

MEIN FITNESS

G\ UdY '6Ygh' b :]hb Ygg '5k UfXg' &\$& .
6YghY 'C i hXccf!5i gfØghi b [

K Ybb 'G]Y 'h]YZ]b 'XYf'K]`Xb]gž'Ui Z'XYa 'K UggYf'cXYf']b 'Δ fYa
Øfh]W Yb 'DUf_ i b hYfk Y[g'g]bXž'gh'XUg '@Y hnhYž'k Ug'G]Y
k c ``Ybž'XUgg 'Δ fY 'C i hXccf!5i gfØghi b ['G]Y 'a 'Gh]W ``Aggh"
¥XYf'5VYbhYi fYf'k Y]» ž'XUgg 'Y]bY '6`UgYž'Y]bY ' _UhgW bUggY
GcW Y 'cXYf'Y]bY 'Ui Z[YgW Yi YfhY 'GW i 'hYf 'Δ f'9f'YVb]g']b 'XYf
B Uhi f'fi]b]YfYb '_Ubb " '5VYf'G]Y ' _ObbYb 'g]W 'XUfUi Z
j Yf'UggYbž'XUgg 'X]Y 'X]Yg'À\ f][Yb 'D]W_g 'ZØf'X]Y 'VYghY 'C i hXccf!
5i gfØghi b ['i bX '15i gfØghi b ['Δ fY 'K UbXYfi b [Ybž
? 'Y hhYfhci fYbž'DUXXY 'hci fYb 'i bX 'a Y\ f'VYk À'h][Yb ' _ObbYb "
<]Yf'Z]bXYb 'G]Y 'X]Y 'j cb 'G\ UdY!F YXU_hYi fYb 'i bX '9I dYfhYb
[YdfØZhYb '5fh]_Y'ž'X]Y ']b 'Δ fY 'GUa a 'i b [' [Y\ ØfYbž'XUfi b hYf
[f]Z][Y 'K UbXYfgW i 'Yž'UbZAb[YfZfYi bX ']W Y '@cb[VcUfXg
i bX 'Ui g'Ui Zg]W YfY '7\ U'_VU[g" '6YghY 'K UbXYfgW i 'Y.
H\ Ygi g'H\ Y / Ua dΔY ``]d/



K Ybb 'G]Y 'h]YZ]b 'XYf'K]`Xb]gž'Ui Z'XYa 'K UggYf'cXYf']b 'Δ fYa
Øfh]W Yb 'DUf_ i b hYfk Y[g'g]bXž'gh'XUg '@Y hnhYž'k Ug'G]Y 'k c ``Ybž
XUgg 'Δ fY 'C i hXccf!5i gfØghi b ['G]Y 'a 'Gh]W ``Aggh" ¥XYf

5VYbhYi fYf'K Y]» ž'XUgg'Y]bY '6`UgYž'Y]bY '_`UhgwX bUggY 'GcW_Y 'cXYf
Y]bY 'Ui Z[YgWYi YfhY 'GW i 'hYf'Δ f'9f'YYb]g]b 'XYf'B Uh f'fi]b]YfYb
_Ubb"'

5VYf'G]Y '_ØbbYb 'g]W XUfUi Zj Yf'UggYbž'XUgg'X]Y 'X]YgÀ\ f][Yb
D]W_g'ZØf'X]Y 'VYghY 'C i hXccf!5i gfØghi b['i bX '!5i gfØghi b['Δ fY
K UbXYfi b[Ybž? 'YhhYfhci fYbž'DUXXY'hci fYb 'i bX'a Y\ f'VYk À\ h][Yb
_ØbbYb" <]Yf'Z]bXYb 'G]Y 'X]Y 'j cb 'G\ UdY!F YXU_hYi fYb 'i bX
9I dYfhYb '[YdfØZhYb '5fh]_Y'ž'X]Y 'jb 'Δ fY 'GUa a 'i b[' [Y\ ØfYbž
XUfi bhYf' [f]Z] [Y 'K UbXYfgW i \Yž'UbZAb[YfZfYi bX']W Y
@cb[VcUfXg'i bX 'Ui g'Ui Zg]W YfY '7\ U'_VU[g"'

''6YghY 'K UbXYfgW i \Y. 'H\ Ygi g'H\ Y
K YY _YbX '6cch''

