

MEIN FITNESS

7\f]g\Y``GhUi gY '\U{h'a]h'DUfhbYf'; :`]d
Y]b '

9g'a U['Y]b 'bYi Yg'·U\f'gY]bžUVYf'7\f]g\Y``GhUi gY '\A'h']\f
HfU]b]b['a]h'XYa 'B5GA !nYfh]Z]n]YfhYb 'DYfgcbU`HfU]bYf'i bX
79C 'j cb 'Dck Yf', ž'CWXcž_cbgYei Ybh'Ui ZfYWXh'8Ug'DUUf
hfU]b]Yfh'gY]h'nk Y]·U\fYb 'ni gUa a Yb 'i bX 'CWXc '\Uh'[YfUXY
Y]bYb '6']WX 'Ui Z'Y]bY 'XYf' 'YhnhYb 'HfU]b]b[gY]b\Y]hYb 'XYg
GY``]b['Gi bgYh! GhUfg' [Yk cfZYb" ' B Yi Yg'·U\fž'bYi Y 'N]Y`Y
gWX fY]Vh'CWXc ']b 'XYf', VYfgWXf]Zh'gY]bYg'Dcghg" ' =WX
/ Ua d/ \$' , /4 WXf]g\Y``"ghUi gY 'g]bX 'Yhnh'gY]h'nk Y]·U\fYb
Y]b[YgdYffhi bX 'VUi Yb 'ja a Yf'bcWX" ' =b'Y]bYf'FY]\Y 'j cb
7'dg'a UWX h'GhUi gY 'ZØbZ' , Vi b[Yb ']b 'Y]bYa 'c'j [fØbYb
HfU]b]b[ggYh'i bX 'k Y]» Yb 'Hi fbgWX i \Yb" 'G]Y 'k YWX gY'h
nk]gWX Yb ?ØfdYf[Yk]WX hgØVi b[Yb 'i bX '6Yk Y[i b[YbžX]Y
< UbhY'b 'i bX 'Y]b 'K]XYfghUbXgVUbX 'YfZcfXYfbž'ZØf
/ Ua d^Y``]d/



9g'a U['Y]b 'bYi Yg'·U\f'gY]bžUVYf'7\f]g\Y``GhUi gY '\A'h']\f
HfU]b]b['a]h'XYa 'B5GA !nYfh]Z]n]YfhYb 'DYfgcbU`HfU]bYf'i bX '79C
j cb 'Dck Yf', ž'CWXcž_cbgYei Ybh'Ui ZfYWXh'

8 Ug'DUUf'hfU]b]Yfh'gY]h'nk Y]`J\fyb'ni gUa a Yb'i bX'CWXc`\Uh
[YfUXY'Y]bYb'6`]W_`Ui ZY]bY'XYf`YhnhYb'HfU]b]b[gY]b\Y]hYb'XYg
GY``]b[`Gi bgYh!GhUfg'[Yk cfZYb`'B Yi Yg`J\fyb'Yi Y'N]Y`Y ž
gWXfY]Vh'CWXc`]b'XYf` VYfgWXf]Zh'gY]bYg'Dcghg`'=WX`/
4 WXf]g\Y``ghUi gY'g]bX'Yhnh'gY]h'nk Y]`J\fyb'Y]b[YgdYffhi bX
VUi Yb']a a Yf'bcWX`'

=`Y]bYf'F Y]\Y`j cb'7`]dg'a UWXh'GhUi gY'ZØbZ', Vi b[Yb']b'Y]bYa
c`j [fØbYb'HfU]b]b[ggYh'i bX'k Y]» Yb'Hi fbgWXi \Yb"G]Y'k YWXgY'h
nk]gWXYb'?ØfdYf[Yk]WXhgØVi b[Yb'i bX'6Yk Y[i b[YbzX]Y < UbhY'b
i bX'Y]b'K]XYfghUbXgVUbX'YfZcfXYfbž'ZØf'Y]b'ni < Ui gY
ZYi bX']WXg'; Ubn_ØfdYfhfU]b]b[```a ``YhnhYb'J]XYc'XYg'6Y]hfu[g
VY[`Y]hYh'GhUi gYg'DUfhbYfž'XYf'Ui ghfU]gWX Y'A i g]_Yf'; ```dž'g]Y
Ui ZY]bYf'A UhhY'ZØf'XYb'A ca Ybh'XYg'?Yfbhfu]b]b[g'ZØf'DUUfY`'

