

Tani Talks Life: “Just Do it, Go Get Fit!”

TTL TTOT TTP TTPA on all podcast forums, TTD on shiur enjoyment

Shout out ot Jake W and Eli N on shiurenjoyment!

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Sources from Sefaria and aish unless noted otherwise

For the refuah sheleimah for anyone who want or needs

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Stop being such a couch potato! When are you going to get up off of the couch already? Can't you help out around here? You're being so sedentary! Go get outside already!

Unfortunately too often and too widespread in our society, it's just too easy to be a couch potato, stay indoors and put on the pounds. With the invention of the internet and smart phones, apps, and tv streaming services, as well as games amongst video gamers and devices such as computers or tablets or phones, it's not hard to find kids or adults that sit for hours in front of devices or on the couch. According to different data, kids on average watch four hours of television a day, and that's when I was younger, so I'm sure the number nowadays is much higher.

How can we challenge ourselves to get out a little? To move a little? To be physically active?

Additionally, is it a Torah precept to do so?

Well you bet it is, and it for sure is easily possible, and we'll explain.

The torah tells us in Devarim 4:15—וְנִשְׁמְרֶתֶם מְאֹד לְנַפְשֵׁיכֶם, which the sages have interpreted means to safeguard and protect one's body, which really means, to take care of your body—that is the mitzvah, that is what the command is from Hashem.

It is written in the Kitzur Shulchan Arukh 32:1,

Because the maintenance of a complete and healthy body is a G-dly path—since it is impossible to understand or apprehend any knowledge of the Creator when one is sick—therefore you must keep away from things that damage the body, and develop habits that improve the body and heal it. Similarly, it is said: “You shall guard yourselves very well.”<sup>1</sup>

If we start now, we work on forming healthy habits, and good habits, we could make good change now. Research has shows that it takes 90 days to break a bad habit—90 days! But it only takes 28 days, around a month, to make a new habit. IF you work on making good habits, you can save three times as much time versus having to break bad habits. Make good habits now. Engrain them into your life, into your day, into your existence.

Especially as the pound adders are coming up--that of many holidays that are food centric, and the new year is upon us, it behooves us to make a rosh hashanah resolution bli neder to get more fit.

Doctors recommend about 150 minutes of exercise per week, with the stringent shitos/opinions aiming for 180 minutes a week, so that breaks breaks down to about 30 minutes a day for 5 or 6 days, as we'll let you take off for shabbos.

The key is to do moderate exercise--such a bike riding up a slight hill, meaning don't bike ride up mount Everest every day, and on the other hand, not only walking for a really slow pace for a short period, such as 2 miles per hour for five minutes.

I personally tried to break it into my day in the past when I had a school that was a 17 minute brisk power walk from the railroad --so for five times a week of the workweek, I made sure to get over 150 minutes. Now in the summer this past summer working summer school, I worked 12 minutes from the train in the morning, and only 3 minutes from the train on the way home, so you do the math-it didn't add up and I didn't get the minutes or distance I wanted or needed.

Before corona hit, I actually bought a pedometer and wore it on myself at work to see how many steps i got a day in the public school running around the five floors, aiming to get 5000-10000 steps a day. On an average day I got over 5000, but on a good day, I got closer to 10000—which is what is recommended as well:

[From https://www.medicalnewstoday.com](https://www.medicalnewstoday.com)

The goal is 10,000 steps a day.

The CDC recommend that most adults aim for **10,000 steps per day** . For most people, this is the equivalent of about 8 kilometers, or 5 miles. Most people in the United States only take 3,000–4,000 steps per day , which equates to about 1.5–2 miles.

It therefore could be as simple as buying a pedometer and attaching it to yourself, such as on a belt, and it records for you how active (or inactive!) you are throughout your day. It is really cheap, really easy, really simple solution to do.

