# JEWISH FESTIVALS: EXERCISE

### **Jewish Festivals: Strengthening**

You may not exercise on <u>Jewish festivals</u> to strengthen your body. You may exercise on <u>Jewish festivals</u> 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 <u>Jewish festivals</u> if you like to run. You may not run on <u>Jewish festivals</u> 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 <u>Jewish festivals</u> (and <u>Shabbat</u>) to make yourself more comfortable but not if it appears that you are doing it as exercise for health.

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