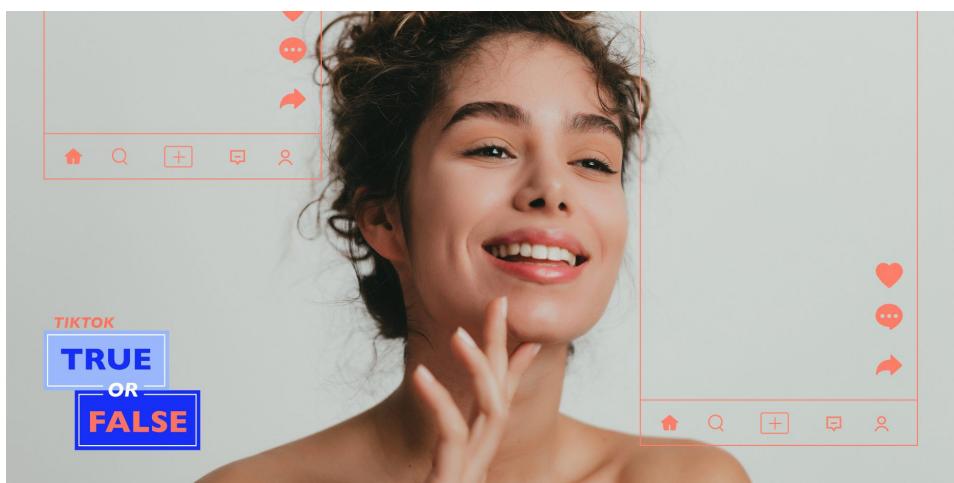


# MEIN FITNESS

<Ui hZUghYb ']gh'XYf'bYi YghY <Ui hdZ'Y[ Y!  
<UW\_j cb'H]\_Hc\_ž'UVYf'Zi b\_h]cb]Yfh'Yg3

9[ Už'cV'G]Y Ni VYfY]hi b[ <U'g'7fYa Y'i bhYf'XYb'5i [ Yb  
j Yfk YbXYbž'AlfY <Ui h'j cf'XYa 'GW 'UZYb[ Y\Yb 'Ui Z\_`YVYbž  
i a : U'hYb 'j cfni VYi [ Ybž'cXYf'AlfY <Ui h'a ]h'DYdh!6]ga c`  
ZØf'Y]bYb '\_UfYb 'HY]bfY]VYbž'Ui Z'H]\_Hc\_'\_i fg]Yfh'ja a Yf  
Yhk Ug'ni a H\Ya U'<Ui hdZY[ Y''5VYf'XYf'bYi YghY 'HfYbXž'XYf  
X]Y 'VY']YVhY 'GcW]U!A YX]U!5dd 'hf]ZZhž'VYghY\h'b]W h'XUf]bž  
AlfYf'<Ui hdZY[ Yfc i h]bY 'Yhk Ug'\]bni ni ZØ[ Yb''GhUhXggYb  
[ Y\h'Yg'XUfi a ž'Yg'ni fØW\_ni gW bY]XYb'''; YVYb 'G]Y 'Y]b.

<Ui hdZY[ YZUghYb''8Ug'?cbnYdhž'Y]bY 'DUi gY'j cb'XYf  
J Yfk YbXi b[ 'VYgh]a a hYf'<Ui hdZY[ YdfcXi \_hY'Y]bni 'Y[ Ybž  
]bgVYgcbXYfY 'j cb'gc'W Yb'a ]h'U[ [ fYgg]j Yb'þ\U'hgghcZZYb  
k ]Y 'F Yh]bc ``i bX'GÀi fYbž']gh'b]W hg'B Yi Yg''8YbbcW k ]fVY'b  
þZcfa Uh]cbYb 'XUfØVYfž'k ]Y'a Ub'Y]bY 'DUi gY'Y]b'Y[ h  
i bX#cXYf'gY]bY'<Ui hdZY[ Yfc i h]bY'a ]b]a ]Yfhž'/ Ua d^Y``]d/



