

Does exercise help?

Posted by benavrahamhalevi - 26 Apr 2009 05:56

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I'm getting started on what I hope will be my big push. Mirtzeshem, after beating the big 90-day hurdle, I hope I will feel confident enough to begin dating and searching for my bashert. As I increase in my learning, I'm also doing some recreational running. I enjoy it, and it tires me out, so I think it's working as a great strategy for me. Has anyone else used exercise to beat the yetzer? How has it worked?

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Re: Does exercise help?

Posted by the.guard - 26 Apr 2009 12:57

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It's an excellent strategy and is known to work well! We mention it on our [Kosher Isle](#) as well...

It also helps to make a vow for a few weeks that before giving in you will take a 10-15 minute jog. You will often find by the time you're done, the urge has gone!

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