

Jewish Festivals: Strengthening

You may not exercise on Jewish festivals to strengthen your body. You may exercise on Jewish festivals for enjoyment, for socializing, or other fun purposes if:

- No melacha is involved, and
- It does not appear to be for healing (refu'a) or health purposes.

EXAMPLE

You may run on Jewish festivals if you like to run. You may not run on Jewish festivals if you don't like running but would do it to lose weight or to get in shape.