

# MEIN FITNESS

K Ufi a ' ? YhUa ]b 'U`g`5bh]XYdfYgg]j i a  
j Yfk YbXYh'k ]fX

K À\ fYbX 'G]Y ' ? YhUa ]bž'Y]bY 'dgmW YXY ']gW Y '7 'i VXfc[ Yž'X]Y  
ZØf' ]\ fY 'X]ggc n]Uh]j Y 'K ]f\_i b[ 'Ui Z? cbgi a YbhYb 'VY\_Ubbh'ghž  
j ]Y ``Y]W h'b]W h'a ]h`Y[ ]h]a Yf'; Ygi bX\ Y]hgZØfgcf[ Y ']b  
J YfV]bXi b[ 'Vf]b[ Ybž'Y[ Yb 'U\ fY'Ub[ Y 'k ]ggYbgW UZh']W Y  
: cfgW i b[ Yb 'bU\ Yž'XUgg ' ? YhUa ]b 'Y]bY 'k ]f\_gUa Y  
6Y\ UbX`i b[ 'j cb '8YdfYgg]cbYb 'i bX 'UbXYfYb 'dgmW ]gW Yb  
9f\_fUb\_i b[ Yb 'gY]b '\_ÒbbhY "HUhgÀW ']\W '\Uh'X]Y : ccX 'UbX  
8fi [ '5Xa ]b]ghfUh]cb 'fl 85£&\$%- 'Y]bY ' ? YhUa ]bVY\ UbX`i b[  
ZØf'A YbgW Yb 'a ]h'VY\ UbX`i b[ gfYg]ghYbhYf '8YdfYgg]cb  
fHF 8£ni [ Y`UggYb ' 'a ]h'UbXYfYb 'K cfhYbž'8YdfYgg]cbYbž'X]Y  
g]W 'bUW 'XYf'5bk YbXi b[ 'j cb 'GhUbXUfX]b hYfj Ybh]cbYbž  
Y]bgW ']Y » ']W '5bh]XYdfYgg]j U 'i bX '6YfUh b[ ž'b]W h  
[ YVYggYfh'\UVYb 'C V k c\ ``Yg 'g]W Yf']W 'bcW 'b]W h  
A U]bghfYUa ']ghž'\Uh'X]Y 'J Yfk YbXi b[ 'j cb ' ? YhUa ]b '[ Y[ Yb  
8YdfYgg]cbYb ']b ``YhnhYf'NY]h]a a Yf'a Y\ f'5i ZgY\ Yb 'YffY[ h"  
9]bY / Ua dΛY ``]d /



K À\ fYbX 'G]Y ' ? YhUa ]bž'Y]bY 'dgmW YXY ']gW Y '7 'i VXfc[ Yž'X]Y 'ZØf

J\ fY 'X]ggc n]Uh]j Y 'K ]f\_i b[ 'Ui Z? cbgi a YbhYb 'VY\_Ubbh']ghž  
j JY ``Y]W h'b]W h'a ]h`Y[ ]h)a Yf'; Ygi bX\Y]hgZØfgcf[ Y']b[ JYfV]bXi b[  
Vf]b[ Ybž'Y[ Yb 'U\ fY'Ub[ Y'k ]ggYbgW UZh']W Y': cfgW i b[ Yb 'bU\Yž  
XUgg'?YhJa ]b 'Y]bY 'k ]f\_gUa Y '6Y\UbX'i b[ 'j cb '8YdfYgg]cbYb 'i bX  
UbXYfYb 'dgmW ]gW Yb '9f\_fUb\_i b[ Yb 'gY]b '\_ObbhY "HUhgÀW ']\W '\Uh  
X]Y': ccX 'UbX '8fi [ '5Xa ]b]ghfUh]cb 'fl 85£&\$%- 'Y]bY  
?YhJa ]bVY\UbX'i b[ 'ZØf'A YbgW Yb 'a ]h'VY\UbX'i b[ gfYg]ghYb hYf  
8YdfYgg]cb 'fHF 8£'ni [ Y'UggYb ' 'a ]h'UbXYfYb 'K cfhYbž  
8YdfYgg]cbYbž'X]Y 'g]W 'bUW 'XYf'5bk YbXi b[ 'j cb  
GhUbXUfx]bhYfj Ybh]cbYbž'Y]bgW ']Y» ']\W '5bh]XYdfYgg]j U 'i bX  
6YfUh i b[ ž'b]W h'[ YVYggYfh'\UVYb ''

