Shabbat: Strengthening Exercise

You may not exercise on *Shabbat* to strengthen your body. You may exercise on *Shabbat* 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 *Shabbat* if you like to run. You may not run on *Shabbat* if you don't like running but would do it to lose weight or to get in shape.

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