

Exercise

Posted by Chachaman - 07 Aug 2013 00:52

I know exercise is a good thing, but a lot of people use exercise as a way of inflating their self-esteem or even making themselves look more attractive.

What should my attitude toward exercise be (like playing basektball)?

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Re: Exercise

Posted by MBJ - 07 Aug 2013 01:00

Have fun

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Re: Exercise

Posted by inastruggle - 07 Aug 2013 01:40

My attitude is that it's healthy and good for me mentally and physically.

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Re: Exercise

Posted by ZemirosShabbos - 07 Aug 2013 01:42

[inastruggle wrote:](#)

My attitude is that it's healthy and good for me mentally and physically.

i'm with ~~Shimshon~~ Ina on this one

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Re: Exercise

Posted by inastruggle - 07 Aug 2013 02:17

“A bear, however hard he tries, grows tubby without exercise.”

? A.A. Milne, Winnie-the-Pooh

yeah yeah...

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Re: Exercise

Posted by MendelZ - 07 Aug 2013 20:08

Years ago in yeshiva, when I spoke to the rosh yeshiva about my struggle with masturbation, the first thing he asked was, "Why don't you play basketball?" When I told him I don't really enjoy basketball, his second question was, "Why don't you exercise? Or jog?"

Just saying.

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Re: Exercise

Posted by gibbor120 - 07 Aug 2013 21:22

[Chachaman wrote:](#)

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Re: Exercise

Posted by toraschaim - 09 Aug 2013 04:21

As long as you don't get too competitive, or start measuring your biceps, or focus too much on your performance, I (personally) don't think you should worry about what to have in mind. It's a 'non-cerebral' experience; that's what makes exercise a distinctive part of the religious experience. ??? ???????

Personally, I like to use the restroom before exercising, so I can recite *asher yatzar*. Helps to put things in perspective beforehand. But I'm quirky like that.

As a final point, you mentioned your concern that exercise can be used to "inflate" self-esteem. It can also be used to built self-esteem in a real, torah-dik way. My rosh yeshiva was very insistent that talmidim exercise, and even built time for it into the yeshiva schedule. One of his reasons (which he shared with me) was that if a person sees that he can grow and mature physically, through exercise, he will come to realize that he can do the same with his spiritual makeup. He will come to understand his potential for change and transformation. It's not just about the health benefits, although those are important as well.

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Re: Exercise

Posted by reallygettingthere - 09 Aug 2013 10:48

[toraschaim wrote:](#)

As a final point, you mentioned your concern that exercise can be used to "inflate" self-esteem. It can also be used to built self-esteem in a real, torah-dik way. My rosh yeshiva was very insistent that talmidim exercise, and even built time for it into the yeshiva schedule. One of his reasons (which he shared with me) was that if a person sees that he can grow and mature physically, through exercise, he will come to realize that he can do the same with his spiritual makeup. He will come to understand his potential for change and transformation. It's not just about the health benefits, although those are important as well.

Absolutely. I found that be very true with me.

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Re: Exercise
Posted by moish u.k. - 09 Aug 2013 16:15

Doing exercise has been a crucial element in my recovery. Especially during the first few weeks in withdrawal.

Half hour walks 3/4 times a week is what does it for me.

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Re: Exercise
Posted by Chachaman - 14 Aug 2013 07:57

Thanks everyone!

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