

JEWISH FESTIVALS: EXERCISE

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.

Jewish Festivals: Trapeze

You may swing and fly on a trapeze on Jewish festivals.

Jewish Festivals: Roller Blading

You may roller blade on Jewish festivals.

Jewish Festival: Swimming

You may not swim on Jewish festivals.

Jewish Festival: Weight-Lifting

You may change weights on barbells or on a completely mechanical (no electrical parts; no timers or indicators) weight machine on Jewish festivals but only for enjoyment, not for exercise.

Jewish Festivals: Stretching

You may stretch on Jewish festivals (and Shabbat) to make yourself more comfortable but not if it appears that you are doing it as exercise for health.