

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.

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.

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 Shabbat (and Jewish festivals) to make yourself more comfortable but not if it appears that you are doing it as exercise for health.