

MEIN FITNESS

9fbÀ\ fi b[gh]ddg'ZØf'A ÀbbYf']a 'U\ f
&\$&\$

G]bX'G]Y'Yg'`Y]X'ni 'j Yfgi WYbž'X]Y'I bcfXbi b['j cb
: Y\ `]bZcfa Uh]cbYb'i bX'b]W h'i bhYfghØhnhYb'6Y\Ui dhi b[Yb
XUfØVYf'ni 'ØVYfk]bXYbž'k Ug'G]Y'YggYb'gc``hYb'cXYf'b]W h3
6Y]'gc'j]Y'Yb'`bZcfa Uh]cbYb'_Ubb'Yg'k]f_]W gW k]Yf]['gY]bž
: U_hYb'j cb':]_h]cbYb'ni 'hfYbbYb''5VYf'bU\ f\ UZh'ni 'YggYb
a i gg'b]W h_i ca d`n]Yfh'gY]b"'<>]Yf'g]bX'j]Yf'k]W h][Y'H]ddgž
i a 'g]W Yfni ghY'`Ybž'XUgg'G]Y'X]Y'BÀ\ fghc ZZY'Yf\ U'hYbž'X]Y'`f
?ØfdYf'VYbØh][hži a '[Ygi bX'i bX'j c``Yf'9bYf[]Y'ni 'V'Y]VYb"
GdUfYb'G]Y'b]W h'Ub'DfchY]b / Ua d/_ , &&/W ['Ui VYž'Yg
[]Vh'Y]bY'[fc» Y'5bnU\`j cb'A ÀbbYfbž'X]Y']\fY'hÀ[']W Yb
; fi bXbU\ fi b[gVYXØfZb]ggY'b]W h'YfZØ``Yb/ Ua d/_ , &&%/ž
gU[h'H]a '*i* [\Ygž'nYfh]Zn]YfhYf'?fUZh' i bX'?cbX]h]cbghfU]bYf
VY]'*i* [\Yg'<YU'h\']b'Hcfcbhcž/ Ua d^Y`]d/



G]bX'G]Y'Yg'`Y]X'ni 'j Yfgi WYbž'X]Y'I bcfXbi b['j cb
: Y\ `]bZcfa Uh]cbYb'i bX'b]W h'i bhYfghØhnhYb'6Y\Ui dhi b[Yb
XUfØVYf'ni 'ØVYfk]bXYbž'k Ug'G]Y'YggYb'gc``hYb'cXYf'b]W h3
6Y]'gc'j]Y'Yb'`bZcfa Uh]cbYb'_Ubb'Yg'k]f_]W gW k]Yf]['gY]bž:
U_hYb'j cb':]_h]cbYb'ni 'hfYbbYb''5VYf'bU\ f\ UZh'ni 'YggYb'a i gg'b]W h
_ca d`n]Yfh'gY]b"'<>]Yf'g]bX'j]Yf'k]W h][Y'H]ddgž'i a

g]WX Yfni ghY ``Ybž XUgg G]Y 'X]Y 'B A\ fghcZZY 'Yf\ U'hYbž X]Y 'A f? ØfdYf
VYbØh][hž'i a ' [Ygi bX'i bX'j c``Yf'9bYf[]Y 'ni 'V'Y]VYb"

GdUfYb 'G]Y 'b]WX h'Ub 'DfchY]b

=WX '['Ui VYž Yg'[]Vh'Y]bY '[fc» Y '5bnU\ ``j cb 'A ÅbbYfbž X]Y ']\fY
hÀ[']WX Yb ' ; fi bXbU\fi b[gVYXØfØ]ggY 'b]WX h'YfØ``Yb ž'gU[h'H]a
< i [\Ygž'nYfh]Z]n]YfhYf? fUZh' i bX'?cbX]h]cbghfU]bYf'VY]< i [\Yg
< YU'h\]b 'Hcfcbhcž'CbhUf]cž? UbUXU'' I bX'gc'j]Y 'XUj cb ']gh'XUfUi Z
ni fØW_ni ZØ\ fYbž XUgg 'A ÅbbYf]a '5``[Ya Y]bYb 'Y]bYb '\Ø\YfYb
DfcnYbhgUhn'Ub 'A i g_Y'a UggY '\UVYb 'U'g': fUi Yb''8]YgYf '\Ø\YfY
; fUX 'Ub 'A i g_Y'a UggY 'a i gg'Xi fWX 'f]WX h][Y'9fbÀ\fi b[
i bhYfghØhnh'k YfXYbž'i bX'XUg'VY[]bbh'a]h'XYf'DfchY]bUi ZbU\ a Y ' ž
gWX ']Y » h'Yf"