9[ Už'cV'G]Y Ni VYfY]hi b[ <U'g'7fYa Y'i bhYf'XYb'5i [ Yb  
j Yfk YbXYbž'AlfY <Ui h'j cf'XYa 'GW 'UZYb[ Y\Yb 'Ui Z\_`YVYbž'i a  
: U'hYb 'j cfni VYi [ Ybž'cXYf'AlfY <Ui h'a ]h'DYdh!6]ga c`'ZØf'Y]bYb  
'\_UfYb 'HY]bfY]VYbž'Ui Z'H]\_Hc\_'\_i fg]Yfh'ja a Yf'Yhk Ug'ni a  
H\Ya U'<Ui hdZY[ Y''5VYf'XYf'bYi YghY 'HfYbXž'XYf'X]Y 'VY']YVhY  
GcW]U!A YX]U!5dd 'hf]ZZhž'VYghY\h'b]W h'XUf]bž'AlfYf

<Ui hdZY[ Yfc i h]bY 'Yhk Ug'\ ]bni ni ZØ[ Yb"· GhUhXgYggYb [ Y\h'Yg  
XUfi a ž'Yg'ni fØW\_ni gW bY]XYb"; YVYb 'G]Y 'Y]b. <Ui hdZY[ YZUghYb"·

8 Ug'?'cbnYdhž'Y]bY 'DUi gY 'j cb 'XYf'J Yfk YbXi b[ 'VYgh]a a hYf  
<Ui hdZY[ YdfcXi \_hY 'Y]bni 'Y[ Ybž']bgVYgcbXYfY 'j cb 'gc 'W Yb 'a ]h  
U[ [ fYgg]j Yb 'b\ U'hgghc ZZY b 'k ]Y 'F Yh]bc 'i bX 'GÀi fYbž']gh'b]W hg  
B Yi Yg"· 8 Ybbc W k ]fVY 'b 'bZcfa Uh]cbYb 'XUfØVYfž'k ]Y 'a Ub 'Y]bY  
DUi gY 'Y]b 'Y[ h'i bX #XYf'gY]bY <Ui hdZY[ Yfc i h]bY 'a ]b]a ]Yfhž'Ui Z  
H]\_Hc\_ '\ Yfi a ž'i bX 'Yg'k i fXY 'cfXYbh]W 'U'g'<Ui hZUghYb 'bYi  
j YfdUW\_h"

9]b 'hmd]gW Yg'6Y]gd]Y` 'A U']\ U'Δ YbUWc 'fUI h']\ fYf'6]c[ fUZ]Y 'Ui Z  
H]\_Hc\_ 'Y]bY ?cga Yh]\_Yf]b 'ZØf'<Ui hdZY[ Y 'i bX  
Hf]W c 'c[ ]Yghi XYbh]b E' \ Uh'Y]b 'J ]XYc [ YdcghYhž']b 'XYa 'XYf'HfYbX  
Yf\_Àf h'k ]fXž'i bX 'Yg' \ Uh'ØVYf' +\$\$ \$\$ '5i Zfi ZY 'Yfn]Y 'h"· b 'XYa '7' ]d  
gW 'À[ h'Δ YbUWc 'XYb': c ``ck Yfb 'j cfž'Y]bY 'DUi gY 'j cb 'XYf  
J Yfk YbXi b[ 'j cb '<Ui hdZY[ YdfcXi \_hY 'Y]bni 'Y[ Ybž'i bX 'VY a Yf\_h  
]b ']\ fYf'6]`Xi b hYfgW f]Zhž'XUgg' Y]b][ Y 'DfcXi \_hY 'Ub[ gUa  
Y']a ]b]YfYbž'k À\ fYbX 'UbXYfY '\_U'h'k YfXYb "': Øf'Y]bY  
j c ``ghÀbX][ Y ' <Ui hdZY[ Y 'a ØggYb 'G]Y '& ( 'Ghi bXYb 'Ub[  
Ui ΔØfYbž'U'Yg'ni 'j Yfk YbXYbž'Y]bgW ']Y « ']W F Y]b][ i b[ ga ]hhY'ž  
: Yi W h][ \_Y]hgWfYa Ygž'GYfYb 'i bX 'U'Y 'UbXYfYb 'GhUa a dfcXi \_hY ']b  
ΔfYf'5i ZghY' 'i b[ 'fb]Y 'hi hX]Yg'Y]b! 'cXYf'nk Y]a U'dfc 'K cW YL'8]Y  
H\Ycf]Y 'VYgU[ hž'XUgg'c \bY 'DfcXi \_hY 'Ui ZΔfYf'<Ui h']\ f  
bUhØf']W Yf'HU'[ 'X]Y '5i Z[ UVY 'ØVYfb]a a hž'g]Y 'Ui gni [ 'Y]W Yb 'i bX  
ni 'gW ØhnYbž'VY\Ui d hYh'Δ YbUWc ']b 'XYf', VYfgW f]Zhž']\ fYg  
6Y]hfU[ g"'