C V K c \ `` Yg ` g ] W Yf ` ] W b c W b ] W h A U ] b g h f Y U a ` ] g h z ` \ U h X ] Y  
J Y f k Y b X i b [ ` j c b ` ? Y h U a ] b [ Y [ Y b ` 8 Y d f Y g g ] c b Y b ` ] b ` Y h n h Y f ` N Y ] h  
] a a Y f ` a Y \ f ` 5 i Z g Y \ Y b ` Y f f Y [ h ` 9 ] b Y ` a ` & \$ & & ` j Y f O Z Z Y b h ` ] W h Y  
B Y h Z ] l ! 8 c \_ i a Y b h U h ] c b z < c k ` h c ` 7 \ U b [ Y ` M t i f ` A ] b X z i b h Y f g i W h  
X Y b ` ? c b g i a ` i a g h f ] h h Y b Y f ` 8 f c [ Y b z Y ] b g W W ` ] Y » ` ] W h ` ? Y h U a ] b z i b X  
] \ f Y ` d c g ] h ] j Y ` K ] f \_ i b [ ` U i Z ` A Y b g W W Y b ` a ] h ` d g m W W ] g W W Y b  
9 f \_ f U b \_ i b [ Y b " ` A O [ ` ] W Y f k Y ] g Y ` \ U V Y b ` G ] Y ` U i W W ` j c b ` Y ] b ] [ Y b  
D f c a ] b Y b h Y b ` [ Y ` Y g Y b z X U f i b h Y f ` G \ U f c b ` C g V c i f b Y ` i b X ` @ U a U f  
C X c a z X ] Y ` ? Y h U a ] b [ Y [ Y b ` 8 Y d f Y g g ] c b Y b ` V n k " ` G i W W h j Y f k Y b X Y b "  
9 g ` a i g g ` Y X c W W b c W W a Y \ f ` [ Y Z c f g W W h k Y f X Y b z i b X ` k ] Y ` V Y ] U `` Y b  
A Y X ] \_ U a Y b h Y b ` \_ U b b ` Y X Y f ` U b X Y f g ` U i Z ? Y h U a ] b V Y \ U b X ` i b [ Y b ` V Y ]  
d g m W W ] g W W Y b ` 9 f \_ f U b \_ i b [ Y b ` f Y U [ ] Y f Y b ` "

K ]Y .Y]bY '\cW\Z b\_h]cbU'Y '8 YdfYgg]cb 'Ui gg]Y \h'i bX'k ]Y 'a Ub'< ]ZY  
VY\_ca a h

?YhUa ]b`k ]fX`ni bY\ a YbX`5i Za Yf\_gUa \_Y]h[ YgW\ Yb\_h\ XU`X]Y  
7CJ =8!%- !DUbXYa ]Y``Ui h\XYf`K Y`h[ Ygi bX\ Y]hgcf[ Ub]gUh]cb `Y]bYb  
5bgh]Y[ `j cb`8YdfYgg]cbYb`i bX`5b[ ghni ghAbXYb`i a`&) `DfcnYbh  
j Yfi fgUW\ h\Uh`` <Yi hY`VYghY\h\ a Y\ f`XYbb`Y`6YXufZUb`Y]bYa  
gW\ bY```k ]f\_YbXYb`5bh]XYdfYgg]j i a`ZOf`A YbgW\ Yb`a`jh  
Gi ]n]X[ YXUb`Yb`z`gU[ h`8f``F UW\ Y``>`8 U`h\ cfdz`DgmW\ ]UhYf]b`VY]  
@ZY GhUbW\`<YU`h\``

9fZU\fYb'G]Y]a'JcfUi g'a Y\fxUFØVYfž'k Ug'?'YhUa ]b']ghž'k ]Y'Yg  
ZØf'X]Y'dgmW]gWY'; Ygi bX\Y]h'j Yfk YbXYh'k ]fX'i bX'k Yf'`Ui h

9I dYfhYb 'XUj cb 'dfcZjh]YfYb '\_ØbbhY''

'''K Ug ']gh? YhUa ]b 3'''

