

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.