We need to exercise more, period. Harvard explains

[https://www.health.harvard.edu/newsletter\\_article/how-much-exercise-do-you-need](https://www.health.harvard.edu/newsletter_article/how-much-exercise-do-you-need)

For better or worse, not many 21st century Americans fill their exercise quotas in the workplace. As recently as the 1850s, about 30% of all the energy used for agriculture and manufacturing in the United States depended on human muscle power. No more. We've replaced rakes with tractors, brooms with vacuums, and stairs with escalators. Freed from physical work, people have used mental work to create a society of enormous convenience and comfort. In the process,

though, we've created a hidden energy crisis — not a shortage of fossil fuels, but a shortage of the physical activity the human body needs to ward off disease and reach its full potential.

### **Exercise for health**

Exercise is the best-kept secret in preventive medicine. Despite our other differences, we all need to exercise for health. Regular exercise provides essential protection against many of the diseases that plague our country. The list includes:

heart attack

stroke

high blood pressure

diabetes

obesity

osteoporosis and fractures

And much more

What does it take to get these benefits? Less than you might think. The key is what exercise scientists call isotonic exercise — activities that use your large muscle groups in a rhythmic, repetitive fashion without making your muscles work against heavy resistance.

—ie walking, running, swimming, cycling, etc.

We used to call this "aerobic" exercise because we thought it had to be intense enough to boost your heart rate into the aerobic range (70% to 85% of your maximum heart rate). We also called it "endurance" exercise because we thought it had to be sustained continuously to be beneficial. But we now know that neither of these long-held beliefs is true. In fact, you can get all the health benefits you need from moderate exercise that won't make you huff and puff, even if you do it in little chunks — as long as it adds up to enough total activity.

Harvard coined the term "cardiometabolic exercise" (CME) to encompass a range of activities, from climbing the stairs in your office building to pushing yourself on an elliptical. All these things will improve your heart, your metabolism, and your health. **The key is to do enough and to do it often enough.** For health, doctors should "prescribe" at least 30 minutes of moderate exercise or 15 minutes of intense exercise a day. To see how your exercise stacks up, use the CME point system, aiming to get at least 150 CME points a day.

Mix daily activities, formal workouts, and sports play to get the cardiometabolic exercise you need for health. And for best results, do some stretching nearly every day and some strength training two or three times a week. The older we get, the more we need these supplementary activities. And as the years roll on, most of us will also benefit from some simple exercises to improve balance and prevent falling, a major health problem for seniors.

For example,

Aerobic dance	Moderate	30 minutes	200
Biking	Moderate	30 minutes	250
Calisthenics	Moderate	30 minutes	130
Golfing	Pulling clubs	30 minutes	145
Jogging	12 minutes/mile	30 minutes	200

Activity	Pace	Duration	CME points
Carpentry	Moderate	30 minutes	100
Mowing lawn	Pushing hand mower	30 minutes	200
Pushing power mower	30 minutes	145	
Raking lawn	Moderate	30 minutes	130
Stair climbing	Moderate, up stairs	10 minutes	100
Washing car by hand	Moderate	30 minutes	100
Jumping rope	Moderate	15 minutes	200
Skiing	Downhill or water	30 minutes	200
Cross-country	30 minutes	315	
Swimming	Moderate	30 minutes	230
Tennis	Doubles	30 minutes	160
Tennis-Singles	30 minutes	200	
Walking	Moderate	30 minutes	135

So exercise Just enough to meet *your* goals. Make health your priority, and remember to get a check-up before you start a big new exercise push. Choose the activities that best fit your schedule, your budget, your abilities, and your taste. Construct a balanced program by adding the weight training, stretching, and exercises for balance that you need. Start slowly, build up gradually, and — above all — stick with it. As Yogi might have said, exercise is 50% ability and 90% persistence.

It doesn't have to be anything crazy—it could be as simple as picking up your long neglected bike and going for a spin a few times a week. I happen to recall as a teenager that was my favorite thing to do outside—to go biking for an hour or so up and down the streets near where we lived, that was really awesome. When I scooted back fro summer school work the first day—that was very very difficult, as it was 70-80 percent all uphill, and 2.3 miles away to get to the train I needed—suffice it to say I only did it that one time but it felt very accomplishing, if not utterly impossibly exhausting. If you can't bike outside for various reasons, such as small kids, jobs, hours, etc. think about an indoor bicycle—peloton is all the rage nowadays, even the indoor mirror is as well. Think about a treadmill or elliptical in the house as well—doesn't have to be the top of the line model, anything safe and effective can work.

