JEWISH FESTIVALS: EXERCISE

Jewish Festivals: Strengthening

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

© Copyright 2026 Richard B. Aiken | www.practicalhalacha.com