8]YgY ``Y]W hYb 'K UbXYfgW i \Y 'g]bX 'Ui g'a Y\ f'U'g' -) 'i
bUhØf']W Yb 'i bX 'fYWmW 'hYb 'A UhYf]U']Yb ' \UbX[YZYfh][h'i bX
j YfZØ[Yb 'ØVYf'Y]b 'k UggYfUVk Y]gYbXYg 'CVYfa UhYf]U'ž'Y]bY
_cbhi f]YfYbXY'; Y'!9]b 'Y[Ygc\ `Y 'i bX 'Y]b
hYa dYfUhi ffY[i ']YfYbXYg'; i hhYfž'XUg'Δ fY ' : Ø» Y 'Ui Z'U' 'Δ fYb
K UbXYfi b[Yb 'hfcW_Yb 'i bX 'VYe i Ya ' \À\ h" 8]Y 'fi hgW ZYghY
; i a a]gc\ `Y '\]Zh'Δ bYbž'gY 'Vgh'i bhYf'XYb 'fi hgW][ghYb
6YX]b[i b[Yb 'Ui ZfYW hni 'V'Y]VYb"'

H\ YgY
8Yf'K cW YbYbXgh]YZY'
%- , ž\$\$``

@UXYb

9I dYfhYbVYk Yfhi b[. ' Δ W 'V]b 'Y]b ' ; Ubn'U\ fYgk UbXYfYfž'U'gc
ghYW_Y ']W 'a Y]bY 'K UbXYfgW i \Y 'Ui Z'X]Y 'A Ub[Y 'i bX
VYUbgdfi W Y 'g]Y 'gY 'f" '6Ye i Ya ž[f]Z] [i bX 'k UggYfX]W h'g]bX
a Y]bY 'A i gh< Uj Ygž'i bX 'X]YgY 'Gh]YZY' 'YfZØ' 'Yb 'U' 'Y '5bZcfXYfi b[Yb"

5`g`J Y[UbYf`ZUbX`]W\ `Yg`n]Ya ``]W\ `gW\ k]Yf][ž`Y]bYb`B]W\ h!@YXYf!
K UbXYfgW\ i \ `ni `ZjbXYbž`XYf`a Y]bYb`5bgdfØW\ Yb`[YbØ[hž`UVYf
X]YgYf`GW\ i \ `YfZØ`h`Yg`` ``A U[[]Y`DY]_cbž`GcW\U`!A YX]U!
F YXU_hYi f]b`VY]`G\ UdY``

``6YghYf`K UbXYf!HU[Ygfi W_gUW_. `C gdfYm
8Um`]hY`D`i g``

8]YgYf`&\$!@]hYf!HU[Ygfi W_gUW_. `gh`a]h`U``Ya `B Øh][Yb
Ui g[YghUhYh`Y]b`[YfÅi a][Yg`<Ui d hZUW\ ž`Y]bY`øbYbhUgW\ Y`ni a
J YfghUi Yb`ÙfYg`Hf]b`_fi W_gUW_g`cXYf`@Udhdgžnk Y]
K UggYfZUgW\ Yb\ U`hYfž`Y]bY`a]h`A Yg\ `VYnc[YbY`GW\ Ui a ghcZI
F ØW_k UbX`ZØf`Yfj cffU[YbXY`6Y`ØZh b[`i bX`HUGW\ Yb`]b`<Ø`Y
i bX`Ø`Y`Ø`ni gÀhn`]W\ Y`GhUV`]h`hž`k Ybb`G]Y`gW\ k YfY`@UghYb
gW\ `YddYbž`VYZYgh][Yb`G]Y`g]W\ a]h`XYb`6fi ghl`i bX`<ØZh[i fhYb`

:]gW\ UX`Yf
8Um`]hYD`i g
`+) ž\$ \$

@UXYb

9I dYfhYbVYk Yfhi b[. ` K Ug`gc ``]W\ `gU[Ybž`bUW\ XYa `Yf`g]W\
bUW\ `7Ua d]b[ž`5i g`UbXgfY]gYb`i bX`j]Y`Yb`l a nØ[Yb`]a `; YdÀW_\
Xi fW\ [YgYhnh`Uh3`9f`]gh`a Y]b`ni j Yf`Àgg][Yf`HU[Ygfi W_gUW_z`XYb
]W\ `YXYfnY]h`[fY]ZYb`_Ubbž`i bX`Uh` ÀW\ Yf`ZØf`Y]bYb
\mXfUi `]gW\ Yb`K UggYfVYi hY`ž`ni gÀhn`]W\ Yg`K UggYf`i bX`?`Y]b!
a U» ghUVg[YhfYi Y`; Y[YbghÀbXY`k]Y`Y]b`6i W\ `i bX
GccbYbWfYa Y` `5bbY`FYi ggž`B 5GA !nYfh]Z]n]YfhY`DYfgcbU`
HfU]bYf]b`i bX`9I dYfh]b`ZØf`]b`_i g]j Yg`HfU]b]b`

``6YghY`K UbXYfgcW\Yb. `Ga UfhK cc`<]_Y

@][\h'7i g\]cb'7fYk 'GcW_Yb ''