Exercise can help in many ways:

From medline [plus.gov](https://pubmed.ncbi.nlm.nih.gov/)

Regular exercise and physical activity may

- **Help you control your weight.** Along with diet, exercise plays an important role in [controlling your weight](#) and preventing [obesity](#). To maintain your weight, the calories you eat and drink must equal the energy you burn. To lose weight, you must use more calories than you eat and drink.
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- **Reduce your risk of heart diseases.** Exercise strengthens your heart and improves your circulation. The increased blood flow raises the oxygen levels in your body. This helps lower your risk of [heart diseases](#) such as [high cholesterol](#), [coronary artery disease](#), and [heart attack](#). Regular exercise can also lower your blood pressure and triglyceride levels.
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- **Help your body manage blood sugar and insulin levels.** Exercise can lower your [blood sugar](#) level and help your insulin work better. This can cut down your risk for [metabolic syndrome](#) and [type 2 diabetes](#). And if you already have one of those diseases, exercise can help you to manage it.
- **Improve your mental health and mood.** During exercise, your body releases chemicals that can improve your mood and make you feel more relaxed. This can help you deal with [stress](#) and reduce your risk of [depression](#).
- **Help keep your thinking, learning, and judgment skills sharp as you age.** Exercise stimulates your body to release proteins and other chemicals that improve the structure and function of your brain.
- **Strengthen your bones and muscles.** Regular exercise can help kids and teens build strong bones. Later in life, it can also slow the loss of bone density that comes with age. Doing muscle-strengthening activities can help you increase or maintain your muscle mass and strength.

- **Reduce your risk of some of the machalah**
- **Reduce your risk of falls.** For older adults, research shows that doing balance and muscle-strengthening activities ie yoga, tai chi, etc. —in addition to moderate-intensity aerobic activity can help reduce your risk of falling.
- **Improve your sleep.** Exercise can help you to fall asleep faster and stay asleep longer.
- **Increase your chances of living longer.** Studies show that physical activity can reduce your risk of dying early from the leading causes of death, like heart disease and other things.

#### **Make it a part of the regular routine?**

- **Make everyday activities more active.** Even small changes can help. You can take the stairs instead of the elevator. Walk down the hall to a coworker's office instead of sending an email. Wash the car yourself. Park further away from your destination.
- **Be active with friends and family.** Having a workout partner or a biking buddy may make you more likely to enjoy exercise. You can also plan social activities that involve exercise. You might also consider joining an exercise group or class, such as a dance class, hiking club, or volleyball team.
- **Keep track of your progress.—keep a log or a chart**
- **Make exercise more fun.** Try listening to music or audio book while you exercise. Also, mix things up a little bit - if you stick with just one type of exercise, you might get bored. Try doing a combination of activities.
- **Find activities that you can do even when the weather is bad.** You can walk in a mall, climb stairs, or work out in a gym or use an indoor home type of machine even if the weather stops you from exercising outside.

The key is to make changes, make a plan, be consistent, and do it through out the week, with changing your habits and your routines in you life— **Just do it, go get fit!**

Rebbetzin Twerski points out on aish.com

Hillel, one of the great sages of Israel, was greeted on a Friday afternoon, by a number of his disciples. He had what was the equivalent of a towel swung over his shoulders which sparked the curiosity of his students who questioned him about his destination. "I am going to the bath house, to take care of my host," he answered. Upon further inquiry, he explained that his body was the host for his soul for the duration of his journey on earth and that there is a Torah obligation to treat one's host with respect, care, and concern.

The body is very important. Our physical configuration, -- the brains, heart, kidneys, intestines, etc. -- are inspiring in their harmony and synchrony and serve as testimony to the presence of a purposeful creator. The Torah commandment "only be observant for yourself and greatly concerned for your soul" (Deut. 4:9) enjoins us to be very careful not to do anything that would be in anyway injurious to our bodies. We must eat well, sleep, exercise, seek medical attention, whatever will promote our health and well-being.

