

Kosher entertainment

Posted by Joeefathers1 - 26 Aug 2013 22:20

Dear Holy Brothers,

When I do exercise I watch movies on my ipod otherwise I get bored out of mind.

I watched a movie Sunday night that had some inappropriate scenes and it almost (but didn't
bh) set my off.

Anyone have ideas of either healthy movies/entertainment or other things to do while I am on
the exercise machine?

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Re: Kosher entertainment

Posted by tryingtoshteig - 26 Aug 2013 22:47

What venue are you talking about?

If you are working out at a public gym (one that has separate hours obviously), you generally do
not have a choice in what entertainment is available to watch (although you do have the option
to focus your eyes away from the TV if you feel it is inappropriate).

In the comfort of your own home, you can listen to Jewish music from your IPod while you work
I am not so familiar with kosher
movies. There seem to be less and less of those as the years go by.

Does that help?

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Re: Kosher entertainment

Posted by gibbor120 - 26 Aug 2013 22:58

Music is alwasys good. What about another form of excercise like playing a sport? Can you work out with a friend? What about listening to audio books? They can be very engaging.

I think Uncle Moishe has some good clean stuff

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Re: Kosher entertainment

Posted by reallygettingthere - 26 Aug 2013 23:39

I personally like audio books. Find a genre that works for you. There's a lot of stuff out there.

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I'd be happy to lift weights with you