8]Y'Ui g'Uha i b[gU_h]j Yf'A Yf]bck c``Y`\\Yf[YghY``hYb'Ga UfhK cc`
<]_Y@][\h!GcW_Yb'g]bX'Ub'XYb'GhY``Yb'[Ydc'ghYfh'i bX'VY'ØZhYhž
X]Y'G]Y'Ua'a Y]ghYb'VYbØh][Yb'fbdf]W\ . '_Y]bY'gh]b_YbXYb': Ø» Y
cXYf'6`UgYbŁ'8]Y'7fYk !<Ø\Y'V]YhYh'ni gÀhn`]W\Yb'GW\i hn'Ui Z'XYb
HfU]gž'i a 'A fY'?bØW\Y'j cf'8cfbYbž'6fca VYYfghfÀi W\Yfb'cXYf
k Ug'Ui W\]a a Yf' A fYb'K Y['_fYi nYb'_ØbbhYžni 'gW\ØhnYb''

Ga UfhK cc`

<]_Y@][\h'7i g\]cb'7fYk 'GcW_Yb
` &(ž\$

@UXYb

9I dYfhYbVYk Yfhi b[. ' =W\`ÀhhY'b]Y'[YXUW\hž'XUgg']W\`Ya UbX
gY]b'k ØfXYž'XYf'ØVYf'GcW_Yb'dfYX][hž'UVYf'\]Yf'g]bX'k]f''8]YgY
GcW_Yb'g]bX'b]W\hbi f'ghØhnYbX'i bX'VYe i Ya ž'gcbXYfb'Ui W\
i b[`Ui V']W\`Ub[`YV][``=a '9fbghž'g]Y'k UfYb'U`Ygž'k Ug']W\`hfi [ž'U'g
]W\`XYb ?']ja UbXgW\Ufc'VYgh]Y[``5i »YfXYa'k i fXYb'g]Y'gdYn]Y``
ZØf'X]Y'5bUhca]Y'j cb': fUi YbZØ»Yb'Ybhk]W\Y'hž'k Ug'Y]b'bYhhYf
6cbi g']gh' ' ' ?f]ghYb'; Y]ž'B5GA !nYfh]Zn]YfhY'DYfgcbU'`HfU]bYf]b
i bX'G\UdY'GYb]cf':]hbYgg'9X]hcf'

''6YghYg'D]W`YVU``!DUXXY`.'F YW\gg'7`Ugg]W
D]W`YVU``!DUXXY``

8]Y'_`Ugg]gW\Yb'D]W`YVU``!DUXXY`'j cb'F YW\gg'VYghY\Yb'Ui g
ghUf_Ya'i bX'XYbbcW\`Y]W\hYa':]VYf[`Ug'a]h'Y]bYa'`U'hVUfYb
?UbhYbgW\i hn''8Yf'GW\Ui a ghcZZ[f]ZZ]gh'a]h'dYfZcf]YfhYa
?i bgh'YXYf'ØVYfnc[Ybž'i a 'ni 'j Yf\]bXYfbž'XUgg' A fY'<UbX'VY]
]bhYbg]j Yb'6U``k YW\gY'b'UVfi hgW\hž'i bX'XUg'DUXXY`'k]fX'gc[Uf
a]h'Y]bYf'GY[Y'hi W\`Ø``Y[Y']YZYfh''