We have the chiyuv, the obligation, to take care of our body and to make sure to do so consistently.

Rabbi Sacks ZT”L points out on [aish.com](http://aish.com)

The World Health Organisation has identified physical inactivity as the fourth greatest health hazard today, ahead of obesity. In the words of Dr James Levine, one of the world's leading experts on the subject and the man credited with coining the mantra, says, "We are sitting ourselves to death."

The reason is that we were not made to sit still. Our bodies were made for movement, standing, walking and running. If we fail to give the body regular exercise, it can easily malfunction and put us at risk of serious illness.

Rabbi Saks ZT”L also points out that

A distinguished British Jew, (Lord) George Weidenfeld, died at the age of 96. He was a successful publisher, a friend and confidant of European leaders, an inveterate fighter for peace and a passionate Zionist. In 1949-50, he was political adviser and Chief of Cabinet to Chaim Weizmann, first President of Israel. One of his last acts was to help rescue 20,000 Christian refugees fleeing from ISIS in Syria. He was alert and active, even hyperactive, to the very end of a long and distinguished life.

In an interview with *The Times* on his ninety-second birthday he was asked the following question: "Most people in their nineties slow down. You seem to be speeding up. Why is that?" He replied, "When you get to ninety-two, you begin to see the door about to close. I have so much to do before the door closes that the older I get, the harder I have to work." That is a good formula for staying young.

Like our bodies, our souls were not made for sitting still. We were made for moving, walking, traveling, learning, searching, striving, growing, knowing that it is not for us to complete the work but neither may we stand aside from it. In Judaism, as the book of Exodus reminds us in its closing words, even an encampment is called a journey.

Make sure to not be sedentary. Make sure we are moving, accomplishing, doing, especially in a physically active and healthy way.

Dr. Miller points out on [aish.com](http://aish.com)

Many of us feel that we're [too connected](#) to our phones, computers, and the like. In fact, a recent Kaiser Family Foundation study found that American children spend basically *all* their waking hours – outside of school – using an electronic device.

A recent study spells out some of the benefits to taking a break from all this electronic stimulation. Harvard Business School Professor Leslie A. Perlow had a team of busy, high-powered consultants take turns turning off their phones for the night, once a week. While she faced huge opposition to the experiment at first, she soon found that the participants soon reported greater happiness, satisfaction with their work-life balance, and feelings of empowerment.

We can turn off the devices, the internet. It won't kill us or harm us—on the contrary it can be literally life saving and so helpful! We already do it every week for 25 hours for shabbat, why not do it more often throughout the week? Put away those phones devices etc and go do a healthy exercise task instead.

Michael Kaufman points out on [aish.com](http://aish.com)

The Torah directives “And you shall take very good care of your bodies” and “You shall walk in His ways” are understood by many of the sages as charges to stay healthy and be physically fit. Having a healthy and fit body is what God wants, Maimonides, the great 12th century rabbi, philosopher and physician declared. He ruled that “one is obliged to refrain from all things that impair the body and adopt those elements that strengthen it.”

Rabbi Israel Meir Kagan, the 19th-20th century sage known as the *Chafetz Chaim*, observed that it is a mitzvah to take care of your life and health. Indeed, he wrote, “The entire Torah is dependent upon the mitzvah of taking care of your body.”<sup>4</sup>

Maimonides taught that exercise is the supreme preventive medicine, but that “inactivity is as great a detriment to health as activity is a benefit.” He urged people to be physically active: “Vigorous exercise preserves the body . . . while inactivity and lack of exercise weakens the body.”

On the other hand, Maimonides made clear, “Everyone who sits back secure in his self-confidence and does not exercise. . . even if he eats healthy foods, and even if he takes good medical care of himself, all of his days will be painful ones and he will be weakened.”

He concluded: “So long as one exercises and exerts himself vigorously . . . no illness will befall him and his physical powers will be strengthened.”