: Øf'X]Y 'Yb][ Ybž'X]Y 'Y]bY 'Ub[ k ]Yf][ Y ' <Ui hdZY[ Yfc i h]bY  
Ui Z[ YVUi h'\UVYbž'a U[ 'X]Yg'k ]Y 'Y]bY 'i ba Ø[ ']W Y '5i Z[ UVY  
YfgW Y]bYbž'UVYf'Δ YbUWc 'gW k Øfh'Ui Z<Ui hdZY[ YZUghYb"· 8]Yg  
ghÀf\_hX]Y 'bUhØf']W Y 'GW i hnVUff]YfY 'XYf'<Ui h'i bX 'gh'Y]bY  
[ fc » Ufh][ Y 'A Ø[ ']W \_Y]hž'DfcXi \_hY 'ni 'VYgh]a a Ybž'X]Y 'F Y]ni b[ Ybž  
5i gVfØW Y 'i bX 'UbXYfY <Ui hdZY[ YdfcV'Ya Y 'j Yfi fgUW Yb ž'gU[ h  
Δ YbUWc ']b ']\ fYa 'VY']YVhYb 'H]\_Hc\_ 'DYfgcbYb 'a ]h  
<Ui hYf\_fUb\_i b[ Yb 'k ]Y '9\_nYa Yb 'i bX 'Fc gUnYU 'i bX 'DYfgcbYbž'X]Y  
j YfgW fY]Vi b[ gdZ]W h][ Y ' <Ui hdZY[ YdfcXi \_hY 'j Yfk YbXYbž'gc 'hYb  
YXcW 'b]W h'Ui Z'X]Y 'J Yfk YbXi b[ 'XYf'bch YbX][ Yb 'DfcXi \_hY

j Yfn]WX hYbžgWX fY ]Vh'g]Y ']b ']\fYf'6]`Xi b hYfgWX f]Zh'`5i WX 'XYf  
J Yfn]WX h'Ui ZGcbbYbgWX i hna ]hhY` `]gh'Y]b 'F ]g]\_cž]bgVYgcbXYfY  
k Ybb 'G]Y '\_Øfn`]WX 'F Yh]bc ``Ui Z'X]Y <Ui h'Ui Z[ YhfU[ Yb '\UVYbžghY` `h  
g]Y 'Z'gh` `

= YbUWX c ']gh'b]WX h'XYf'Y]bn][ Y 'H]\_Hc \_!6Ybi hnYfžXYf'ØVYf  
<Ui hZUghYb 'gdF]WX h'`J ]XYcgžX]Y 'a ]h' g\_]b WUfYZUgh]b [ ' [ YhU[ [ h  
g]bXž\UVYb ']bg[ YgUa h'a Y\ f'U`g ' ) \$"\$\$ '5i Zfi ZYži bX '8i hnYbXY  
UbXYfYf'9fghY` `Yf'g]bX 'Ui Z[ YhUi WX hži a 'k Y]hYfY 'bZcfa Uh]cbYb  
ØVYf'X]Y 'DfUI ]g ni 'hY]Yb "5VYf'jgh'Yg 'k ]f\_`]WX 'bch'k YbX][ ž'Y]bY  
j cfØVYf[ Y\ YbXY 'DUi gY 'j cb 'XYf' <Ui hdZY[ Y 'Y]bni 'Y[ Ybži bX 'k ]Y  
j ]Y` `; i hYg ' \_Ubb 'XUg <Ui hZUghYb 'k ]f\_`]WX 'VYk ]f\_Yb 3