5i ggdUfi b[
? `Ugg]gWX Yg`D]W_`YVU``!DUXXY`
` , * ž\$ \$

@UXYb

9I dYfhYbVYk Yfhi b[. ` 9g`]gh`b]WX h`bi f`Y]b`J Yf[bØ[Ybž`a]h`XYa
F YWYgg!DUXXY`ni `gWX `U[Ybž`gc bXYfb`]WX ZØ\`Y`a]WX i b[`Ui V`]WX
Wc`ž`k Ybb`]WX `Yg`Ui Z`XYa `D`Uhñ`j Yfk YbXY` `Y]b` ; YZØ\`ž`XUg`j]Y`Y
@Yi hY`b]WX h`a]h`D]W_`YVU``!Uggcn]YfYb" 8]Y`8Yg][bg`g]bX`]a `HfYbX
i bX`k i fXYb`]a `Y][YbYb`<Ui g`Ybhk]WX`hž`i bX`YXYg`DUXXY`
a UWX h`Y]bYb`5i ggU[Y" ``; Y]`

```6YghYg`GhUbX!! d!DUXX`YVcUfx. ``: YUh\!F!  
@]hY`5i ZV`UgVUfYg`GhUbX!! d!DUXX`YVcUfx ``

8]YgYg`Ui ZV`UgVUfY`%\$!: i »!DUXX`YVcUfx`]gh` )`DfcnYbh`Y]WX h`Yf  
U`g`UbXYfY`A cXY``Y`Ui Z`XYa `A Uf\_hž`k ]Y[ h`\_bUdd`%-`DŽ`bX`i bX`]gh  
a ]h`Y]bYa `; f]Z`Ui g[ YghUhñ`hž`XYf`XYb`HfUbgdcfh`j ca`5i hc`ni a  
K UggYf`dfcV`Ya `cg`a UWX h`8Ug`fi hgWX ZYghY`DUX`\\]`Zh`Δ`bYbž  
Ui ZFYWX h`ni `V`Y]VYbž`k A\`fYbX`G]Y`ØVYf`X]Y`K`Y``Yb`dUXXY`b"  
A i `h]Z`b\_h]cbU`Y`Y`Ugh]gWX Y`GWX bØfY`\\U`hYb`XUg`B Øh][ ghY`Ub`C fh  
i bX`GhY``Yž`i bX`Yg`k ]fX`gc[ Uf`a ]h`Y]bYf`k UggYfX]WX h`Yb`HUgWX Y`ZØf  
=f`<UbXm`[ Y`]YZYfh`

: YXYf!F !@]hY  
5i ZV`UgVUfYg`GhUbX!! d!DUXX`Y!6cUfx  
%+\$ž\$ \$ ``

@UXYb

9I dYfhYbVYk Yfhi b[ . ` GhUbX!i d!DUXXY`b`]gh`Y]bY`gc ``c\`bYbXY  
5\_h]j ]h`h`ZØf`; Y]gh`i bX`?ØfdYf`i bX`Vf]b[ h`G]Y`i b`hYf`X]Y`GcbbY``=WX  
XYb`Y`b]WX hž`XUgg`DfY]gY`cXYf`; fØ» Y`X]Y`@Yi hY`j cb`X]YgYf

ni [ Àb[ `]W Yb '5 \_h]j ]hÀh'UVgW fYW\_Yb 'gc ``hY b" "W '\Uh hY '\_Y]b  
DfcV`Ya 'a ]h'X]YgYa 'YfgW k ]b[ `]W Yb 'DfcXi \_h'i bX 'Z]bXY 'Yg 'hc ``ž  
XUgg 'Yg 'hfU[ VUf' ]gh" ' 'FYi » '

''6YghYg 'A ci b hU]bV]\_Y. 'HfY\_ 'A Uf`]b ' ' ; Yb  
& ''

8 ]YgYg 'A ci b hU]bV]\_Y 'gh' ]b 'g]YVYb 'F U\ a Yb[ fÒ» Yb 'Yf\À`h]W i bX  
dUggh'dYfZY\_h ni ' : U\ fYfb 'YXYf ?ÒfdYf[ fÒ» Y" '8 Ug' : U\ ffUX 'j YfZØ[ h  
ØVYf 'Y]bY 'j Yff]Y[ Y'hY ' : YXYfi b[ ži a 'X]Y 'HfYhY Z]n]Ybn'ni 'Yf\Ò\Ybž  
; YdÀW\_hfÀ[ Yf\U'hYfi b[ Yb 'ni a 'HfUbgdcfh]YfYb 'U``Yf'k ]W h][ Yb  
8 ]b[ Y'i bX 'GW W U'h i bX '6fYa g\_UVY'ž'X]Y ']a 'F U\ a Yb  
i b hYf[ YVfUW h'g]bXž'i a 'Y]bYb 'k ]f\_ ']'W 'Y'Y[ UbhYb '@cc\_ 'ni  
gW UZZYb " '

HfY\_  
A Uf`]b ' ' ; Yb '&  
^ %" ' \$ž\$\$

@UXYb