GdUfYb 'G]Y 'U'gc 'b]WX h'Ub 'DfchY]bž'VYgcbXYfg'k Ybb 'G]Y 'A i g_Y'b
Ui ZVUi Yb 'a ØWX hYb ''8]Y 'ni gÀhñ']WX Y 'A i g_Y'a UggYž X]Y 'A ÅbbYf
f]a 'J Yf['Y]WX 'ni ' ; fUi Ybž'hfU[Ybž]gh'Ui Z'Yf\ Ø\hY
HYghcghYfcbgd]Y[Y 'ni fØW_ni ZØ\ fYbž X]Y 'a 'A bb ']WX Yb '? ØfdYf
n]f_i ']YfYb ''I bX'i a 'X]YgY 'ni gÀhñ']WX Y 'A i g_Y'a UggY
Ui ZFYWX hni Yf\ U'hYb 'i bX'Ui Zni VUi Ybž]gh? fUZhghcZZ'Ui g
BU\fi b[gdfchY]b 'YfZcfXYf]WX ž'XU'XYf'G_Y'Yhha i g_Y'']b 'gY]bYf
[fi bX'Y[YbXghYb ' ; cfa 'Ui g'a]_fcg_cd]gWX '_`Y]bYf
DfchY]bZ'Ua YbhYb 'VYghY\h''5VYf'k]Y 'j]Y 'DfchY]b3'8]Y '5bhk cfh
\Ab[hj cb 'XYf'5fh'XYf'5_hj]hÀh'UVž X]Y 'G]Y 'Ui gZØ\ fYb"

: Øf'; Yk]WX h'YVYfž? fUZh'YVYf'i bX'U'Yž X]Y '? fUZh'fU]b]b[
Xi fWX ZØ\ fYb 'fA UgWX]bYbž'6ÅbXYfž? i fn\ UbhY 'bž
? ØfdYf[Yk]WX hgØVi b[Ybž'Ya dZ]Y\ h'X]Y '5_UXYa]Y 'ZØf'9fbÀ\fi b[
i bX'8]ÀhYh'_Y]bY 'hÀ[']WX Y 'DfchY]bUi ZbU\ a Y 'nk]gWX Yb '%ž('i bX
%ž ' ; fUa a 'DfchY]b 'dfc 'DYfgcb '?)c[fUa a '? ØfdYf[Yk]WX hž'i a
A i g_Y'a UggY 'Ui Zni VUi Yb 'fbcXYf'WU''\$ž*('V]g'\$ž & ; fUa a 'DfchY]b
dfc 'DZ bX'XYg ' ? ØfdYf[Yk]WX hgE'K]Y 'g]Y 'h'XUg'Y][Ybh']WX 'Ui Z
Y]bYa 'HY ``Yf'Ui g3 '@UggYb 'G]Y 'g]WX 'j cb 'A fYf' < UbX'Y]hYb . '9]bY
GhUbXUfXdcfh]cb 'j cb ' ,) ' [' : 'Y]gWX 'cXYf':]gWX 'gc ``hY ']b 'A fY
< UbXZÀWX Y 'dUggYb ''9]bY '\U'VY 'HUggY 'f%\$\$ ' [£'dZUbn']WX Yg 'DfchY]b
k]Y '6c\ bYb 'cXYf' < Ø'gYbZØWX hY 'Ybhgd]WX h'XYf'; fØ» Y 'A fYf': Ui gh'
Nk Y]'9gg'ØZZY ``fl \$ ' ; fUa a £'dfchY]b\U'h][Yf'B i ggVi hhYf'g]bX

i b[YZÀ\ f' gc '[fc » 'k]Y 'Δ f' 8Ui a Yb"

