h'Y]W hYfYb'GhfYW\_Yb'i bX  
Yf\Ø\Y'bUW i bX'bUW\_X]Y' < YfUi gZcfXYfi b[ "8Ug'[ ]Vh'XY]bYa  
?ØfdYf'i bX'XY]bYb'A i g\_Y'b'X]Y'7\UbWž'g]W 'Ub'X]Y'6Y'Ughi b[ 'ni  
[ Yk Ø\bYb"

' "5W hY'Ui Z'X]Y' ? ØfdYf\U'hi b[ . ' < U'hY'XY]bYb'FØW\_Yb'[ YfUXY  
i bX'gW Ui 'bUW j cfbYž'k À\fYbX'Xi 'k UbXYfgh'@Y\bY'X]W ``Y]W h  
bUW j cfbY'i bX'bi hnY'XY]bY'5fa Yž'i a 'X]W 'a ' ; 'Y]W [ Yk ]W h'ni  
\U'hYb'i bX'GW k i b[ 'ni '[ YVYb"

( "8Y\ bY'X]W 'j cf'i bX'bUW\_XYa 'K UbXYfb.'A UW Y'j cf'XYa  
K UbXYfb'Y]b][ Y'8Y\ bØVi b[ Ybž'i a 'XY]bY'A i g\_Y'b'Ui Zni k Àfa Yb  
i bX'JYf'Yhni b[ Yb'j cfni VYi [ Yb" 'GhfYhW Y'X]W 'Ui W 'bUW\_XYa  
K UbXYfbž'i a 'X]Y'A i g\_Y'b'ni 'YbhgdUbbYb'i bX'A i g\_Y'\_UhYf'ni  
fYXi n]YfYb"

) "GYhnY'X]f'N]Y'Y. 'GYhnY'X]f' \_'UfY'N]Y'Y'ZØf'XY]bY  
K UbXYfhci fYbž'gY]Yg'X]Y'8]ghUbnž'X]Y' < Ø\Yba YhYf'cXYf'X]Y'NY]hž  
X]Y'Xi 'k UbXYfb'a ØW hYgh" '8Ug'[ ]Vh'X]f'A ch]j Uh]cb'i bX  
Yfa Ø[ ']W h'Yg'X]fž'XY]bY': cfhgW f]hH Y'ni 'j YfZc'[ Yb"

K UbXYffci hYb'ZØf': ]hb Ygg

9g'[ ]Vh'nU\`fY]W Y'K UbXYffci hYbž'X]Y'g]W 'VYgcbXYfg'ZØf'XUg  
HfU]b][ 'Y][ bYb" < ]Yf'g]bX'Y]b][ Y'JcfgW`À[ Y'ZØf'Fci hYb' ]b  
8Yi hgW 'UbXž'X]Y'j YfgW ]YXYbY'GW k ]Yf][ \_Y]hg[ fUXY'i bX

@UbXgWX UZhY b 'V]YhYb.

%"·F \ Y]b ghY][ `fGWk ]Yf][ \_Y]hg[ fUX. 'a ]hhY`Ł '8 Yf·F \ Y]b ghY][ 'gh  
Y]b " &\$ '?]`ca YhYf`Ub[ Yf: Yfbk UbXYfk Y[ žXYf`j cb '6cbb 'V]g'bUWX  
K ]YgVUXYb ZØ\fh`A ]hUhYa VYfUi VYbXYb '5i gg]WX hYb 'Ui Z'XYb  
F \ Y]b 'i bX 'gY]bY 'I a [ YVi b[ 'gh'XYf·F \ Y]b ghY][ 'Y]bY '[ fc» Ufh][ Y  
Fc i hYži a '5i gXUi Yf'i bX '?cbX]h]cb 'ni 'j YfVYggYfb"

&"·B Uh]cbU`dUf\_ < Ufn`fGWk ]Yf][ \_Y]hg[ fUX. ``Y]WX h'V]g'a ]hhY`Ł  
8 Yf·B Uh]cbU`dUf\_ < Ufn 'V]YhYh'Y]bY 'J ]Y'nU\ `j cb 'K UbXYfk Y[ Yb  
]ba ]hhYb 'Y]bYf'a U'Yf]gWX Yb '6Yf[ `UbXgWX UZh`J cb '\_i fnYb  
GdUn]Yf[ Åb[ Yb 'V]g`\]b 'ni 'Ubgdfl WX gj c``Yb '6Yf[ hci fYb '[ ]Vh'Yg  
\]Yf·ZØf'YYb ': ]hbYgg`Yj Y ``X]Y 'dUggYbXY 'GhfYW\_Y"

' "·GWk Ufnk U`X\cWX ghfU» Y 'fGWk ]Yf][ \_Y]hg[ fUX. ``Y]WX h'Ł '8 ]Y  
GWk Ufnk U`X\cWX ghfU» Y 'gh'Y]bY 'VY]YVhY 'Hci f]ghYbfc i hYžX]Y 'g]WX  
UVYf'Ui WX '\Yfj cffU[ YbX 'ni a 'K UbXYfb 'Y][ bYh`8]Y 'K Y[ Y 'g]bX  
a Y]gh'ZUWX 'i bX '[ i h'a Uf\_]Yfhž'gcXUgg'a Ub 'g]WX '[ Ubn'Ui Z'XUg  
HfU]b[ '\_cbnYbhf]YfYb '\_Ubb"

