

MEIN FITNESS

&("Bcj Ya VYf"&

A Y[\Ub 'HfU]bcf! ' =W .Ui W .p.'8 Yf':]hb Ygg!
A Ufg\ U``'p.'HUb nhfU]b]b [

3'?']W_Yb 'G]Y 'Ui Z'X]Y '6YbUW f]W h][i b[g[`cW_Yž'XUa]h'G]Y
_Y]b]XYc 'j YfdUggYb "C @@: C @ 9B 'G=9'A ≠ "J 'c[' ≠ghU[fUa
: UWVcc_ 'Hk]hhYf 'GbUdWUUh 'h\YZ]ha Ufg\ U``'XUgg 'G]Y 'g]W
j cf'6Y[]bb 'Y]bYg 'HfU]b]b[gdfc[fUa a g'a]h' ≠fYa '5fnh
VYfUhYb "G]Y 'gc ``hYb ']b[i hYf _ ØfdYf]W Yf 'J YfZUggi b['gY]b
i bX 'Ub 'XYf ' Vi b['hY]bY\ a Yb '_ ØbbYb "G]Y 'gc ``hYb
j YfghY\ Ybž 'XUgg 'VY] 'XYf 'HY]]bU\ a Y 'Ub 'Y]bYf ' Vi b['cXYf
Y]bYa 'HfU]b]b[gdfc[fUa a 'X]Y 'A Ø[']W _Y]h'Y]bYf
? ØfdYfj Yf'Yhni b['VYghY\ h' 'K Ybb 'G]Y 'Ub 'X]YgYf ' Vi b['cXYf
X]YgYa ' , Vi b[gdfc[fUa a 'hY]bY\ a Ybž 'Yf _ 'AfYb 'G]Y 'g]W
XUa]h'Y]bj YfghUbXYbž 'XUgg 'G]Y 'X]Yg 'Ui Z'Y] [YbYg 'F]g]_c 'hi bž
ZfY]k]`]['Ub 'X]YgYb '5_hjj]hÀhYb 'hY]bY\ a Ybž 'XUg '[YgUa hY
J Yf'Yhni b[gf]g]_c 'ZØf 'g]W 'gY 'Vgh 'ØVYfbY\ a Yb 'i bX 'g]W
VYfY]h'Yf _ 'AfYbž / Ua dΛY``]d/



3'?']W_Yb 'G]Y 'Ui Z'X]Y '6YbUW f]W h][i b[g[`cW_Yž'XUa]h'G]Y '_Y]b
J]XYc 'j YfdUggYb "C @@: C @ 9B 'G=9'A ≠ "J 'c[' ≠ghU[fUa : UWVcc_
Hk]hhYf 'GbUdWUUh 'h\YZ]ha Ufg\ U``'XUgg 'G]Y 'g]W j cf'6Y[]bb 'Y]bYg
HfU]b]b[gdfc[fUa a g'a]h' ≠fYa '5fnh 'VYfUhYb "G]Y 'gc ``hYb ']b[i hYf
_ ØfdYf]W Yf 'J YfZUggi b['gY]b 'i bX 'Ub 'XYf ' Vi b['hY]bY\ a Yb

_ÓbbYb"·G]Y`gc``hYb`j YfghY\YbžXUgg`VY]·XYf`HY]`bU\`a Y`Ub`Y]bYf
, Vi b[`cXYf`Y]bYa `HfU]b]b[gdfc[fUa a `X]Y`A Ó[`]W\ _Y]h`Y]bYf
?ÓfdYfj Yf`Yhni b[`VYghY\h"·K Ybb`G]Y`Ub`X]YgYf` , Vi b[`cXYf
X]YgYa` , Vi b[gdfc[fUa a `hY]`bY\`a Ybž`Yf_`ÀfYb`G]Y`g]W\`XUa]h
Y]bj YfghUbXYbžXUgg`G]Y`X]Yg`Ui ZY][YbYg`F]g]_c `hi bž`ZfY]k]`][`Ub
X]YgYb`5_h]j]hÀhYb`hY]`bY\`a Ybž`XUg`[YgUa hY`J Yf`Yhni b[gf]g]_c
ZØf`g]W\`gY`Vgh`ØVYfbY\`a Yb`i bX`g]W\`VYfY]h`Yf_`ÀfYbž`H\Y` :]hbYgg
A Ufg\U``i bX`U``Y`A]hUfVY]hYf`i bX`#cXYf`A]hUfVY]h`Yf`ZfY]ni `UggYb
i bX`ni `Ybh`UggYb`cXYf`B`UW\`Zc`[Yf"·j cb`U``Yb`VY_UbbhYb`cXYf
i bVY_UbbhYb`5bgdfØW\`Yb`cXYf`?`U[Y[fØbXYbž`X]Y`g]W\`Ui g`XYf
: U\f`Àgg][_Y]h`j cb`H\Y` :]hbYgg`A Ufg\U``Yf[YVYb``"

5 i Z`Mc i hi VY`Ub gY\`Yb

8 YhU]`g

6 Ygi W\`Yb`G]Y`i bg`Ui Z`a Y]b!Z]hbYgg"bYh