Everyone knows the significance of daily exercise for physical fitness, but few do it. Why? Many rationalize by saying they are too busy and don't have the time. However applying the popular expression, “When you want something done ask the busy person,” we know that when we do need to do something important we always find the time for it. Is life something important enough to find time for?

Here's an idea: Don't make exercising special; **adopt it as a habit**. Make working out integral to your daily routine, something you don't think about, but just do – like working, eating, drinking, sleeping. It works.

In Maimonides' words, “The postponement of old age is indeed possible.” As for those who rationalize physical inactivity by asserting “I'll go when my time is up,” theirs is considered an unJewish – even deadly – fatalism.

Judaism teaches that God determines one's lifespan, but this is augmented by the actions and endeavors of the individual. The sages compare refraining from taking care of oneself to harming oneself, a transgression. One cannot claim protection of Divine providence as an excuse for not being healthy and fit.



JUST DO IT , GO GET FIT! It's easy to figure it into your day—get that pedometer, look for that bike or scooter, look for that machine, get in a walking or jogging regimen. Make it part of your life, every single day.

From aish.com's daily lift

A famous physician used to relate that in his entire career of treating thousands of patients, he had only one patient who followed his instructions exactly without deviation. The patient was the great sage, Rabbi Yisroel Salanter -- because he regarded doctor's orders as the fulfillment of the Torah obligation to guard one's health.

Someone once came to Rabbi Salanter's room and found him perusing a medical guide to exercise. He had the book open and did every exercise exactly as described -- since the doctor had advised him to do so.

The best medicine is preventative. The medical community urges us to be involved in exercise 150-180 minutes a week, around 30 minutes a day minus shabbat. How can we not do so??

Debbie Gutfreund points out on aish.com based on a famous book by Tom Corley about strategies for success that there are things to do to make oneself more successful, Including reading each day, having positive relationships, pursuing specific goals, sleeping well, having multiple income routes, avoid wasting time, and exercising---

Seventy-six percent of successful people devote at least a half hour or more to aerobic exercise. They bike, jog or walk and find that working out clears their minds and reduces stress in their lives. If we are pushing our physical limits, we will learn to push the limits in other areas of our lives too.

[As well as reading--At least 88 percent of wealthy people in Corley's research spend thirty minutes or more reading each day. Most of them read self-growth, biographies or history books. But science shows that even reading a good novel helps a person's career. There are crucial life lessons embedded within other people's stories, and we can learn a tremendous amount from different perspectives, challenges and ideas. If we are learning, we are growing.]

We need to include physical health in active ways in our lives. What better way and time to start then now, as we embark upon starting a brand new year in use a few weeks?

Emunah Braverman points out on aish.com

In a culture obsessed with looks and superficiality, its easy to get swept away in fads and the like, especially relating to diet and exercise. Its also easy to come up with excuses.

One can proudly justify to themselves "I don't have time", " I'm too busy doing really important things", "What a waste of energy." We can have a long list of excuses and feel very self-righteous.

But the Torah mandates that we take care of our bodies, so one cannot hold out forever.

Having an exercise machine if used properly can make a person feel like a new person. It helps alleviate stress and it helps "increase your metabolism" (a euphemism for losing weight and keeping fit).

The author herself listens to books on tape, or audiobooks--which I am also a huge fan of, we used to listen to them on long drives--- so the author hears many classics and is motivated to get back on to the machine to find out what happens next, as the audiobooks are used only during exercise—a good motivator to keep going back.

You might have to usually force yourself to get on, but you feel so much better when you do.

—There are whole movements about it with the Mirror exercise idea, as well as peloton fitness bikes and classes from home, and so much more—.

In easing tension, exercise clears your mind. You can think better, parent better, teach better and be a better spouse. Exercise doesn't come in a small yellow pill, but its benefits are a pretty good advertisement. Too bad it takes so long to find it.

One can then look forward to it everyday.