?YhUa ]b ']gh'Y]b 'X]ggc n]Uh]j Yg'5bÀgh\Yh]\_i a 'fK"'\``Yg'j YfnYffh'X]Y  
G]bbYgk U\fbY\ a i b[ Ł'XUg'i fgdfØb[ `]W\ U`g']b 'n]YfVUfYgž\_i fn  
k ]f\_YbXYg'6Yfi \][ i b[ g! i bX'GW\ a Yfna ]hhY'`ZØf'A YbgW\Yb i bX  
H]YfY'Ybhk ]W\Y'h\k i fXY"9g'k i fXY']b 'XYb '%- +\$Yf'ø\ fYb 'j cb 'XYf  
: 85 'ZØf'X]Y'a YX]n]b]gW\Y'J Yfk YbXi b[ 'ni [ Y'UggYbž'UVYf'Y]b][ Y  
YY[ UbhYbž'Yg']b 'XYf': fY]nY]h'ni 'j Yfk YbXYbž'i a 'gY]bY  
\U``i n]bc[ YbYb 'K ]f\_i b[ Yb 'Ui gni bi hnYb" ØYhUa ]bYQj YfnYffh  
X]Y'K U\fbY\ a i b[ 'j cb '6]X i bX'Hcb i bX '[ ]VhXYa '6Ybi hnYf'XUg  
; YZØ\`žb]W\h]j YfVi bXYb 'ni 'gY]b 'i bX' \_Y]bY ?cbhfc``Y'ni '\UVYb ž  
gc 'X]Y'I G'8fi [ '9bZcfW\ a Ybh'5Xa ]b]ghfUh]cb 'f8 95Ł"

8fc[ Yž'A YX]n]b 'cXYf'Yhk Ug'XUnk ]gW\Yb3'<]Yf']ghž'k Ug'G]Y'k ]f\_`]W\  
ØVYf'K YYX'k ]ggYb 'gc ``hYb

≠'XYb '%- , \$Yf'ø\ fYb 'ZUbX'?YhUa ]b 'gY]bYb 'K Y[ ']b 'X]Y'DUfhmgnYbY  
i bX'k i fXY']`Y[ U``]b ': cfa 'j cb 'k Y]» Ya 'Di 'j Yfž'D]`Yb 'cXYf']b 'Y]bYf  
: 'Øgg][ \_Y]h'Ui Z[ Y'Øgh]j Yf\_Ui Zh'8]Y'I G5'a UW\hYb '?YhUa ]b '%- --  
ni 'Y]bYf'ghUUh]W\ '\_cbhfc``]YfhYb 'Gi VghUbnž'i a 'XYb 'A ]ggVfUi W\  
XYf'8fc[ Y'ni 'VY\_Aa dZYb" 'K À\ fYbX 'X]Y'J YfZØ[ VUf\_Y]h]j cb  
?YhUa ]b 'Ui Z'XYa 'GW\ k Ufna Uf\_h'i bX'XYf': fY]nY]h\_cbgia 'XYf  
8fc[ Y'j cb '&\$\*\$\* 'V]g'&\$%- 'ni [ Ybca a Yb '\UVYbž'j Yfk YbXYb ``Ui h  
Y]bYf']a '5a Yf]W\Ub 'xi fbU 'cZ'Di V'']Wj YfØZZYbh]W\hYb 'Ghi X]Y  
\Yi hni hU[ Y'k Yb][ Yf'U'g'Y]b 'DfcnYbh'XYf'A YbgW\Yb ']b 'XYb 'I G5  
?YhUa ]b 'Ui g'b]W\h'a YX]n]b]gW\Yb ' ; fØbXYb ' ; Ygi bX\Y]h]a 'ø\ f  
&\$&%'

'''K Ufi a 'k ]fx ' ? YhUa ]b 'ni f'6Y\UbX'i b[ 'j cb  
8YdfYgg]cbYb 'Y]b[ YgYhnh3'''

>Ob[ ghY': cfgWX i b[ gYf[ YVb]ggYžY]bgWX`]Y»`]WX`Y]bYf  
gmghY a Uh]gWX Yb` VYfd fØZ b[ `j cb` , ' '6Yf]WX hYb`]a `J\ f`&\$&%ž  
`]YZYfb`<]bk Y]gY`XUfUi Z`XUgg`?YhUa ]b`Ubh]XYdfYgg]j Y`i bX  
Ubh]gi ]n]XU`Y`K ]f\_i b[ Yb`\Uh`8UfØVYf`]bUi g`\_Ubb`?YhUa ]b`]a  
J Yf[ `Y]WX`ni `\\Yf\_Oa a `]WX Yb`5bh]XYdfYgg]j U`i bX`6YfUhi b[ `Y]bY  
gWX bY`YfY`@bXYfi b[ `j cb`8YdfYgg]cbggma dhca YbžY]bgWX`]Y»`]WX  
GY`Vgha cfX[ YXUb\_YbžV]YhYbžgc`Y]bY`Ghi X]Y`Ui g`XYa `J\ f`&\$%-ž  
X]Y`]a `xi fbU`cZ`DgmWX]Uhfm`UbX`7`]b]WU`BYi fcgWYbWg  
j YfØZZYbh]WX h`k i fXY`