GdUfYb 'G]Y 'b]W h'Ub '? c \ `Yb \ mXfUhYb '



?c\`Yb\mXfUhY`g]bX`XYf`?i a dY`j cb`DfchY]bYb žgU[h`<i [Yg"
?c\`Yb\mXfUhY`i b hYfghØhnYb`X]Y`cfXbi b[g[Ya À» Y
DfchY]bgmbh\YgY``G]Y`a ØggYb`X]Y`?c\`Yb\mXfUhY`Ui ZY]bYa
[Ygi bXYb`B]j YUi `\\U`hYbžk Ybb`G]Y`gW`Ub_Y`A i g_Y`a UggY
\]bni ZØ[Yb`a ØW hYb``K Ug`VYXYi hYh`XUg3`BY\`a Yb`G]Y`]b`YfghYf
@]b]Y`?c\`Yb\mXfUhY`]b`ÙfY`A U\`nY]h`bUW`XYa`HfU]b]b[`Ui Z`
?c\`Yb\mXfUhY`ØgYb`X]Y`fY]gYhni b[`j cb`Ùgi`]b`Ui gžk cXi fW
gck c\``; `i _cgY`U`g`Ui W`5a]bcgÀi fYb`fK]Y`6Ui ghY]bY`XYg
DfchY]bgL`j cb`XYb`A i g_Y`nY`Yb`Ui Z[Ybca a Yb`k YfXYb
_ØbbYb"9]bY`&\$%&`j YfØZZYbh]W hY`cfgW`i b[gghi X]Y`]b`XYf`
NY]hgW f]Zh`XYf`=b hYfb Uh]cb U` Gc WYhm`cZ`Gdcfhg`Bi hf]h]cb`
gW`i [Yb`j cfž`XUgg`X]Y`?ca V]bUh]cb`Y]bYg`gW`bY`k]f_YbXYb
?c\`Yb\mXfUhg`a]h`Y]bYa`DfchY]b`bUW`Y]bYa`]bhYbg]j`Yb`HfU]b]b[
Y]b`k]f_gUa`Yg`A`]hhY`ni f`GhY][Yfi b[`XYf`A i g_Y`dfchY]bgmbh\YgY
gY]b`_Ubb"?cbgi a`]Yfh`Y]b`.%`DfchY]b!ni !?c\`Yb\mXfUh!
J Yf\À`hb]g`a`]h`i b[YZA\`f`\$`(`\$` fUa a`?c\`Yb\mXfUhY`g]bX`Y]b`Y
YhUV`]YfhY`cfa`Y`ZØf`XUg`A i g_Y`k UW`ghi a`bUW`XYa`HfU]b]b[``

<c`Yb`G]Y`g]W`ÙfY`hÀ[`]W`Y`8cg]g
Ca`Y[U!`!`YhhgÀi`fYb



J cb 'XYf' < Yfn! ? fY]g`Ui Z`i bX'; Y\]fb[Ygi bX\Y]h\V]g`ni f
; Y`Yb_[Ygi bX\Y]h\V]YhYb`Ca Y[U!' !: YhhgÀi fYb`nU\`fY]W\Y
J cfhY]Y''A Ub [`Ui Vh`\bYb`Ui W\`9bhnØbXi b[Yb`fYXi n]YfYb`]a
? ØfdYf''9]bY`9bhnØbXi b[`]gh`X]Y`F YU_h]cb`XYg`a a i bgmghYa g`Ui Z
J Yf`Yhni b[Yb`cXYf`? fUb_\Y]hYb``<cW\]bhYbg]j Yg`HfU]b]b[`Yf\Ø\h
X]Y`9bhnØbXi b[`i bX`Ca Y[U!' !: YhhgÀi fYb`Ybh\U`hYb`ghUf_Y
YbhñØbXi b[g\Ya a YbXY`9][YbgW\UZhYbži a `g]Y`ni `fYXi n]YfYb`
9bhnØbXi b[`bUW\`XYa`HfU]b]b[`i bX
; YgW\k]bX][_Y]hgk]YXYf\YfghY`i b["