Find what speaks to you. I personally hated weights and running or even jogging on a treadmill or an elliptical, however I love cycling and bike riding, and a cycle machine. It doesn't have to be intense—it can be moderate- You don't have to go uphill the whole time or even jog fast, but it should get you to feel like you are moving and working at a moderate amount. Use what speaks to you and motivates you—I personally love upbeat jewish versions of pop- and hip hop or rap music such as Nissim black, describe, etc and that would help me, as well as jewish audiobooks—I wish they had jewish novels on audiobooks—that would be awesome.

Listen to this story from Nesanel Yoel Safran

"Okay guys, everyone out to the running track and lineup for the race," Mr. Wade, the gym teacher, called out in his deep voice to the kids coming out of the locker room.

As the athletic guys like Gary pranced like deer to the starting line, Josh dragged his feet as if hoping somehow he'd be able to stretch out the 45-second walk to the running track into the 45 *minutes* of the entire gym class period. He had nothing against exercise and sports, it was just that when they were giving out bodies, he must have been last in line. Shaped more or less like a bowling pin and only a little bit taller than one, Josh knew that any race he entered he would only come in one place - last.

"Just to make things more interesting," the gym teacher said, "whoever wins gets one of these." He held up a really cool-looking pair of sunglasses.

Josh sighed to himself. While he'd love to get the prize, he knew he had as much chance of winning the race as he had climbing Mt. Everest backwards on roller skates.

The coach blew the whistle and the kids took off running. For the first half-second or so, Josh was lined up with the front of the pack, but soon, as usual, he started drifting behind. He ran the best he could - why look even worse than he had to? - but by the time he huffed his way around the track he'd had a good view of everyone else's back and no one was looking at his.

"I won! I'm the man!" Gary shouted, and, holding his hand out, jogged over to the Mr. Wade to get his prize.

"Not so fast," the gym teacher said. "That was only the *first* round. One more race to go."

Gary grumbled a little bit and then shrugged with a look that said, *Okay, I did it once, I'll do it again.*

The kids lined up, but this time instead of just blowing his starter's whistle, the gym teacher held up a small electronic device.

"If you noticed, I was clocking all of you on my computerized stop watch. It recorded all of your times - how long it took each of you to go around the track last time - and now, in this second round, I'm going to time all of you again." Josh's ears perked up as the man went on. "Whoever beats their last time this time around, wins - simple as that."

"What? You mean not just whoever comes in first?" a kid called out.

"Nope," the man smiled. "This is a different kind of race. You're not racing against each other - you're each racing against yourselves. Okay, get ready."

The whistle blew and Josh, for the first time he could remember - maybe the first time ever - felt himself excited and into it. As he pumped his short, stocky legs, he wasn't paying attention to who was in front of him or behind. *Am I doing better than before?* was the only thought on his mind.

The race ended. The guys - and this time not just Gary, who'd again pulled up in first place - all surrounded the teacher, bouncing up and down with hopeful eyes.

"Guess what?" the gym teacher grinned as he pulled out a whole carton of sunglasses, "every single one of you beat his previous time - that means every single one of you wins!"

He handed out the prizes to each of the kids, giving Gary an extra pair, explaining that it was only fair since he hadn't told him the new rules at first.

As Josh walked off the track field, the cool new 'winner's' sunglasses on his face, he realized that it wasn't only the colored lenses that was causing him to see things - including his own ability to be a winner - from a whole new perspective.

We don't have to be in a race against anyone else—we just need to better ourselves every day, making ourselves healthier and more fit. Do what you can in small baby steps to get where you need to go. If you have a lunch break, why drive to a nearby store and eat there? Why not take a sandwich and walk to a park to eat it? I know of a teacher from one of my public schools in the past who used his lunch break to walk around the school's track on the trackfield—a great way to build exercise into the work day.

Think about the Jewish alternative to exercise videos, such as Jewish alternative to gonoodle of Morah Music, seen on chabad.org with Mendy music

[https://www.chabad.org/kids/article\\_cdo/aid/4698506/jewish/Warm-Up-Exercise-Song.htm](https://www.chabad.org/kids/article_cdo/aid/4698506/jewish/Warm-Up-Exercise-Song.htm)

And

[https://www.chabad.org/kids/article\\_cdo/aid/4698509/jewish/Jump-Jump-Exercise-Song.htm](https://www.chabad.org/kids/article_cdo/aid/4698509/jewish/Jump-Jump-Exercise-Song.htm)

We need to guard and protect our bodies by making sure they are physically and well fit and in shape. Take those beginner steps to make sure you are keeping the body moving and healthy, as Hashem wants.

