

Mixed gyms

Posted by aryehthor - 27 Jan 2010 04:00

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I wanted to get some people's opinion on a situation that is relevant in my life at the moment, and which I thought may be relevant to some other people here too.

As a few of you may know, I am currently in a secular university. I have an immediate need to lose weight, and have been struggling to do this for a while (for health reasons, not for attracting random girls). Specifically I have started to go to the gym here which is the only one I can get to. I take off my kippa and tzitzis when I go in because neither are particularly practical for working out and also for the following reason. The gym is full of women who are basically naked, some very attractive, and in compromising positions! AHHH! A yid shouldn't be there, and wearing a kippa there is perhaps a hillul Hashem. But I am pushing myself to go because I think I am in a situation where I can get healthy again.

Any thoughts?

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Re: Mixed gyms

Posted by imtrying25 - 30 Jan 2010 21:50

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Chazak chazak v'nischazek!

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