

6TWOR UVT CVGIKUV -GNN[CPPG &QPYC[JO
,GTUG[

/Ø&+(..(%470(66Ø 2156 5VCx 9TKVGT 1EV



(XCP 8WEEK CR
-GNN[CPPG &QPYC[

2JQVQU QH 6TWOR UVTCVGIKUV -GNN[CPP



j k

2TQXKFGF

-GNN[CPPG &QPYC[QH \$VEQ VJG ECORCKIP OCPCIGT QH 2TGUKFGPVKCN ECPFKFCV
6TWOR YKVJ JGT EQWUKP U VYKPU HTQO NGHV \$NGZC \$FCOWEEK CPF \$UVKP \$FCOV
+COOQPVPQ P QY

0 QVUREG9 QQFTQY 9 KIJQP DGEEO GRTGLKFGPVJC

\$UCJKJ LEJQQNWPQIT UJGYCUFTCY P VQRQKUEYJGP 2TGUF GPV4QPONF 4GCI CP EOO G\Q
+OOOQPQP YJGTGJGURQMG\QCETQY F GUMOCGF CV FQYPQYP UOF ' KOCQNG

\$UCVGP UJGYCUVIGHCUGW

\$NVJQWIJ &QPYC[C 4GRWDNKECP RQNNUVGT CPF UVTCVGIKUV
VJG 4GRWDNKECP PQOKPCVKQP UJG LQKPGF 6TWORÆU VGCO C
VJG UVCx KP ,WN[CRRGCTGF VQ DQQUV 6TWORÆU RQRWNCTKV
DGICP CTQWPF VJG TGE GPV FGDCVGU

&QPYC[DGECOG C EQPUVCPV RTGUGPEG QP VGNGXKUKQP UQ
OKIJV .KXGÉ UCVKTK\GF JGT UKVWCVKQP KP C UMKV ECNNGF È

ØP KV CEVTGUU -CVG /E-KPPQP RQTVTC[U &QPYC[VT[KPI VQ T
RWNNGF CYC[HTQO JGT HTKGPFU [QIC GXGP JGT JWUDCPF C
DCEM KPVQ C VGNGXKUKQP UVWFKQ

&QPYC[YCU SWKEM VQ CRRTQXG VYGGVKPI VJCV /E-KPPQP ÈJ

È9G VJQWIJV KV YCU JKNCTKQWU É UCKF &QKC

&QPYC[KU FQKPI CNN UJG ECP HQT C ECPFKFCVG KP C VQWIJ
GZGEWVKXG FKTGEVQT QH VJG 9KNNKCO , +WIJGU &GPVGT HQ
HQTOGT RQNKVKECN ECORCKIP UVTCVGIKUV

ØV ECPÆV DG GCU[HQT JGT VQ FGHGPF UQOG QH 6TWORÆU EC

È+G KU VJG ENKGPV CPF KV KU JGT LQD VQ OCMG JKO NQQM I
JGT RGTUQPCN DGNKGHU Ä CPF Ø FQPÆV MPQY YJCV VJG[CTG
RNCEG É

'GURKVG JGT UWEEGUU &QPYC[UVKNN MGGRU TQQVU KP 5QWV

6JG XCNGFKEVQTKCP QH 5V ,QUGRJÆU PQY UKVU QP VJG J
QYPU C XCECVKQP JQOG KP 8GPVPQT

/ KEJ GNG %TVP GWK2 QUV

Ø O [ÒTUVLQD CHIGTEQNGI GI QVROK VQ TCF VJ G0 GY ; QTM6KO GUJPF UWO O CTK GCTVENGUHQ CP GCTN QPNRG
FCVDCUG) KUVTRQTVPI LQD