

Let's exercise together

Posted by iwantmeback - 13 Sep 2023 00:41

Hello GYE community,

I hope all is well with you all and that you are moving ahead to get where you guys want to get to. I am writing to keep in touch / update and extend a hand.

It has been 6 and a half months since I had a rock bottom night, I believe the worst thus far. It shook me to the core in a way I haven't been shaken in a long time. Since then I have been doing much better. I have not reached a 90-day goal but I have had more clean streaks and much shorter aftermath than I have ever had.

This is mainly due to exercise that I discovered. It's been both a pleasure to see myself change physically over the months and a great way to build self-esteem, confidence, and other attributes. Also to release pent-up energy.

I am writing this to share and hopefully give food for thought to the skeptic of physical exercise(I was for many years) and extend a hand to those living in Israel (Jerusalem or Jerusalem area) to help and take on exercise together.

What we go through is tough and there are many ways to deal with it. I am grateful for the initial moments when I was at my lowest and the GYE members were there. If anyone wants a partner to tackle this and add physical exercise to help, I am here, and feel free to reach out.

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Re: Let's exercise together

Posted by cande - 21 Jan 2024 04:24

[bright wrote on 13 Sep 2023 02:10:](#)

I have also found that it helps. Is there a specific one you have in mind?

me to!

exercise helps me tons!

spin class few times a week, its a game changer.

great outlet, if your trigger is, a need to release pent-up energy ect....

regards

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Re: Let's exercise together

Posted by frank.lee - 22 Jan 2024 09:17

Try even for 10 minutes a day. Exercise will change your life.

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Re: Let's exercise together

Posted by doingtshuva - 24 Jan 2024 05:41

[frank.lee wrote on 22 Jan 2024 09:17:](#)

Try even for 10 minutes a day. Exercise will change your life.

How ? Where ? What ?

Besides of walking or biking outsides in the winter, what else can I do ?

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Re: Let's exercise together

Posted by redfaced - 24 Jan 2024 13:15

[doingtshuva wrote on 24 Jan 2024 05:41:](#)

[frank.lee wrote on 22 Jan 2024 09:17:](#)

Try even for 10 minutes a day. Exercise will change your life.

How ? Where ? What ?

Besides of walking or biking outsides in the winter, what else can I do ?

Any machine. Some weights

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Re: Let's exercise together

Posted by cande - 24 Jan 2024 15:15

[doingtshuva wrote on 24 Jan 2024 05:41:](#)

[frank.lee wrote on 22 Jan 2024 09:17:](#)

Try even for 10 minutes a day. Exercise will change your life.

How ? Where ? What ?

Besides of walking or biking outsides in the winter, what else can I do ?

go daily to your local gym (if you live in the african jungles may be an issue)

and join the *spin class* or *boot camp*.

mazal tov on 30!

gummy bear.

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Re: Let's exercise together
Posted by yitzchokm - 24 Jan 2024 16:09

[doingtshuva wrote on 24 Jan 2024 05:41:](#)

[frank.lee wrote on 22 Jan 2024 09:17:](#)

Try even for 10 minutes a day. Exercise will change your life.

How ? Where ? What ?

Besides of walking or biking outdoors in the winter, what else can I do ?

It may actually not be such a bad idea to go walking outdoors in the winter when there aren't any immodestly dressed women. The problem with walking is in the summer.

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Re: Let's exercise together
Posted by crispy - 25 Jan 2024 16:30

I am doing this every day. it was very effective. and also makes me feel much better.

www.dropbox.com/sh/sd3pporu9oengw3/AACS3KufGU1uPtW0GTrU5wEea?dl=0

it takes only 7 minutes of my time but is a good full body beginner workout. its in yiddish.

I heard from Rabbi Shmuel Neiman that there is a hormone that gets released from doing exercise that helps with relieving urges.

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