K `A\ fYbX`a Y\ f`: cfgWX i b[ `YfZcfXYf`]WX`]ghž`i a`[ YbUi`ni  
VYgh]a a Ybžk Ufi a`?YhUa ]b`ni f`6Y\ UbX`i b[ `j cb`8YdfYgg]cbYb  
k`]f\_hž\_ca a Yb`9I dYfhYb`XYf`5bh`cfh`bA\Yf`9g`k`]fx  
Ub[ Ybca a Ybž`XUgg`?YhUa ]b`XUg` ; `i hUa UhgmghY a`XYg` Y\]fbg  
fY[ i`]Yfhž`XUg`Ui g` ; `i hUa Uhk Y[ Yb`i bX`!fYnYd`hcfYb`]a`nYbhfU`Yb  
B Yfj Yb gmghY a`VYghY\hž`gU[ h`XYf`DgmWX]UhYf`<Ufc`X`<cb[ žA`8ž  
a`YX]n]b]gWX Yf`8`]fY`hcf`j`cb`BYk`K`UhYfg`F`Y`Wc`j`Yfm`

; `i hUa Uh`gh`XYf`Ua` `\\Ai Z][ ghYb`j`cf\_ca a`YbXY  
BYi`fchfUbga`]hhYf`]a` ; Y\]fbž`XYf`ZØf`X]Y`J`Yfa`]hh`i`b[ `j`]Y`Yf`gY]bYf  
: i`b\_h`cb`Yb`j`YfUbh`cfh`]WX`]gh`9]bY` VYfU\_h]j`]hAh`XYg  
; `i hUa UhgmghY a`g`\_Ubb`ni`Ni`ghAb`XYb`k`]Y`5b`[ ghni`ghAb`XYbž  
8`YdfYgg]cb`Yb`i`bX`gc`[ Uf`Gi`WX`h`ZØ\`fYb`ž`Yf`\_`Afh`Yf` ?YhUa`]b  
k`]f\_hž`]b`XYa`Yg`XUg`BA`8`5`V`cW\_]Yf`OB`!a`Yh\m`!8`!Ugd`Ufh`UhYQ  
!F`YnYd`hcfž`Y]bYf`XYf`<Ui`dhf`YnYd`hcfYb`j`cb` ; `i hUa`Uh`8`]Yg`  
K`]f\_i`b[ `ZØ\`fh`ni`Y]bYf`5`VbU\`a`Y`XYf` ; `i hUa`UhU\_h]j`]hAh`i`bX  
Yfa`O[ `]WX`h`Yg`?YhUa`]bž`gY]bY`h\`YfUd`Yi`h]gWX`Yb`K`]f\_i`b[ `Yb`ni`  
Yb`hZU`hYb`

8`UfØVYf`]bUi`g`nY][ h`Y]bY`Ghi`X]Y`Ui`g`XYa`J\ f`&\$%, ž`XUgg  
?YhUa`]b`X]Y`BYi`fc`Ugh]n]hAh`Yf\O\`Yb`\_Ubbž`X]Y` : A\`[\_Y]h`XYg  
; Y\]fbgž`g]WX`U`g`FYU\_h`cb`Ui`Z`9fZU\`fi`b[ `Yb`ni`j`Yf`Ab`XYfb`i`bX  
Ubni`dUgg`Yb`8`]Yg`\_Ubb`XYb`DUh]Yb`hYb`\\Y`ZYbž`\_`Uf`Yf`ni`XYb`\_Ybž  
g]WX`VYgg`Yf`ni`\_`cbn`Yb`h`f]Yf`Yb`i`bX`]a`@`Ji`ZY`XYf`NY]h`VYgg`Yf`a`]h  
9a`ch]cb`Yb`i`a`ni`[ `Y\`Yb`

GUfU`6`UfY`Yg`XUfØVYfž`k`]Y`XYf`6`Y`[ `]bb`XYf`dgmWX]Uh`f]gWX`Yb  
A`YX]\_Uh]cb`]`f`\\U`Z`g]WX`gY`Vgh`k`]Y`XYf`ni`gY\`Yb`