XY]bñY`bY'G]hni b[`]gh'Y]b'; Ubn_ØfdYfhfU]b]b[`ž'gU[hY'CWXc
ni j cf'[Y[YbØVYf'G\UdY" G]Y'a UWX Yb'bcfa U'Yfk Y]gY
\cWX]bhYbg]j Y'K cf_ci hgž'ZØ[hY'Yf'\]bni ``

GhUi gY'VY[]bbh'X]Y'HfU]b]b[ggYf]Y'a]h'Y]bYf'7ca dci bX!@ b[Y!
, Vi b[``A]h'Y]bYf'<UbhY``]b'YXYf'<UbX'a UWXh'gY'Y]bYb
DYbXY`Ui gZU``G]Y'hf]hh'a]h']\fYa ``]b_Yb'6Y]b'bUWX'j cfbY'i bX'\À'h
X]Y'Dcg]h]cb'']b'']\fYa 'I bhYf_ØfdYfž'k À\fYbX'g]Y']\fY'5fa Y'ZØf
Y]bY'Y]bñY`bY'DfYggY'bUWX'j cfbY'ghfYW_h'8Ubb'[Y\h'Yg'ni fØW_']b
X]Y'5i g[Ub[gdcg]h]cbž'VYj cf'g]Y'a]h']\fYa ``]b_Yb'6Y]b'Y]bYb
GXf]hh'bUWX'\]bhYb'a UWXh'i bX'X]Y'6Yk Y[i b['k]YXYf\c'hž
bUWX XYa'g]Y'Y]bYb'i a [Y_Y\fhYb'5i gZU`gWXf]hh[Y'UbXYh'\Uh`'

5`g'bÀWXghYg'a UWXh'XYf'F YU`]hm!HJ!GhUf'Yhk Ug'GdYYX!5fVY]h'ZØf
Y]bYb'7UfX]c!5i gVfi WX``=`Y]bYf'VfY]hYb'<U'hi b['a]h'`Y]WXh
[YVYi [hYb'?b]Yb'a UWXh'g]Y'ZØf'Y]b'dUUf'GWX`À[Y'gWXbY`Y
GXf]hhY'Ui Z'XYf'GhY`Y``8Ubb'gdf]b[h'g]Y'\cWX']b'X]Y'@ Zh'i bX
Vf]b[h']\fY'?b]Y'ni ``]b'Yb'<ÀbXYb'ZØf'Y]bYb'_i fnYb'GWX`U[ž'VYj cf
g]Y'j cb'XYf'YI d'cg]j Yb'd'mca Yhf]gWX Yb'6Yk Y[i b['Ui ZgYhnh`'

=f'@Y]hZUXYb'ni f'D'mca Yhf]Y

=a 'Zc'[YbXYb'7`]d'`À'h'GhUi gY'Y]bYb'b]YXf][Yb'@Y[YghØhnž

k À\ fYbX'Y]b'< i bX']b'XYf'BÀ\ Y'ni gW\Ui h'\=fY'NY\Yb'g]bX'Yhk Ug
VfY]hYf'U'g'\ØZhVfY]h'Ui gY]bUbXYfž'k À\ fYbX']\fY'< UbXZÀW\Yb
i b hYf']\fYb'GW\i`hYfb'g]bX''5bghUh\Y]bY'hfUX]h]cbY``Y'D'Ub_!DcgY
Y]bni bY\ a Ybž'g]bX']\fY'9``Vc[Yb'X]U[cbU``[YVYi [hž'U'g'k ØfXY'g]Y
]\fYb'?ØfdYf']b'Y]bYb '@Y[YghØhn'gYb_Yb'i bX'Y]bZUW\Ui Z\U'VY
K Y['ghY\Yb'V'Y]VYb''9g']gh'Y]bXYi h]['Y]bY'\YfUi gZcfXYfbXY
6Yk Y[i b['ZØf'GhUi gY'']\f'6]nYdg'n]hYfh'a'J]XYc'g]W\hVUfž'VYj cf
g]Y'g]W\gW\]Y»`]W\ZØf'Y]bY'DUi gY'Ui Z'XYb'6Ui W\ZU``Yb'`Aggh"
fK Y]hYf'YgYb.'8]Y'VYghYb'?YfbghUV']]hÀhgØVi b[Ybž'i a'`A f'HfU]b]b[
ni 'j YfVYggYfbŁ