6YZc`[Yb`G]Y`X]Y`A]hhY`a YYfX]Àh

8]Y`A]hhY`a YYfX]Àh`_ca V]b]Yfh`U``Y`XfY]`A U_fcbÀ\fghcZZY
fDfchY]bYž?c\`Yb\mXfUhY`i bX`[Ygi bXY` : YhhY`ni `Y]bYa
9fbÀ\fi b[g_fUZhk Yf_`ZØf`A `AbbYf`` ØhY`A YX]hYffUbYUb`X]YhQ]gh
Y]bY`XYf`Ua`VYghYb`YfZcfgW\hYb`dfÀj Ybh]j Yb`i bX
h\YfUdYi h]gW\Yb`X]ÀhYh]gW\Yb`bhYf`Ybh]cbYb`ZØf`X]Y
_UfX]ca YhUVc`]gW\Y` ; Ygi bX\Y]h`i bX`Y]bY`XYf` \Ài Z[ghYb
J YfgW\YfY]Vi b[Ybž`X]Y`]W\`a Y]bYb`a `Abb`]W\Yb`DUh]YbhYb`a UW\Y`ž
gU[h`XYf`B Uh\ f\Y`dfU_h]Yf`@]Ua` @UHci W\Yž`B 8žj cb`@]Ua
@UHci W\Y`K Y`bYgg`]b`Hcfcbhcz`CbhUf]cž? UbUXU"

8]Y`9fbÀ\fi b[`VUg]Yfh`Ui dhgÀW\`]W\`Ui Z`DZUbnYbžk cVY]
; Ya ØgY`i bX`CVghžJ c``_cfbdFcXi _hY`i bX`<Ø`gYbZfØW\hYž
[Ygi bXY` : YhhY`i bX`2`Yž`BØggY`i bX`GUa Yb`]a`J cfXYf[fi bX
ghY\Yb`i bX`bi f`k Yb][`fchYg`:`Y]gW\ž`6i hhYf`i bX`Ni W_Yf`ni [YgYhnh
k YfXYb```I bhyfgi W\i b[Yb`Y`Y[Yb`bU\Yž`XUgg`Yg`VYgcbXYfg
`]ZfY]W\`ZØf`X]Y`6Y\UbX`i b[`]gh`A YhUVc`]gW\Yg`GmbXfca 8]Yg
]gh`Y]bY` ; fi ddY`j cb`9f_fUb_i b[Ybž`ni`XYbYb`Yf\Ø\hYf`6`i hXfi W\ž
6`i hni W_Yfgd]Y[Y`ž`6Ui W\i a ZUb[ž`6`i hZYhbk YfhY`i bX`j Yff]b[YfhY
K YfhY`ZØf`[i hYg`fk 8@`7\c`YghYf]b[Y\ØfYb`U```bh`?ca V]bUh]cb
a]h`6Yk Y[i b[`i bX`GhfYggUVVUi`ž`gU[h`@UHci W\Yž`]gh`X]Y
A]hhY`a YYfX]Àh`Y]b`g]W\YfYgž`bUhØf`]W\Yg`i bX`k]f_gUa Yg
9fbÀ\fi b[gdfc[fUa a`ni f`J YfVYggYfi b[`XYf` ; Ygi bX\Y]h`j cb
A `AbbYfb`YXYb`5`hYfg`

; Ygi bX`YggYb`a`i gg`b]W\h`gW\k]Yf][`cXYf`j`Yfk`]ffYbX`gY]b``8Ug
6YZc`[Yb`X]YgYf`[fi`bX`Y[YbXYb`H]ddg`_Ubb`Y]bYb`[fc»`Yb`6Y]hFU[

ni f>J YfVYggYfi b['ΔfYf'U``[Ya Y]bYb'; Ygi bX\Y]hi bX'ΔfYg
K c\`VYZ]bXYbg``Y]ghYb"

..

≠gd]f]Yfh'j cb'579

8 YhU]`g

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