?YhJa ]b '\U{1D6A}h\g]W\`VY]XYf\ b\hYfgh\hni b[ 'j cb 'A YbgW\`Yb 'a ]h  
gW\k YF\Yb '8YdfYgg]cbYb 'U\g 'k ]f\_gUa 'Yfk ]YgYb\z{j cf 'U\`Ya 'k Ybb  
UbXYfY '6Y\UbX\i b[ Yb 'i bX#cXYf 'A YX]\_Ua YbhY 'VY]']\bYb 'b]W\h  
[ Yk ]f\_h\UVYb \z{Z\O{[ h\XYf 'DgmW\]UhYf '8Yj ]b '8i bUh\c{j \z{A 8\z  
a YX]n]b]gW\`Yf '8]fY\_hcf 'XYf '6i fb]b[ 'HfYY 'F UbW\`Y]bYa  
Gi W\hVY\UbX\i b[ gnYb\hfi a \z{]bni "8]Y : \A\][ \_Y]h\j cb 'YhJa ]b\z  
A YbgW\`Yb 'a ]h\HF 8]ni " \Y\Z\Yb\z]gh\`VY a Yf\_Ybgk Yfh\z XU" \$ 'DfcnYbh  
XYf 'DUh]Yb\hYb ' b]W\hUi Z\h\UX]h\cbY\`Y '5b\h]XYdfYgg]j U!H\YfUd]Yb  
Ub\gdfYW\`Yb \z{Yf\_ 'A\fh\8U\h\cf d'i b\hYf '6Yfi Zl b[ 'Ui Z\Y]bY [ fc» Y  
5b\h]XYdfYgg]j U!Ghi X]Y\z X]Y &\$\$\* 'UV[ YgW\`cggYb 'k i fXY"

8]Y 'gW\`bY\`Y '@]bXYfi b[ \z{X]Y ?YhJa ]b 'V]YhYb '\_Ubb\z]gh\`Ui h  
9i dYfhYb 'j cb '[ f\O{[ hYf '6YXYi h\i b[ 'Z\O{[ A YbgW\`Yb 'a ]h  
GY\`Vgha cfX[ YXUb \_Yb " J]Y\`Y 'UbXYfY '5b\h]XYdfYgg]j U\`VfUi W\`Yb  
\Ub [ Y\z{i a 'ni 'k ]f\_Yb\z UVYf 'X]Y 'DUh]Yb\hYb '\_\ObbYb 'X]Y 'K ]f\_i b[ 'j cb  
?YhJa ]b 'gY\`f 'gW\`bY\`gY\`Yb \z{gU[ h\8i bUh\c{j " 'DUh]Yb\hYb '\_\ObbYb  
bUW\`XYf '9]bbU\`a Y 'j cb ' ?YhJa ]b ' 9i d\`cf]Y 'i bX '9bhgdUbbi b[  
Yf 'YVYb \z{Z\O{[ h\5a UbXU 'hn\_cZ\z{A 8!DgmW\]UhYf]b 'i bX '79C 'j cb  
7i fUhYX 'A YbhU\`< YU\h\z\`]bni "

'' K ]Y 'k ]fX ' ?YhJa ]b 'ni f '6Y\UbX\i b[ 'j cb  
8YdfYgg]cbYb 'Y]b[ YgYhnh3 ''

GW\`bY\`Y 'k ]ggYbgW\`UZh\`W\`Y '@Y\_h]cb. ' ?YhJa ]b 'VYghY\`h\`Ui g\`nk Y]  
J YfV]bXi b[ gdUUfYb\z F 'i bX 'G! ?YhJa ]b '8]YgY 'A ]gW\i b[ ']gh\`U\`g 'F \z  
G! ?YhJa ]b 'cXYf 'fUW\`a ]gW\`Yg ?YhJa ]b 'VY\_Ubbh\`i bX 'k i fXY  
i fgdf\O{b [ ']W\`]b 'XYb '%- +\$Yf 'J\`fYb 'j cb 'XYf : 85 'U\`g '5b\A\gh\`Yh\`i a  
ni [ Y\`UggYb "8]YgY '5fh\`j cb ' ?YhJa ]b 'k ]fx 'Z\O{[ X]Y ']bhfUj Yb\OgY 'f\`U  
?YhJa ]b !\`b\z g]cbgh\`YfUd]Y 'j Yfk YbXYh\`i bX ']b 'XYb '6 'i h\_fY]g\`Ui Z  
]b 'n]Yfh\`K \`A\`fYbX 'X]Y ']bhfUj Yb\OgY ?YhJa ]b\h\`YfUd]Y 'VY]  
Ghja a i b[ ggh\O{fi b[ Yb 'bcW\`b]W\`h\`j cb 'XYf : 85 'ni [ Y\`UggYb 'k i fXY\z  
\_\ObbYb 'YfnhY 'g]Y 'DUh]Yb\hYb 'c Z\z 'UVY 'j YfgW\`fY]VYb\z VYf]W\`h\`X]Y  
B Yk 'M\`f '\_H]a Yg 'C Z\z @UVY !J YfgW\`fY]Vi b[ 'Y]bYg 'A YX]\_Ua Yb\h  
VYXYi h\Yh\z XUgg 'YfnhY 'X]Y 'J Yfk YbXi b[ 'Y]bYg 'j cb 'XYf : 85  
ni [ Y\`UggYbYb 'A YX]\_Ua Yb\h 'Z\O{[ UbXYfY 'Nk YW\`Y 'U\`g 'X]Y \z Z\O{[ X]Y  
XUg 'A YX]\_Ua Yb\h 'Ui gXf\O{W\`]W\`]j cb 'XYf : 85 'ni [ Y\`UggYb 'k i fXY\z