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Let's Look At Some Other Sources.

Mishneh Torah, Human Dispositions 4:1

Seeing that the maintenance of the body in a healthy and sound condition is a God-chosen way, for, lo, it is impossible that one should understand or know aught of the divine knowledge concerning the Creator when he is sick, it is necessary for man to distance himself from things which destroy the body, and accustom himself in things which are healthful and life-imparting.

Mishneh Torah, Human Dispositions 3:3

A man should aim to maintain physical health and vigour, in order that his soul may be upright, in a condition to know God.

Mishneh Torah, Human Dispositions 4:14

There is another rule to be observed regarding physical health: as long as a person works and takes plenty of exercise, does not eat to satiety, and his bathroom use is regular, he is sure to escape illness...

**PTC. We need to protect the body and keep it in good shape, as it is a key to serving Hashem properly**

For the Perplexed of the Generation 24:1

The first is physical and mental health leading to a full and joyous embracing of life.

Sforno on Genesis 43:27:1

Physical health consists of opposite forces in the body being in perfect balance with one another....[hence the word שלום, “being at peace, being in perfect harmony,” is an acceptable word for describing physical health. Ed.]

**PTC. Having an exercise regimen or plan doesn't have to be intense or crazy, do so in moderation, have a moderate plan, keep it in line and realistic and don't push yourself too hard. Change your habits and keep it as part of your day, every day.**

Orchot Tzadikim 3:30

And it perfects the nature of a truly pious man as complete physical health perfects the body. And he who has the sense of shame is of greater worth.

Tur HaArokh, Exodus 22:30:1

A person is to eat the kind of food that not only assures his physical health, but also that which contributes to his spiritual health.

Rabbeinu Bahya, Devarim 2:4:3

This expression has been used by the Torah also when warning us to protect our lives through maintaining our physical health .

**PTC. By working on being physically active and fit, not only do we work on our physical bodies but our souls get worked on in the process and we connect closer to Hashem.**

Akeidat Yitzchak 24:1:9

Denial of physical health does not originate in heaven. On the contrary, heaven helps in the attainment of perfect health.

Rabbeinu Bahya, Shemot 10:1:2

If however, he uses such an activity only in order to better perform service to the Lord, by maintaining his physical health at maximum level, then he has elevated the act of eating and drinking...

Rabbeinu Bahya, Bereshit 32:30:15

The act of “eating” if performed within reason, i.e. in quantities appropriate to the body’s need, actually promotes both good physical and spiritual health.

Gray Matter I, Modesty, A Husband's Participation in Childbirth 21

The Talmud Yerushalmi also indicates that there is a connection between one's emotional state and one's physical health.

**PTC. Eating right, painting proper physical health, and elevating the mundane to the spiritual are all ways to connect closer to Hashem and take better care of ourselves and using our time wisely in our days.**

Peninei Halakhah, Simchat Habayit V'Birchato 3:11:2

If a person does not take care of bodily needs...it will cause deterioration of physical and mental health and loss of equilibrium.

Shemonah Kevatzim 1:229:4

And to that end, we yearn for complete health and for tough and sturdy physical strength.

Peninei Halakhah, Shabbat 22:8:2

Even though people who work out enjoy it, this enjoyment derives from their awareness that they are taking care of their health and physical fitness, not from the exercise itself.

