Jewish Festivals: Strengthening

You may not exercise on <u>Jewish festivals</u> to strengthen your body. You may exercise on <u>Jewish</u> 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 <u>Jewish festivals</u> if you like to run. You may not run on <u>Jewish</u> <u>festivals</u> if you don't like running but would do it to lose weight or to get in shape.

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