j YfgWX fY]VYb '\_ÓbbYb"

G!/?YhUa ]bž'Ui WX 'VY\_Ubbh'U'g'9g\_YhUa ]bž'gh'ghÀf\_Yf'U'g  
fUWXa ]gWX Yg'?YhUa ]b"5i Z[ fi bX'XYf'\Ø\YfYb'K ]f\_gUa \_Y]h'j cb  
9g\_YhUa ]b'g]bX'ÝfnhY']b'XYf'@U[ Yž'VY]XYf'6Y\UbX`i b[ 'j cb  
8YdfYgg]cbYb'i bX'UbXYfYb'dgmWX]gWX Yb'9f\_fUb\_i b[ Yb'\_`Y]bYfY  
8cgYb'XUj cb'ni 'j Yfk YbXYbž'k cXi fWX'X]Y'BYVYbk ]f\_i b[ Yb  
VY[ fYbnh'k YfXYb"8UfØVYf'\]bUi g'k i fXY'gc[ Uf'Y]bY': cfa 'j cb  
9g\_YhUa ]b'j cb'XYf': 85'ZØf'DUh]YbhYb'a ]h'HF 8'ni [ Y'UggYb"

=a 'J\ f'&\$%- '[ YbY\ a ][ hY'X]Y': 85'Y]b'B UgYbgdfUm'bUa Ybg  
GdfUj Uhcz'XUg'j cb'JboggYb'D\Ufa UWXi h]WX'g'Yf[ YghY'`h'k ]fX"  
GdfUj Uhcz'gh'Y]bY'5fh'9g\_YhUa ]bž'XUg']b'J YfV]bXi b[ 'a ]h'Y]bYa  
cfU'Yb'5bh]XYdfYgg]j i a 'VY]DUh]YbhYb'a ]h'HF 8'j Yfk YbXYh  
k YfXYb'gc'"'GdfUj Uhcz'\_Ubb'Y]b'; 'i hUa ]b!! b[ 'Y]WX[ Yk ]WXh  
]bbYf\V'V'j cb'&('Ghi bXYb'j YfÀbXYfbž'k Ug'ni 'Y]bYf'gWX bY'`Yb  
Ubh]XYdfYgg]j Yb'K ]f\_i b[ 'ZØ\fh ž'gU[ h'<cb[ "9]bY']a 'x i fbU'`cZ  
5ZZYWhj Y'8]gcfXYfg'j YfØZZYbh]WX hY'Ghi X]Y'Ui g'XYa 'J\ f'&\$&\$  
nY][ h'Ui WX ž'XUgg']bhfUj YbØg'j YfUVfY]WX hYg'fUWXa ]gWX Yg'?YhUa ]b  
nk Uf'k ]f\_gUa Yf'VY]XYf'6Y\UbX`i b[ 'j cb'8YdfYgg]cbYb']ghž  
9g\_YhUa ]b'YXcWX'k Yb][ Yf'k U\fgWX Y]b']WX '<U'`i n]bUh]cbYb  
j Yfi fgUWX h"

''K Yf'\_ca a h'ZØf'Y]bY'?YhUa ]bVY\UbX`i b[  
[ Y[ Yb'8YdfYgg]cb']bZfU[ Y3''