9I dYfhYbVYk Yfhi b[ . ' 8 ]YgYg' : U\ ffUX 'ZÀ\ fh'g]W 'ZUbhUgh]gW  
Ui ZXYf 'GhfU» Y'cXYf 'Ui ZXYa 'HfU]" "W ' ' ]YVY 'gY]bY 'J ]Y'gY]h][ \_Y]h  
8 Yf 'A Uf`]b ' ' j YfZØ[ h'ØVYf 'VYY]bXfi W\_YbXY ' : i b\_h]cbYbžX]Y 'X]Y  
: U\ fh' ]b 'YXYa ' ; Y'ÀbXY 'fY]Vi b[ g`cgž'i b hYf\U'hgUa 'i bX  
\_ca ZcfhUVY 'a UW Yb " !DY]\_cb ''

''6YghYg '@c b[ VcUfX 'ZØf '5 b ZÀb[ Yf. 'DUfUX]gY  
( \$ '8 fcd!H\fci [ \ '@c b[ VcUfX ''

8 ]YgYg' ( \$!Nc ``!@cb[ VcUfX 'gh'a ]h'VYe i Ya Yb ' : i » UV'U[ YZÀW Yb

Ui g[ YghUhYh'i bX'Y][ bYh'g]W\ dYfZY\_hni a '7fi ]gYb'Xi fW\ 'X]Y  
B UW\ VUfgW\ UZh'cXYf'XYb 'Ofh']W\ Yb 'DUf\_''8]Y'; fi bXd'UhYb'XYf  
Hfi W\_g'k YfXYb'Xi fW\ 'XUg'8YW\_a cbh]Yfh'fXU\Yf'XYf'Bua Y'8fcd!  
H\fci [ \L'k cXi fW\ 'XUg'6cUfX'bA\Yf'Ua '6cXYb'd'Uhn]Yfh'k ]fX'i bX  
Xi 'a Y\ f'GhUV]hAh'\Ughz'k Ybb'Xi 'VYf[ UV'Z\ fgh'8]Y'F\AXYf'g]bX  
gc '\_cbn]d]Yfh'XUgg'g]Y'gW\ bY''VYgW\ 'Yi b][ Yb'i bX'[ `Y]W\ nY]h][  
Y]bY'fY]Vi b[ g`cgY': U\fh'V]YhYb"

DUFUX]Yg

( \$ '8fcd!H\fci [ \!@cb[ VcUfX  
`%, \$z\$

@UXYb

9I dYfhYbVYk Yfhi b[ . ' \UVY'a Y]b'(\$!Nc``!8fcd!H\fci [ \!  
@cb[ VcUfX'DUFUX]gY'[ Y\_Ui Zh'\_i fn'bUW\XYa ']W\ j cf'Yhk U'UW\h  
J\fYb'[ Y'Yfbh'\UhhYz'k ]Y'a Ub'Z\ fhz'i bX'gY]hXYa 'gY[ Y'h'Yg  
fY]Vi b[ g`cg''8Ug'6cUfX']gh'Ub[ 'i bX'VfY]hz'gcXUgg'G]Y'nk ]gW\Yb  
XYb'GhO»Yb ``Y]W\ h\A\fYb'GhUbX'Z\ bXYb'i bX'UbdUggYb '\_ObbYb'z'i bX  
X]Y'UV[ YgYb\_hY'D'UhZcfa '\A'h'G]Y'ghUV]z'k Ybb'G]Y'gW\ bY''Yf  
k YfXYb" ' ' A Y[ Ub': U`\_z'ghY'j YfhfYhYbXY'FYXU\_hYi f]b'j cb  
G\UdY'

''6YghYg'F YbbfUX.'GdYW]U`]nYX'5``Yn''

8]YgYg': U\ffUX'k ]fX'U'g'F YbbfUX'XYf'9]bgh]Y[ g\_\UggY' ]b  
FYW\bi b[ '[ YghY``h'i bX'V]YhYh'U''Yg'z'k Ug'bYi Y': U\fYf'VfUi W\Yb  
i a 'Ui Z'X]Y'GhfU»Y'ni '[ Y\Yb''9g'j YfZ\h'ØVYf'Y]bYb ''Y]W\ hYb  
5'i a ]b]i a fU\ a Yb'i bX'Y]bY'?c\`YZUgYf[ UVY'fXf'HY]z'XYf'XUg  
JcfXYffUX'\A'hZ\ Øf'fi \][ YfYg': U\fYb'i bX'Y]bZUW\YfY'?i fj Yb''

GdYn]U']g]Yfh  
5``Yn

~ %"\$\$\$\$

@UXYb

9I dYfhYbVYk Yfhi b[ . . 8Ug[GdYW]U]nYX'5``Yn']gh'a Y]b 'YfghYg  
FYbbfUX'i bX 'QgQ[ i hY'E i U]hÀh'QbXQ'Ub[ `YV][ 'ni 'Y]bYa 'fY'Uh]j  
b]YXf][ Yb 'DfY]g" 'W 'V]b ' ) %\$ ' [ fc» ' i bX 'Yg'k UfYb 'bi f'Y]b 'dUUf  
