

# ASK THE RABBI

**Question:** Rabbi, Can one exercise on Shabbat?

**Answer:** This is a tricky one. We find that the Chafetz Chaim writes that one is permitted to exert themselves if that is what they enjoy to do on Shabbat. According to this first comment, it would seem that not only would exercise be permissible to one who enjoys it, but it could be a mitzvah of oneg Shabbat.

A few comments later the Chafetz Chaim writes that if one is exerting himself and getting himself sweaty in order to heal himself that could be a problem of treating a [non-serious] medical condition on Shabbat, which is prohibited.

It would seem that one can exercise on Shabbat, but not for health reasons. The Chafetz Chaim says while according to some, exerting one's self might be ok on Shabbat even for health reasons, actually running is a prohibited.