9]bY'gWX bY'`k ]f\_YbXY'6Y\UbX`i b[ 'j cb'8YdfYgg]cbYb'a U[ 'ZØf  
X]Y'Yb][ Ybž'X]Y'Ub'X]YgYf'; Y]ghYg\_fUb\_\Y]h'`Y]XYbž'k ]Y'Y]b'HfUi a  
\_']b[ Ybž'UVYf'b]WX h'ÝXYf'YfZØ'`h'X]Y'?f]hYf]Ybž'i a 'j cb'Y]bYa  
; Ygi bX\Y]hgX]Ybgh'Y]ghYf'Y]bY'?YhUa ]bh\YfUd]Y'j YfgWX f]YVYb'ni  
VY\_ca a Yb"''@Ui h'8i bUhcj ']gh'Yg']b'XYb'a Y]ghYb': À`Yb'Y]bY  
6Y\UbX`i b[ 'U'g'`YhnhYf'5i gk Y[ ž'k Ybb'U'`Yg'UbXYfY'j YfgU[ h'`Uh"  
?YhUa ]b'gc'`hY'ZØf'`Ya UbXYb'a ]h'gWX k YfYf'8YdfYgg]cbž'XYf'Ui Z  
UbXYfY'6Y\UbX`i b[ gcdh]cbYb'b]WX h'Ub[ YgdfcWX Yb'`Uh ž  
j Yfk YbXYh'k YfXYbž'gU[ h'8i bUhcj ''=WX 'Ya dZY\`Y'bi f'DUh]YbhYb

Orfm'UQ?YhJa ]b!6Y\UbX`i b[ žk Ybb `UbXYfY`8]b[ Y`b]W h  
Zl b\_h]cb]Yfh`\UVYb žYf\_Àfh`Yf" 5i »YfXYa `]gh`Yg`k ]W h][ žg]W  
XUfUb `ni `Yf]bbYfbž`XUgg?YhJa ]b Zl b\_h]cb]YfYb`gc``hY`O gYXQ]b  
J YfV]bXi b[ `a ]h`UbXYfYb`6Y\UbX`i b[ Ybžk ]Y`n" 6" `Y]bYf`H\YfUd]Y"  
9g`gc``hY`b]W h`U``Y]bY`j Yfk YbXYh`k YfXYb" .

Gc `YbhgW `ØggY`b`G]Y`Δ fY`?fUb\_Ybj Yfg]W Yfi b[ ži a `Y]bY  
YfgW k ]b[ `]W Y`dgmW ]gW Y`; Ygi bX\Y]hgj Yfgcf[ i b[ `ni `Z]bXYb