8 Yfa Uhc`c [ Yb 'g]bX 'g]WX 'Y]b ][ ž'XUgg 'k ØWX Ybh]WX Yg ' : UghYb 'ni f  
<Ui hdZY[ Y 'b]WX h'i bVYX]b [ h'j cfhY]` \UZh'gh'`8 ]Y 'XYž'XUgg 'G]Y  
VYgh]a a hY 'DfcXi \_hYžX]Y 'VYgcbXYfg'ghUf\_Y 'b \U`hgghc ZZY 'k ]Y  
F Yh]bc]XY 'Ybh\ U`hYbžfY[ Y`a À» ][ 'dUi g]YfYb 'gc ``hYbž\ Uh 'YXcWX  
Y]bYb '[ YK ]ggYb 'K Yfh' '9fZU\fYb 'G]Y 'a 'J cfUi g'a Y\ f'j cb 'ghUUh]WX  
[ YdfØZhYb '8 Yfa Uhc`c [ Yb 'XUfØVYfžk Ug <Ui hZUghYb 'jgh'i bX 'cV 'Yg  
g]WX Yf 'jgh'c XYf 'b]WX h'`

'' K Ug 'jgh' <Ui hdZY[ YZUghYb 3 ''

<Ui hdZY[ YZUghYb 'VY]b \U`hYh'Y]bY 'DUi gY 'j cb 'XYf'J Yfk YbXi b [  
U'`Yf'cXYf 'b]WX h'YggYb h]Y ``Yf' <Ui hdZY[ YdfcXi \_hY 'a ]h'XYa 'N]Y 'ž  
XYf' <Ui h'ni 'Yfa Ø[ ']WX Ybžg]WX 'gY 'Vgh'ni 'Yf\c`Yb 'i bX 'X]Y  
bUhØf']WX Y 'GWX i hnVUff]YfY 'XYf' <Ui h'fUi WX 'VY \_Ubbh'U`g 'X]Y  
Ài » YfghY ' <Ui hgWX ]WX hž'X]Y 'g]Y 'j cf'J YfgWX a i hni b [ 'i bX '6U \_hYf]Yb  
gWX ØhnhE'ni 'ghÀf \_Yb 'žF Y]ni b [ 'K ]Y 'cZh'i bX 'k ]Y 'Ub[ Y 'G]Y 'X]Y  
J Yfk YbXi b [ 'j cb 'DfcXi \_hYb 'Y]bghY ``Ybž'gc ``hY 'YXcWX 'Y 'bUWX  
DYfgcb 'i bX ']\fYb ' <Ui hdZY[ YVYXØfZb]ggYb 'j Uf]]YfYbž'gc 'B UUbu  
6cU\_mYžA 8ž'A D<ž'; fØbXYf]b 'j cb '6Yf[ Yb '8 Yfa Uhc`c [ m''

=WX 'XYb \_Yž'XUg ' ? cbnYdh'XYg ' <Ui hZUghYbg 'k i fXY 'k U\ fgWX Y]b ']WX  
Ui Z[ fi bX 'XYg 'ØVYfa À» ][ Yb ' ; YVfUi WX g 'j cb 'K ]f\_ghc ZZYb 'k ]Y  
F Yh]bc]XYb 'i bX 'DYY ']\b [ !GÀi fYb ' [ YVcfYb 'K Ybb 'G]Y 'j Yfgi WX Ybž  
X]Y '5fVY]hgdZYfXY 'fX]Y 'DYY ']\b [ !GÀi fYb 'i bX 'X]Y 'F Yh]bc]XYL'ni  
di g\Ybž]bXYa 'G]Y 'g]Y 'YXYb 'HU[ 'j Yfk YbXYbžgWX UXyb 'G]Y ' = fY