8UbUW\]gh'g]Y'k]YXYf'Ui Z'XYb'6Y]bYb'i bX'a UW\h
?b]YVYi [YbgdfØb[Y'a]h'Y]bYa 'G\cfh'K]XYfghUbXgVUbX'i a'']\fY
?bØW\Y``[YgW\i b[Yb''Jcb'Y]bYa 'a'GhY\Yb'gdf]b[h'g]Y'a]h'XYb
: Ø»Yb'ni f'GY]hY'i bX'gYb_h'g]W\]b'Y]bY'<cW\Yž]bXYa'g]Y']\fY
?b]Y'VYi [hž'X]Y'X]fY_h'ØVYf']\fYb'NY\Yb'j Yf'Ui ZYb''8Ubb'gdf]b[h
g]Y'a]h'XYb': Ø»Yb'k]YXYf'ni gUa a Ybž'k À\ fYbX'g]Y'X]Y'GdUbbi b[
]a'6UbX'Ui ZfYW\hYf\À'h'GW\]Y»`]W\ghY\h'g]Y'Ui ZfYW\hž'VYj cf'g]Y
Y]bY'k Y]hYfY'K]YXYf\c'i b['VY[]bbh''

5`g``YhhhYg'Zc`[h'Y]b'XmbUa]gW\Yf'7cfY!A cj Yž'XYb'GhUi gY'bVYb
; ``]dž'a]h'XYa'g]Y'gY]h\Yf'ni gUa a Yb']gh'Ui Z'Y]bYf'A Uh\Y'Ui Z
XYa'6cXYb'Ui gZØ\fh'&\$&%''A]h']\fYa'fYW\hYb'6Y]b'gW\k YVh'g]Y
bi f'k Yb][Y'NYbh]a YhYf'ØVYf'XYa'6cXYbž'GhUi gY'VYi [h']\f'']b_Yg
?b]Y'i bX'n]Y\h'Yg'Ub']\fY'6fi gh''; ``Y]W\ nY]h]['XfY\h'g]Y'a]h'XYb
<ÀbXYb'\]b hYf'XYa'cdZ']\fYb'CVYf'_ØfdYfž'i a'']\fYb'fYW\hYb
9``Vc[Yb'Ub']\f'']b_Yg?b]Y'ni 'Vf]b[Yb'i bX']\fY'GW\i`hYfb'j ca
6cXYb'ZYfbni \U'hYb''G]Y'gYb_h']\fYb'CVYf'_ØfdYf'i bX']\fY'6Y]bY
V]g'ni f'A Uh\Y'i bX'VY[]bbh'XUbb'X]Y'6Yk Y[i b['Ui Z'XYf
[Y[YbØVYf']Y[YbXYb'GY]hY'YfbYi h'K À\ fYbXXYggYb'VYk Y[Yb'g]Y
i bX'; ``]d'g]W\]a'9]b_`Ub['i bX'bU[Y'b'XYb'\UfhYb'Gd']hYf!
7fi bW\ni gUa a Yb''

I a'g]W\X]YgY'6Yk Y[i b[Yb'[YbUi Yf'Ubni gY\Ybž'_ØbbYb'G]Y'X]Y
K YVg]hY'j cb'GhUi gYg'HfU]bYf'VYgi W\Ybž'Ui Z'XYf'Yf'Y]b
HfU]b]b[gdfc[fUa a'ZØf'ni 'Ui gY'UbV]YhYh'

8 YhU]`g

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