

MEIN FITNESS

; Ygi bXY'9fbÀ\ fi b['ZØf'≈ f'?]bX

5`g'9`hYfb '_Ubb 'Yg'Zfi ghf]YfYbX 'gY]bž≈ f'?]bX 'XUni 'ni
 Vf]b[Ybž'VYghja a hY '@VVYbga]hhY ``ni 'YggYb"8]Y '↑ b[Y
 DU`YhhY 'gWÀhnh'bYi Y': UfVYbž; YgW a ÀW_Yf'i bX 'HYI hi fYb ']b
 @VVYbga]hhY 'b 'b]W h'cZh"K Ybb '?]bXYf'YYXcW 'ZfØ\ 'ja '@VVYb
 [i hY '9gg[Yk c\ b\ Y]hYb ``YfbYbž'_ÒbbYb 'g]Y ']\f '@VVYb ``Ub[
 k Y]hYf\]b '[Ygi bXY'9bhgW Y]Xi b[Yb 'hfYZZYb 'YYXYg'?]bX ']gh
 UbXYfg"9]b][Y 'YggYb 'ni Zf]YXYb 'XfY]A U\ `nY]hYb 'Ua 'HU[ž
 [YZØ``h'a]h'CVgh'i bX'; Ya ØgYž'k À\ fYbX 'UbXYfY 'j]Y 'Y ' _`Y]bY
 Dcfh]cbYb 'YggYb 'i bX 'YI hfYa 'k À\ 'Yf]gW 'g]bX"9g'[]Vh '_Y]bY
 f]W h][Y 'A Yh\ cXYž'k]Y '≈ f'?]bX ']gghž'gc 'Ub[Y 'Yg 'ni b]a a h
 i bX 'g]W 'a]h'[YY][bYhYb 'A U\ bU\ a Yb 'Ybhk]W_Y'h"9g']gh
 YYXcW 'k]W h][ž≈ fYa '?]bX 'k Y]hYf\]b 'Y]bY 'fc »Y '5i gk U\ `
 / Ua d\AY ``]d/



5`g'9`hYfb '_Ubb 'Yg'Zfi ghf]YfYbX 'gY]bž≈ f'?]bX 'XUni 'ni 'Vf]b[Ybž
 VYghja a hY '@VVYbga]hhY ``ni 'YggYb"8]Y '↑ b[Y 'DU`YhhY 'gWÀhnh
 bYi Y': UfVYbž; YgW a ÀW_Yf'i bX 'HYI hi fYb ']b '@VVYbga]hhY 'b 'b]W h
 cZh"K Ybb '?]bXYf'YYXcW 'ZfØ\ 'ja '@VVYb '[i hY '9gg[Yk c\ b\ Y]hYb
 'YfbYbž'_ÒbbYb 'g]Y ']\f '@VVYb ``Ub['k Y]hYf\]b '[Ygi bXY

9b hgWX Y]Xi b[Yb hfYZZYb °

XYg'?]bX'ghUbXYfg''9]b][Y'YggYb'ni Zf]YXYb'XfY]A U\`nY]hYb'Ua
HU[ž[YZØ`h'a]h'C Vghi bX'; Ya ØgYžk À\ fYbX'UbXYfY'j]Y`Y'`Y]bY
Dcfh]cbYb'YggYb'i bX'YI hfYa'k À\`Yf]gWX'g]bX''9g'[]Vh'_Y]bY
f]WX h][Y'`A Yh\c XYžk]Y'`f'?]bX']gghž'gc`Ub[Y'Yg'ni b]a a h'i bX
g]WX'a]h'[YY][bYhYb'A U\bU\ a Yb'Ybhk]W_Y`h'`9g']gh'YXcWX
k]WX h][ž'`fYa'?]bX'k Y]hYf\]b'Y]bY'[fc»Y'5i gk U\`Ub
@YVYbga]hhY'b'Ubni V]YhYbž'Ui WX'k Ybb'Yg'Ài »Yfgh'k À\`Yf]gWX']ghž
k Ug'Yg']b'XYb'A i bX'b]a a h'5i ZX]YgY'K Y]gY'k]fX'X]Y
k ØWX Ybh]WX Y'9fbÀ\ fi b[`fYg'?]bXYg'UV[Yfi bXYhž'Ui WX'k Ybb'Yg
Ub'VYgh]a a hYb'HU[Yb'`_Y]bY'Ui g[Yk c[YbY'9fbÀ\ fi b[`Uh"
8 Yb_Yb'G]Y'XUfUbž'XUggž'gc`Ub[Y'[Ygi bXY'9b hgWX Y]Xi b[Yb'j cb
XYb'9'hYfb'a cXY'']Yfh'i bX'XYa'?]bX'_cbh]bi]Yf']WX'Ub[YVchYb
k YfXYb'fb\ bY'8 fi W_łž'XUg'?]bX'g]Y'gWX'`]WX'Ui WX'Ui gdfcV]YfYb
k]fX°

<]Yf'Y]b][Y'`H]ddgž'i a'g]WX Yfni ghY`Ybž'XUgg'`f'?]bX'Ui gfY]WX YbX
YfbÀ\ fh'k]fX.