<Ui hVUff]YfY fK]Y A i » YfghY J YfhY]X][ i b[ g`b]Y XYg? ØfdYfg ni a GWX i hn`j cf`gWX AX`]WX Yb Hcl ]bYb i bX ?Y]a YbE žgU[ hK \ ]hbYm 6ck YžA 8žghUUh]WX [ YdfØZhYf 8Yfa Uhc`c[ Y i bX; fØbXYf j cb 8K 6" 8]Yg VYfY]hYh A fY <Ui hUi Z`Y]bYb Ni ghUbX WX fcb]gWX Yfž [ Yf]b[ fUX][ Yf 9bhñØbXi b[ Yb`j cfžX]Y A fY <Ui hYa dZ]bX]WX Yf i bX UbZÀ`][ Yf ZØf 5i gVfØWX Y i bX <Ui hU hYfi b[ a UW Yb \_ØbbYb" 5i g`X]YgYa ; fi bX \_Ubb`Yg`\]ZfY]WX gY]bžY]bY DUI gY`j cb DfcXi \_hYb`Y]bni `Y[ YbžX]Y X]YgY =b\U`hgghc ZZY`Ybh\U`hYb"

``: i b\_h]cb]Yfh <Ui hdZY[ YZUghYb 3``

K A\ fYbX`Y]b][ Y`H]\_Hc\_Yf`VY\Ui dYbž <Ui hZUghYb`gY]XYf`GWX`ØggY`ni f`K ]YXYf\YfghY`i b[ XYf <Ui hVUff]YfY`i bX`ni f : ØfXYfi b[ `Y]bYf`[ Ygi bXYb`<Ui hž]gh`Yg`k ]f\_]WX`b]WX h`bch`YbX][ cXYf`j cfhY]`UZh`i bX`\_Ubb`a Ø[ `]WX Yfk Y]gY`a Y\ f`gWX UXb`U`g bØhnYbž`gU[ h`8f" 6ck Y" K Ybb`G]Y A fY <Ui hUVYbXg`b]WX h`a ]h Y]bYa`gUbZhYbž`d <!bYi hfU`Yb`F Y]b][ i b[ ga ]hhY`fY]b][ Ybž`\_Ubb X]Yg`ni 5i gVfØWX Yb`VY]`ni 5\_bY`bY][ YbXYf`<Ui h`ZØ\ fYb" A fY <Ui h`gh`a a Yf`bcWX`XYa`HU[ `j cf`5i [ Yb žY[ U`cV`G]Y dZY[ YbXY =b\U`hgghc ZZY`j Yfk YbXYb`cXYf`b]WX hž`i bX`Ui WX`Ua`HU[ 5VYbXg`\Uh`g]WX`Ui Z A fYf`<Ui h`GWX a i hnž`GWX k Y]»`i bX`GWX UXghc ZZY`Ub[ YgUa a Y`hžX]Y`bUWX`Y]bYa`[ UbñYb`HU[ `]b`XYf`I a k Y`h`Ub`A fYf`<Ui h\UZhYb`žgU[ h`g]Y"

8Ug`\Y]» h`YXcWX`b]WX hž`XUgg`Y]bY`fY[ Y`a A`][ Yža`]b]a U`gh]gWX Y <YfUb[ Y\Ybgk Y]gY`Ub`X]Y`<Ui hdZY[ Y`b]WX h`YZZY\_hj`]gh`5bghUhh U`Y`DfcXi \_hY`ni ØVYfgdf]b[ Ybž`gc`hYb`G]Y`9f`c`i b[ gbAWX hY`j b A fY`F ci h]bY`]b hY`f]YfYbž`gWX`A[ h`8f" 6ck Y`j cf`8Ug`VYXYi hYhž XUgg`G]Y`b`VYgh`a a hYb`B`AWX hYb`VYk i ggh`Ui Z`DfcXi \_hY`a`]h K`]f`ghc ZZYb`k`]Y`G`ai fYb`i bX`F`Yh]bc]XYb`j`Yfn]WX hYbž`i a` A fY <Ui hVUff]YfY`ni`fYdUf]YfYb" <U`hYb`G]Y`g]WX`Ub`X]YgYb`HU[ Yb`Ub Y]bYb`gUbZhYb`F Y]b][ Yfž`J`]hUa`]b!7!GYfi a`i bX`GcbbYbWfYa`Yž gU[ h`g]Y"