( "·5`dYbØVYfei Yfi b[ 'fGWk ]Yf][ \_Y]hg[ fUX. 'Ubgdfl WX gj c``Ł : Øf  
YfZU\ fYbY 'K UbXYfYf 'V]YhYh'X]Y '5`dYbØVYfei Yfi b[ 'Y]bY  
Y]bn][ Ufh][ Y < YfUi gZcfXYfi b[ "·J cb '8Yi hgWX 'UbX 'bUWX 'fU]Yb 'cXYf  
2 ghYffY]WX '[ ]Vh'Yg 'j YfgWX ]YXYbY 'Fci hYbžX]Y 'Y]bY '[ i hY '?cbX]h]cb  
YfZcfXYfb 'i bX 'gdY\_hU\_i 'ÀfY '5i gg]WX hYb 'V]YhYb"

<Åi Z][ ' [ YghY ``hY ': fU[ Yb 'ni a 'K UbXYfb 'ZØf  
X]Y ': ]hbYgg

%"·=gh'K UbXYfb 'VYggYf 'U'g 'x[ [ Yb 3  
6Y]XY 'GdcfhUfhYb '\UVYb ']\fY 'J cfnØ[ YžUVYf 'K UbXYfb ']gh'cZh  
gWX cbYbXYf 'ZØf 'X]Y ': Y 'Yb '\_Y 'i bX 'V]YhYh'X]Y 'A Ø[ ']WX '\_Y]hžX]Y 'B Uhí f  
ni '[ Yb]Y » Yb " 'x[ [ Yb ']\b[ Y[ Yb ']gh'Y]b ']bhYbg]j YfYg '7UfX]c!  
HfU]b[ žXUg'a Y\f'? U'cf]Yb 'j YfVfYbbh"

&"·K ]Y 'cZh'gc ``hY 'a Ub 'k UbXYfb '[ Y\Ybži a 'Z]h'ni 'V'Y]VYb 3  
I a 'Z]h'ni 'V'Y]VYbžk ]fX 'Ya dZc 'Ybža ]bXYghYbg 'XfY]a U'`dfc

K cWX Y ZOF Yhk U \$ A ]bi hYb dfc G]hni b[ ni k UbXYfb" 8 i \_Ubbgh X]Y 8Ui Yf i bX b hYbg]hAh XYf K UbXYfi b[ Yb gWX f]hhk Y]gY Yf \ O\ Ybz i a XY]bY : ]hbYggn]Y Y ni YffY]WX Yb"

' " ; ]Vh Yg gdYn]Y Y 5hYa hYW b]\_Yb ZOF XUg K UbXYfb 3 9g [ ]Vh Y]bY gdYn]Y Y 5hYa hYW b]\_Yb ZOF XUg K UbXYfb zUVYf j ]Y Y A YbgWX Yb Z]bXYb Yg \ ] ZFY]WX z h]YZ Xi fWX X]Y B UgY Y]bni Uha Yb i bX Xi fWX XYb A i bX Ui gni Uha Yb" 5ha Y ]b Y]bYa [ `Y]WX a A» ][ Yb F \ mh\ a i g i bX dUggY X]WX XYf b hYbg]hAh XY]bYf K UbXYfi b[ Ub"

( "? Ub b K UbXYfb VY] F ØW YbfdcV Ya Yb \ Y ZYb 3 JzK UbXYfb \_Ubb VY] F ØW YbfdcV Ya Yb \ Y ZYb zXU Yg X]Y A i g\_i Uh f fi bX i a X]Y K ]fVY`gA i Y ghAf\_h i bX X]Y < U hi b[ j YfVYggYfh" 9g ]gh YXcWX fUhgUa z F ØW gdfUWX Y a ]h Y]bYa 5fnh ni \ U hYb z VYj cf Xi a ]h XYa K UbXYfb VY] bbgh z i a ZYghni ghY Yb z cV Yg ZOF XY]bY gdYn]ZgWX Y G]hi Uh]cb [ YY][ bYh ]gh

: Un]h

K UbXYfb ]gh Y]bY \ Yfj cffU[ YbXY A O[ `]WX \_Y]h z Zjh ni V Y]VYb i bX X]Y B Uh f ni [ Yb]Y » Yb" 9g V]YhYh nU \ fY]WX Y [ Ygi bX \ Y]h]WX Y JcfhY]Yzj cb XYf GhAf\_i b[ XYg < Yfn! ? fY]gUi ZGmghYa g V]g ni f JYfVYggYfi b[ XYf A i g\_Y \_fUZh A ]h XYb f]WX h] [ Yb H]ddg i bX Fci hYb \_Ubb XUg K UbXYfb ni Y]bYa Ai » Yfgh YZZY h]j Yb : ]hbYgg HfU]b]b[ k YfXYb" 5 gc gWX bUdd X]f XY]bY K UbXYfgWX i \ Y i bX Yf\_i bXY X]Y j ]Y ZA h] [ Yb K UbXYfk Y [ Yz X]Y 8 Y i hgWX UbX ni V]YhYb \ Uh

8 YhU]g

6 Ygi WX Yb G]Y i bgUi Z a Y]b ! Z]hbYgg"bYh