5bdUggi b[ Yb 'bÒh][ ž'XUa ]h'Yg'dYfZY\_h'dUggh' ' ' ?Um'U 'YhYfž  
B 5GA !nYfh]Z]n]YfhY 'DYfgc bU 'HfU]bYf]b ' i bX 'nYfh]Z]n]YfhY  
ž b\_h]cbY ``Y '?fUZhkfU]bYf]b '

'' 6YghY '? `YhhYfgW i \ Y. 'GWUfdU'C f][ ]b ''

8]YgY'? `YhhYfgW i \ Y'k i fXYb 'gdYn]Y``'ZØf'? `YhhYfUbZÀb[ Yf  
Ybhk ]W\_Y'h'i bX 'j YfZØ[ Yb 'ØVYf'Y]bY '[ f]ZZ[ Y'; i a a ]gc\`Y'ZØf  
\Yfj cffU[ YbXYb < U'hž'Y]b '@YXYfcVYfa UhYf]U' ZØf'Y]b 'i l i f]ØgYg  
HfU[ Y[ YZØ\ ``i bX 'Y]b 'Xfi W\_UVgcfV]YfYbXYg 'DUggZcfa gmghYa ž'XUg  
Y]bYb 'j YfVYggYfhYb : YfgYbg]hn'i b hYfghØhnh" '8]Y 'VY]XYb  
j YfghY ``VUfYb 'F ]Ya 'Ybj YfgW 'ØggY '[ YVYb 'A bYb 'X]Y 'A Ø[ ']W \_Y]hž  
X]Y 'GW i \ Y'gc 'Yb[ 'ni 'a UW Ybžk ]Y 'G]Y 'a ØW hYb "

GWUfdU

<Yf\_i bZh

~ %%- ž\$\$

@UXYb

9I dYfhYbVYk Yfhi b[ . . 'W '\UhY 'XUg'; `ØW\_ž'X]YgY 'VY] 'Y]bYa 'F 9‡  
: 'c\ a Uf\_hni 'Z]bXYb ' 'g]Y 'g]bX 'VYe i Ya ž'i bX 'JW '']YVY 'X]Y 'Y]bZUW  
Ubni 'Y[ YbXYb 'i bX 'Y]bZUW 'Y]bni ghY ``YbXYb ' ? 'Yhhj YfgW 'ØggY " '8Ug  
; i a a ]'gh'\_YVf][ ž'k Ug'g]W 'k ]Y 'Y]bY '\ ]'ZFY]W Y '< ]'ZY 'ZØf'Y]bYb  
bYi Yb ' ? 'YhhYfYf'UbZØ\ 'hž'i bX 'X]Y 'Ni [ gW 'Ui ZYb 'Y][ bYb 'g]W  
\Yfj cffU[ YbXž'i a 'g]Y 'Ub 'a Y]bYa ' ? 'YhhYfgUW '\_cXYf'7fUg\dUX 'ni  
VYZYgh][ Yb" '!DY]\_cb '

``6YghYf'7\U\_6U[ 'ni a ' ? `YhhYfb.'7chcdUI ]  
<U`Wcb'7\U\_6U[ ''

8Yf'ZUfVYbZfc\Y.%ž) !@jhYf! ? fY]XYVYi hY'']gh'a ]h'Y]bYf  
ghfi \_hi f]YfhYb 'F UbXÒZZbi b[ 'i bX 'Y]bYa 'j YfghY''VUfYb  
?cfXY`ni [ j YfgWV i gg'gck ]Y 'Y]bYf 'Y'Ugh]gWV Yb 'GWV 'Ui ZY  
Ui g[ YghUhYhži a ' ? fY '6ØfghY 'ni 'hfU[ Ybž'k Ybb 'G]Y 'X]Y 'K UbX  
Yf\_]a a Yb" 'I a 'g]WV Yfni ghY''Ybž'XUgg ' ? f'7\U\_ 'b]WV h'Ui Z'XYb  
6cXYb 'i b hYf ' ? bYb 'j YfgWV ØhhYh'k ]fXž'ZØ\ fYb 'G]Y 'XYb  
a ]h[ Y`]YZYfhYb ' <ØZh[ i fh'Xi fWV 'X]Y 'VY]XYb 'GWV 'Ui ZYb 'XYf 'HUGWV Y''

7chcdUI ]  
7\U\_6U[ 'j cb <U`Wcb  
'' \$ž\$

@UXYb

9I dYfhYbVYk Yfhi b[ . ' 8]YgYf'7\U\_VU[ ']gh'ZUfVYbZfc\ 'i bX  
'Y]ghi b[ gZÀ\][ 'i bX 'ZUggh'Y]bY 'VYhfÀWV h]WV Y 'A Yb[ Y '7\U\_ 'i bX  
j Yf\ ]bXYfh'a ]h'Y]bYa ' 'Y]WV h'j YfghY''VUfYb 'J YfgWV i gg'a ]h  
?cfXY`ni [ ž'XUgg'g]Y 'ØVYfU''j YfgWV ØhhYh'k ]fX''8]Y ' ; YgÀ» hUgWV Yb  