``=gh`<Ui hdZY[ YZUghYb`g]WX Yf3``

: Øf`X]Y`a`Y]ghYb`A`YbgWX`Yb`ZØ\ fh`XUg`<Ui hdZY[ YZUghYb`gY`Vgh`ni \_Y]bYb`gWX k`Yfk`]Y[ YbXYb`cXYf`gWX`AX`]WX`Yb`c`[ Yb`@Ui h`8f"

6ck Y \_Ubb 'Yg' YXcW h i bbO h] [ Ya 'GhfYgg'Ui Z A fYf <Ui h ZO\ fYbž  
k Ug'G]Y b]W h k c ``Yb" K Ybb 'G]Y <Ui hZUghYb j Yfgi W Ybž'gc ``hY 'X]Yg  
Ui » YfXYa i bhYf'5b'Y]h b[ 'Y]bYg'5fnhYg'YfZc [ Ybž'gU[ h'8f" B UUbU"  
8 ]Y 'NY]hgdUbbYž]b XYf'G]Y 'Ui Z'X]Y J Yfk YbXi b[ 'j cb  
<Ui hdZY[ YdfcXi \_hYb j Yfn]W hYbž'a i gg'a O[ ']W Yfk Y]gY 'Y 'bUW  
XYb 'U\_h Y ``Yb 'A YX]\_Ua YbhYb i bX'DfcXi \_hYbž'X]Y 'G]Y 'j Yfk YbXYbž  
j Uf]]YfYbž'ZØ[ h'g]Y '\ ]bni "

'''DZ'Y[ YZUghYb ']gh'[ i h'ZØf'X]Y <Ui h. 'F ]W h][ 'c XYf  
ZU`gW 3'''

; Yhhm'a U[ Yg

Hfchñ'XYf'6Y\Ui dhi b[ Yb 'Ui Z'H]\_Hc\_ 'a ØggYb 'G]Y 'b]W h i bVYX]b[ h  
Y]bY 'DUi gY 'j cb XYf'J Yfk YbXi b[ 'U ``Yf <Ui hdZY[ YdfcXi \_hY  
Y]b 'Y[ Ybž'i a 'A fY <Ui h'k ]YXYf' ]b'; Ub[ 'ni 'Vf]b[ Yb "G]Y '\_ØbbhYb  
YXcW 'Yfk A[ Ybž'fY[ Y'a A»][ 'k Yb][ Yf'b]W h k YgYbh]W Y 'DfcXi \_hY  
U'g'Y]bY : cfa 'XYf'9f\c 'i b[ 'ni 'j Yfk YbXYb" GhUh h <Ui hZUghYb ž  
XUg']W h'Ya dZ\ ``Yž'VUi Yb 'G]Y ' 9f\c 'i b[ gbA W hY ']b 'A fY  
<Ui hdZY[ Yfc i h]bY 'Y]b ž'gU[ h'6ck Y" '5i Z'X]YgY 'K Y]gY 'Yfa O[ ']W Yb  
G]Y 'A fYf <Ui hVUff]YfYž'g]W 'ni 'Yf\c 'Ybž' ]bXYa 'G]Y 'Y]bY '\_i fnY  
DUi gY 'j cb 'DfcXi \_hYb 'a ]h'U[ [ fYgg]j Yb 'ø\ U'hgghc ZZYb 'k ]Y 'F Yh]bc  
i bX 'GÄi fYb 'Y]b 'Y[ Ybž'UVYf 'G]Y '\_ØbbYb 'k Y]hYf \ ]b 'hA[ ']W  
F Y]b][ i b[ ga ]hhY 'ž: Yi W h][ \_Y]hgWfYa Yg 'i bX 'GcbbYbgW i hna ]hhY  
j Yfk YbXYb"?cbgi 'h]YfYb 'G]Y 'k ]Y 'ja a Yf 'A fYb '5fnhž'VYj cf 'G]Y 'A f  
<Ui hdZY[ Ydfc[ fUa a 'A bXYfb"

8 YhU]`g

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