

Exercise Chizuk Forum

Posted by Realestatemogul - 04 Oct 2018 03:49

Almost everyone on the forums mentions exercise as a great tool in combating urges. It helps release energy and clear the mind. But, its always hard to make the time even when I realize how important it is. So I decided to start a thread specifically for exercise motivation and goal setting. We have a 90 day chart for the thing that matters most but why not also a thread for on of the most consistently recommended tools that benefits everyone on all levels of the struggle.

I'll start it off...

My goal is to exercise once (a 20 minute run) before shabbos.

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Re: Exercise Chizuk Forum

Posted by moish u.k. - 07 Oct 2018 18:06

And remember, that winning is a team effort!

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Re: Exercise Chizuk Forum

Posted by ??? ??? - 08 Oct 2018 00:38

Only problem with that exercise is you need alot of people to join. and the GOALS are VERY HIGH:grinning:

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Re: Exercise Chizuk Forum

Posted by ??? ??? - 08 Oct 2018 00:42

Goal id to have time to do exercise!

second goal is to uncover the treadmill!

I actually made charts today to hang near the treadmill to keep track of how often i use it and progress in stamina and speed..

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Re: Exercise Chizuk Forum

Posted by Dovid824 - 08 Oct 2018 01:48

[??? ??? wrote on 08 Oct 2018 00:38:](#)

Only problem with that exercise is you need alot of people to join. and the GOALS are VERY HIGH:grinning:

If the only purpose is exercise, you can change the rules of the game to fit the resources. E.g., one-man or two-man teams.

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Re: Exercise Chizuk Forum

Posted by KoachCheshvan - 08 Oct 2018 22:28

Yes, I have those hesitations myself, but sometimes maybe all one needs is a change of perspective. Below is a link to Rabbi Lazer Brody and Emunah Fitness.

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Re: Exercise Chizuk Forum

Posted by ??? ??? - 09 Oct 2018 06:50

don't see any link (although probably wouldn't be able to open it anyway)

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Re: Exercise Chizuk Forum

Posted by KoachCheshvan - 09 Oct 2018 21:25

<https://www.youtube.com/playlist?list=PLzX1rAq0GGAtGEDdIA-UHuzN5uK9YKHRA>

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