\_ØbbhYb 'YXcWV 'a Y]b '@YV' ]b[ gZYUhi fY 'gY]b ' 'g]Y 'V]YhYb 'D'Uhn'ZØf  
a Y]b 'ØVYf[ fc» Yg'HY'YZcb 'f]D\cbY '%& 'Dfc 'A UI tž'a Y]bY 'GWV 'ØggY'  
i bX 'GbUW\_g' ' !DY]\_cb '

``6YghYf'6`i Yhc ch\ !@Ui hgdfYWV Yf. ' > @  
7\Uf[ Y ') ''

8]YgYf'6`i Yhc ch\ !@Ui hgdfYWV Yf'j YfZØ[ h'ØVYf'Y]bY 'i b[ 'Ui V']WV Y  
5\_\_i 'Ui ZnY]h'j cb '&\$ 'Ghi bXYbž'gcXUgg 'X]Y 'DUfhm'b]Y 'Ui Z'ØfYb  
a i gg" '9g' ]ghk UggYf! i bX 'ghUi VX]WV h'z'dYfZY\_h'ZØf'C i hXccf!

5VYbhYi Yfži bX'a ]hXYf]bhY[ f]YfhYb'Dck YfVUb\_ \_ObbYb'G]Y'f  
HY`YZcb'Ui ZUXYbžc\ bY'Y]bYb'HU\_hni 'j YfdUggYb"

6@

; YVØ\ f')

~ %, \$ž\$

@UXYb

9I dYfhYbVYk Yfhi b[ . 8Yf'6@'7\Uf[ Y'a Y]bYg'<Ui g\U`hg  
VY[ `Y]hYh'i bg'ØVYfU``\]b' Ub'XYb'GYYžni a'; c`Zd`Uhñžni a  
D]W\_b]W\_ži bX'Yf'X]YbhY'gc[ Uf'Y]b'dUUf'A cbUhY'Ub[ 'U`g  
@Ui hgdfYWYf'i bgYfYg'5i hcgžk Á\fYbX'i bgYfYg'\_Udi hh'k Uf''9f']gh  
\_`Y]bžUVYf'c\c" ' ' ; Y]"

''6YghY'K UbXYfgW i \Y.'5``V]fXg'HfU]`  
F i bbYfg'GK H''

8]YgY'K UbXYf!GbYU\_Yfg'\_ca V]b]YfYb'[ UbnhÁ[ ][ Yb'5``V]fXg!  
?ca Zcfh'a ]hXYf': i b\_h]cb'Y]bYg'k UggYfUVk Y]gYbXYb  
CVYfa UhYf]U`g'i bX'Y]bYf'[ f]Z][ Yb'l bhYfgY]hY'a ]hGhc``Ybgc\`Y  
i bX'k i fXYb'ZØf'\ÁfhYfYg'; Y`ÁbXY'Ybhk ]W\_Y'h'9]b'Yb[ Yf'?fU[ Yb  
\Á`h`GWa i hn`ZYfbži a 'ni 'j Yf\ ]bXYfbž'XUgg`Ágh][ Y'?]YgY`ghY]bY  
ÁfY'K UbXYfi b[ 'j Yf'Ub[ gUa Ybžk Á\fYbX'XUg'F ]dghcd!A UhYf]U'  
i bX'XYf'X]W\_Y'?chZØ[ Y`gY`Vgh'i bhYf'ZfU[ k ØfX][ Yb'6YX]b[ i b[ Yb  
'Ub[ 'YV][ 'V`Y]VYb'"

5``V]fXg

HfU]`fi bbYf'GK H

~ %( \$ž\$

@UXYb

9I dYfhYbVYk Yfhi b[ . ' ȐW \_Ub b' b]W h'Y]ba U` Ub gUh nk Y]gY  
nÀ\`Ybž'k ]Y'j ]Y`Y`Hi fbgW i \Y']W h'Ui Z'gW `Ua a ][ Ya ž'b UggYa  
6cXYb'fi ]b]Yfh' \UVYž'UVYf']W h' \UVY`YbX']W h'a Y]b '@YV']b[ gdUUf  
ZØf'XUg'HfU]b[ 'i b hYf' \YfUi gZcfXYfbXYb'6YX]b[ i b[ Yb'[ YZ bXYb"  
8]YgYf'HfU\_h]cbg!K UbXYfgh]`]gh'fcVi gh[ Ybi [ ž'i a 'dfU\_h]gW  
XUa ]h'i a ni [ Y\Yb'YXYg'HYffU]b[ 'j cb'fi hgW][ Ya '6Øf[ YfghY][  
V]g'\]b'ni 'ZY'g][ Yb'bYi Yb'<Ø\Yb' 'k À\ fYbX'a Y]bY': Ø» Y'[ YghØhnhž  
[ YgW Øhnh'i bX'hfcW\_Yb'V'Y]VYb" 'NUfU\ ?Uj UfUbUž'6YUi hm!9!  
7ca a YfW!FYXU\_hYi f]b'VY]`8chXUg\ 'A YfYX]h\ '