?YhJa ]b`k ]fX`b]W h`Ya dZc\`Yb`ZØf`X]Y`Yb][ YbžX]Y`gW k Ub[ Yf  
g]bXž`gh]`Ybž]f[ YbXk Y`W Y`i b\_cbhfc``]YfhYb`<YfnYf\_fUb\_i b[ Yb  
\UVYbž`Y]bY`J cf[ YgW ]W hY`j cb`DgmW cgYb`UVYb`cXYf  
Ub\U`hYbXY`8fc[ Yba ]ggVfUi W gdfcV`Ya Y`UVYbž`ZØ[ h`hn\_cZZ  
\bni "

```K Ug`g]bX`X]Y`dchYbn]Y``Yb`F ]g]\_Yb`XYf  
J Yfk YbXi b[ `j cb`?YhJa ]b`VY]  
8 YdfYgg]cbYb 3`

K ]Y`VY]U``Yb`A YX]\_Ua YbhYb`[ ]Vh`Yg`Ui W VY]?YhJa ]b  
dchYbn]Y``Y`B YVYbk ]f\_i b[ Yb žgU[ h`<cb[ "8]YgY`\_ØbbYb  
. VY`\_Y]hž`9fVfYW Ybž`GW k ]bXYž`6Ybca a Yb\Y]h`i bX`J Yfk ]ffh\Y]h  
i a ZUggYb" 8 UfØVYf`\]bUi g`\_ØbbYb`gY`Vgh`a ]b]a U`Y`8cgYb`j cb  
GdfUj Uh!B UgYb gdfUm`VY]`GW ]ncd\fYb]Y!DUh]Yb hYb`dgmW ch]gW Y  
Gma dhca Y`\Yfj cffi ZYbž`ZØ[ h`Yf`\]bni `i bX`ghY`h`ZYghž`XUgg  
<U``i n]bUh]cbYb`gY`hYb`g]bXž`UVYf`VYf]W hYh`k i fXYb`CVk c`  
?YhJa ]b`XUg`DchYbn]U`Už`UV\Àb[ ][ `ni `a UW Ybžg]bX`k Y]hYfY  
I b hYfgi W i b[ Yb`YfZcfXYf`]W ži a `XUg`Gi W hf]g]\_c`j cb`?YhJa ]b`ni  
VYgh]a a Ybžk Ybb`Yg`]b`dfcZYgg]cbY``Yb`a YX]n]b]gW Yb  
9]bf]W h`i b[ Yb`j YfUVfY]W h`k ]fX"

9g`]gh`Ui W `k ]W h][ `Ubni a Yf`Ybž`XUgg`Y]bY`]a`&`]&\$&&`]a  
`x`i fbU`cZGh`X]Yg`cb`5`Wc\c`UbX`8fi [ g`j YfØZZYb`h]W hY`Gh`X]Y  
\YfUi gZU`bXž`XUgg`\_`]b]gW Y`Gh`X]Yb`ni ?YhJa ]b`ni f`6Y\UbX`i b[  
j cb`dgmW ]gW Yb`; Ygi bX\Y]hgghØfi b[ Yb`6`DC 7!DUh]Yb hYb

i b hYfgWÀhnhYb"·8U\Yf'nY]WbYhX]Y·VYghY\YbXY":cfgWWi b[  
a Ò[ `]WYfk Y]gY'\_Y]b'j c`ghAbX][ Yg'6]`X`XYf'K ]f\_gUa \_Y]h'j cb  
?YhUa ]b 'VY]·8YdfYgg]cbYb 'ZØf'U''Y'; fi ddYb"

?YhUa ]b ']gh'XYfnY]h'Ui Wb'Ui g'Z]bUb[n]Y``Yf'G]Wb'h'b]Wb'h'U``[ Ya Y]b  
ni [ Àb[ `]Wb"· K À\fYbX'Y]b][ Y'J Yfg]Wb'Yfi b[ g[ YgY``gWb'UZhYb'ZØf  
X]Y·6Y\UbX'i b[ 'nU\`Ybžhi b'j ]Y`Y'X]Yg'b]Wb'h'gU[ h'8U'h\cf"· 8]Y  
GY`VghnU\`Yf\_cghYb'j cb'gYWb'Q\_YhUa ]bYQ=þZ g]cbYb '\_ÒbbYb  
a Y\`f'U'g"· "\$\$\$"· G!8c``Uf'\_cghYbžY]b'6YhfU[ žXYb'g]Wb'j ]Y`Y  
DUh]Yb hYbžX]Y'a ]h'8YdfYgg]cbYb '\_Àa dZYbžY]bZUWb'b]Wb'h'Y]ghYb  
\_ÒbbYb"· : HF ž'GdfUj Uhc '\Uh'Ui Wb'Y]bYb '\c\Yb'DfY]g'i bX'\_cghYh  
Yhk U'+&-· G!8c``Uf'ZØf'bi f'nk Y]·9]b\Y]hYb 'B UgYb gdFUm"

8U'h\cf'd'i bX']\f'HYUa 'UfVY]hYb'YXcWb'a ]h'\_ca a Yfn]Y``Yb  
J Yfg]Wb'Yfi b[ gi b hYfbY\ a Yb'ni gUa a Ybž]b'XYf'<cZb'i b[ žY]bY  
8Y\W\_i b[ 'ZØf'?YhUa ]bVY\UbX'i b[ Yb'ni 'Yf\U'hYb"· K ]f'\_ÒbbYb  
?YhUa ]b'b]Wb'h'Y]bZUWb'XYbYb'UbV]YhYbžX]Y'ØVYf'X]Y'Z]bUb[n]Y``Yb  
A ]hhY`j YfZØ[ Ybž'i a 'Yg'Ui g'Y][ YbYf'HUgWb'Y'ni 'VYnU\`Ybž'K Ybb'gc  
j ]Y`Y'DfcV`Ya Y'\UVYb'ž'gU[ h'g]Y"

K À\fYbX'X]Y'J Yfg]Wb'Yfi b[ gi b hYfbY\ a Yb'a Ò[ `]Wb'Yfk Y]gY'b]Wb'h  
VYfY]h'g]bXž'gc'Wb'Y'?YhUa ]b'\_cghYb'ZØf'DUh]Yb hYb'ni 'ØVYfbY\ a Ybž  
V]YhYb'j ]Y'j YfgdfYWb'YbXY':cfgWWi b[ g'!i bX'6Y\UbX'i b[ gd`ÀbY  
Y]bYb'dchYbn]Y```YVYbgfYhYbXYb'K Y[ 'ni f'6Y'\_Àa dZ b[ 'j cb'HF 8ž  
i bX'YXYf'gc``hY'XufUb'hY]`bY\ a Yb"·

: U\_hYb[ YdfØZhj cb'7\Yf]ggY'<Uff]g

8YhU]g

6Ygi Wb'G]Y'i bg'Ui Z'a Y]b!Z]hb'Ygg"bYh