SHABBAT: EXERCISE

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.

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.

Shabbat: Roller Blading

You may roller blade on Shabbat.

Shabbat: Trapeze

You may swing and fly on a trapeze on Shabbat.

Shabbat and Swimming

You may not swim on Shabbat.

Shabbat and Weight-Lifting

You may change weights on barbells or on a completely mechanical (no electrical parts, no timers or indicators) weight machine on *Shabbat*.

Shabbat: Stretching

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

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