''6YghY'K UbXYf!; ØfhY`hUgW Y.' Ub ^]  
A i `h]dUgg'G']b[ '6U[ ''

HYW b]gW [ YgY\Yb'Y]bY '@Ui ZhUgW Yž']gh'X]YgY'; ØfhY`hUgW Y'XUb\_  
]NfYg'k UggYfUVk Y]gYbXYb'A UhYf]U`gž'Y]bYf'Uha i b[ gU\_h]j Yb  
F ØW\_k UbX'i bX'a Y\ fYfYf'GhUi ZÀW Yf'fcVi gh[ Ybi [ ž'i a 'Yg'a ]h  
XYb'K UbXYfk Y[ Yb'Ui Zni bY\ a Yb" HfU[ Yb'G]Y'Yg'i a 'X]Y'HU]`Yž  
i a 'gW bY''Ui ZÀfY'k ]W h][ ghYb'8]b[ Y'ni [ fY]ZYb'ni '\_ØbbYbž'cXYf  
ØVYf'XYa 'F ØW\_Ybž'k Ybb'G]Y' \_`YhhYfb"'

Ub ^]  
A i `h]dUgg!I a \Àb[ YhUgW Y  
^ ) &ž\$\$

@UXYb

9I dYfhYbVYk Yfhi b[ . ' Ub ÿg'[ YfÀi a ][ Y'I a \Àb[ YhUgW Y'\Uh  
a Y]bYb'\_Y]bYb'HU[ Ygfi W\_gUW\_XUi Yf\UZh'YfgYhnh"G]Y']gh'fc»  
[ Ybi [ ž'i a 'a Y]b'<UbXmž'a Y]bY'GW ØggY'ž'a Y]b'DcfhYa cbbU]Yž  
GbUW\_g'i bX'gc[ Uf'a Y]bY'Y]W hY '@Ui Z'UW\_Y'ni 'j YfghUi Ybž'UVYf  
\_ca dU\_h[ Ybi [ ž'XUgg'g]Y'a Y]bY'6Yk Y[ i b[ gZfY]\Y]h'b]W h  
Y]bgW fÀb\_h" D'i g'XYf'k UVYbZØfa ][ Y'F ØW\_Yb'j Yf\]bXYfhž'XUgg  
a Y]b'F ØW\_Yb'VY]<cW gca a Yfk UbXYfi b[ Yb']bg'GW k ]hnYb  
[ YfÀh" ' : U'\_

''6YghY hfU[ VUfY <Àb[ Ya UhhY . 8ci V`YB Ygh!  
<Àb[ Ya UhhY j cb 9U[ `Y`B Ygh Ci hZ]hhYfg ''

8 ]YgY ``Y]WX hYž gY]X][ Y <Àb[ Ya UhhY \Uhni gUa a Yb[ Yfc ``hbi f X]Y  
; fO» Y`Y]bYf ; fUdYZf i ]hž gc XUgg g]Y`\_Y]bYb k Yfhj c ``Yb D`Uhn ]b  
Δ fYf`K UbXYfhUgWX Yž Δ fYa F i W\_gUW\_cXYf Δ fYf`HfU[ YhUgWX Y  
Y]bb]a a h"8]Y - ž) !: i » !<Àb[ Ya UhhY ]gh`[ fc» [ Ybi [ ži a nk Y]  
DYfgcbYb`VYe i Ya D`Uhn ni V]YhYbž i bX`g]Y ``Àggg g]WX ]b ]\fYb  
Y][ YbYb` DUW\_gUW\_dUW\_Ybž i a X]Y`5i ZYk U\fi b[ ni a  
? ]bXYfgd]Y``ni `a UWYb``

9U[ `Y`B Ygh Ci hZ]hhYfg  
8ci V`YB Ygh<Àb[ Ya UhhY  
+ ) ž\$ \$

@UXYb

9I dYfhYbVYk Yfhi b[ . A Y]bY`8ci V`YB Ygh<Àb[ Ya UhhY ]gh`b  
XYb ``YhnhYb`gYWX g`U\ fYb`ØVYfU``a ]h'a ]f`[ YfY]gh`]b`DUf\_gž`Ui Z  
K UbXYfk Y[ Ybž`Ui Z`7Ua d]b[ d`ÀhnYbž`]b`<]bhYf`ØZYb`i bX`Už`gc[ Uf  
]b`K c\bn]a a Yfbž`UVYf`g]Y`nY][ h`\_Y]bY`5bnY]WX Yb`j cb`5Vbi hni b[  
A Y]b`DUfhbYf`i bX`]WX`UVY`VY]a`NY`hYb`VY]`Y]g][ Yb  
HYa dYfUh` fYb`ni gUa a Yb`XUf]b`[ YgWX`UZYbž`i bX`k ]f`\UVYb`VY]XY  
k ]Y`6UVmg`[ YgWX`UZYb` ``: U`\_`

8 YhU]g

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