: ØhhYfb'G]Y'`f'?]bX'a]h'Y]bYf'J]Y`nU\`j cb'C Vghi bX'; Ya ØgY"
: Ø[Yb'G]Y'@YVYbga]hhY`\]bni ž'X]Y'Ui g
YfbÀ\ fi b[gd\mg]c'c[]gWX Yb'i bX'Àgh\ Yh]gWX Yb'; fØbXYb
i b hYfgWX]YX`]WX Y': UfVYb'`UVYb"

'6]YhYb'G]Y'gWX cb'']b'`t b[Yb'`U\ fYb'Y]bY'J]Y`nU\`j cb'C Vghi bX
; Ya ØgY'Ub''8]Yg'`]Zh'XYa'?]bXž ZfØ\ nY]h][' [Ygi bXY
9gg[Yk c\ b\ Y]hYb'Ui Zni VUi Yb

'A cXY'']YfYb'G]Y'[Ygi bXY'9gg[Yk c\ b\ Y]hYb'"?]bXYf'k c``Yb'c Zh
YggYbž'k Ug'Ui WX']a a Yf'X]Y'9'hYfb'YggYbž'U'gc'ghY`Yb'G]Y'g]WX Yfž
XUgg'Yg'bU\ f\ UZh']gh'

'; YVYb'G]Y'C Vghi bX'; Ya ØgY'`]b'X]Y'@YV`]b[g[Yf]WX hY'`fYg
?]bXYg''Ni a'6Y]gd]Y'`Y]bY'Bi XY'gUi WX'X]Y'fY]WX'Ub'[Yk ØfZY'hYa
; Ya ØgY'`]ghž'cXYf'ZØ[Yb'G]Y'Y]bYa'GUbXk]WX'; i f_Yb'i bX
GdfcggYb'`]bni "

9]b 'K]W\h][Yf'G\W f]hh'Z\O f'Y]bY'[Ygi bXY'9fb\A\fi b[']gh'X]Y
F YXi n]Yfi b['XYf'A Yb[Y'Ub 'j YfUfVY]hYhYb '@YYbga]hhY'b ']b 'XYf
9fb\A\fi b['A fYg'?]bXYg"? Y_gY\z'G\O»][_Y]hYb 'i bX'UbXYfY
UV[YdUW_hY'GbUW_g'Ybh\U'hYb '[fc» Y'A Yb[Yb'Ni W_Yf'i bX
_O\gh]W\Y'5fca Yb'cXYf: UfVYb" Gc[Uf: fi W\h[Yhf\Ab_Y[Y\O\Yb
ni f'['Y]W\Yb 'i b[Ygi bXYb '? UhY[cf]Y' J YfUfVY]hYhY '@YYbga]hhY'
Ybh\U'hYb 'Y]bYb '\c\Yb ? U'cf]Yb[Y\U'h\c\bY[fc» Yb'B\A\fk Yfh"
B]W\h'bi f'XUg\z'gc bXYfb 'U''Y'7\Ya]_U]Yb ']b 'X]YgYb '@YYbga]hhY'b
_O\bbYb 'VY]?]bXYfb 'ni '< mdYfU_hjj]h\A\h\z'I bfi \Y\z[Yf]b[Yf
5i Za Yf_gUa _Y]hggdUbbY 'i bX: YhhY]V][_Y]h'Z\O\fYb" 9'hYfb
VY a Yf_Yb 'cZh\z'XUgg'g]W\X]Y' _O\fdYf]W\Y 'i bX'[Y]gh[Y'; Ygi bX\Y]h
]bg[YgUa h'Yf\YV']W\ j YfVYggYfh\z'gc VU'X'j YfUfVY]hYhY
@YYbga]hhY'Ui g'XYf'9fb\A\fi b[']\fYg'?]bXYg'[Ybca a Yb
k YfXYb"

<]Yf'g]bX'Y]b][Y'H]ddg'ni a '9ggYb 'j cb'J c``k Yfh_cgh

'J Yfa Y]XYb 'G]Y'j YfUfVY]hYhY '#ni W_Yf\U'h][Y'GbUW_g. 'Dca a Yg\z
? Y_gY\z'8cbi hg\z'G\O»][_Y]hYb 'i gk "

'%\$\$_': fi W\hghUZh'UbghY``Y'j cb'ni W_Yf\U'h][Yb'; Yhf\Ab_Yb'fGcXU\z
9]ghYY\z: fi W\h[Yhf\Ab_Y 'i gk "Ł

'C ZYb_Ufhc ZZY``ghUhh'Dca a Yg

'J Yfk YbXYb 'G]Y'J c``_cfbk Y]nYb'UbghY``Y'j cb'K Y]» Vfch '#Bi XY'b '#
A Y\`

'< UZYfZcW\Yb'UbghY``Y'j cb'ni W_Yf\U'h][Yb': f\O\gh\O\gnYfYU']Yb

'F YghY 'j cb'<\bYf! 'cXYf'Di hYbZY]gW\ 'UbghY``Y'j cb
j YfUfVY]hYhY a '5i ZgW\ b]hh

'DUb]YfhY '<\bW\YbVfi ghghfY]ZYb'UbghY``Y'j cb'ja '@UXYb
[Y_Ui ZhYb '<\bW\Yb!Bi [[Yhg

'DcdW\fb'Ui g'XYf '@ Zh'UbghY``Y'j cb'Dca a Yg

‘9]g`Ua `Gh]Y`Ui g`%\$\$_`fY]bYa `: fi W hUZh

`: f]gW Yg`C Vgh`i bX `; Ya ØgY`U`g`Gb UW_g. `YdZY`ž6UbUbYbž6YYfYbž
HfUi VYbžGY``Yf]Yž? Ufc hYbž6`i a Yb_c\``i gk "

≠gd]f]Yfh`j cb`9]`YYb`Gi k UbXU

8 YhU]`g

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