**PTC. Have you ever really worked out and pushed yourself to the limit? Did it feel good? Probably not. The after effects also hurt the next few days, as when I did the scooter fiasco in this past summer. Keep the regimen in a moderate fashion in order not to overly hurt yourself or avoid it in the future. Keep it in a middle of the road approach to get the benefits and not overstrain yourself in the process.**

Ramban on Leviticus 26:4:1

THEN WILL I GIVE YOUR RAINS IN THEIR SEASON. He mentioned the matter of rains first [of all the blessings] because if they come in their proper season, the air is pure and good and the springs and rivers are good [clear], and thus it [the rain] is a [prime] cause of physical health, and all produce will increase and be blessed by it, just as He said, and the Land shall yield

her produce, and the trees of the field shall yield their fruit. Thus because of this [pure state of the environment] people do not become sick, and none shall miscarry, nor be barren, even among their cattle...

Berakhot 43b:19

And some say he may not take long strides, as the Master said: A long stride takes away one five-hundredth of a person's eyesight. The Gemara asks: What is his remedy if he took long strides? The Gemara responds: He can restore it by drinking the wine of kiddush on Shabbat eve.

**PTC. We must take care of ourselves in a physical manner doing it in the right way to get the proper benefits and avoid ill things in our life as best we can within our own control.**

Berachot 58b

The Gemara relates that Ulla and Rav H̄isda were once walking along the road when they came upon the doorway of the house of Rav H̄ana bar H̄anilai. Rav H̄isda groaned and sighed. Ulla asked him: Why are you sighing? Didn't Rav say: Sighing breaks half of one's body? As it is stated: "Sigh, therefore, you son of man; with the breaking of your bones"

**PTC. Also look at life and situations from a positive perspective as well as taking care of yourself, as mindset affects the physical being as well**

Sukkah 53a

The Gemara wonders: Is that so? But didn't Rabbi Yoḥanan say: One who took an oath that I will not sleep three days, one flogs him immediately for taking an oath in vain, and he may sleep immediately because it is impossible to stay awake for three days uninterrupted. Rather, this is what Rabbi Yehoshua is saying: We did not experience the sense of actual sleep, because they would merely doze on each other's shoulders. In any case, they were not actually awake for the entire week.

**PTC. In addition to physical exercise it's also of vital importance to have proper rest and proper sleep every day—the Rambam recommends breaking the day in 1/8's such as 1/8 of the day for sleep—8 hours of sleep a day.**

PTC.

**PTC. We need to protect the body and keep it in good shape, as it is a key to serving Hashem properly**

**PTC. Having an exercise regimen or plan doesn't have to be intense or crazy, do so in moderation, have a moderate plan, keep it in line and realistic and don't push yourself too hard. Change your habits and keep it as part of your day, every day.**

*PTC. By working on being physically active and fit, not only do we work on our physical bodies but our souls get worked on in the process and we connect closer to Hashem.*

*PTC. Eating right, painting proper physical health, and elevating the mundane to the spiritual are all ways to connect closer to Hashem and take better care of ourselves and using our time wisely in our days.*

*PTC. Have you ever really worked out and pushed yourself to the limit? Did it feel good? Probably not. The after effects also hurt the next few days, as when I did the scooter fiasco in this past summer. Keep the regimen in a moderate fashion in order not to overly hurt yourself or avoid it in the future. Keep it in a middle of the road approach to get the benefits and not overstrain yourself in the process.*

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### **Wrap-up:**

We need to ensure to change our mindset and change our habits to better our physical activity every day. Save 60 days by starting good healthy habits right now that will kick in for good after 28 days. Do simple solutions such as wearing a pedometer or walking or biking or scooting instead of driving if possible. Take a walk around the block during your lunch break. Get an exercise machine for the house or join a yoga or tai chi class, or find a biking buddy or walking partner. Get into a routine by doing simple easy methods to do so. Walk to the train and back instead of getting a ride. Keep the routine in a moderate fashion—don't overstrain yourself and also don't underwhelm yourself—keep the middle path of activity.

**JUST DO IT, GO GET FIT!**

Aim for those 10000 steps a day with the pedometer, and at least 5000 steps a day. Get those 150 or 180 minutes of exercise a week, shooting for 30 minutes a day minus Shabbos. Implement it into your being, use motivators such as music or audiobooks or the like, but get the inspiration, use it, keep it, incorporate it. You will feel so much better doing so and the whole world may indeed benefit from it as well.