

Let's exercise together

Posted by iwantmeback - 13 Sep 2023 00:41

Hello GYE community,

I hope all is well with you all and that you are moving ahead to get where you guys want to get to. I am writing to keep in touch / update and extend a hand.

It has been 6 and a half months since I had a rock bottom night, I believe the worst thus far. It shook me to the core in a way I haven't been shaken in a long time. Since then I have been doing much better. I have not reached a 90-day goal but I have had more clean streaks and much shorter aftermath than I have ever had.

This is mainly due to exercise that I discovered. It's been both a pleasure to see myself change physically over the months and a great way to build self-esteem, confidence, and other attributes. Also to release pent-up energy.

I am writing this to share and hopefully give food for thought to the skeptic of physical exercise(I was for many years) and extend a hand to those living in Israel (Jerusalem or Jerusalem area) to help and take on exercise together.

What we go through is tough and there are many ways to deal with it. I am grateful for the initial moments when I was at my lowest and the GYE members were there. If anyone wants a partner to tackle this and add physical exercise to help, I am here, and feel free to reach out.

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Re: Let's exercise together

Posted by bright - 13 Sep 2023 02:10

I have also found that it helps. Is there a specific one you have in mind?

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Re: Let's exercise together
Posted by Hopefulposek - 13 Sep 2023 18:03

I also found exercising to help (for me it was going for a long jog). But I'm not able to do that so often, I've been trying to find something to do for just five or ten minutes but that won't break a sweat which I can put in the middle of my day. Do you have any ideas?

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Re: Let's exercise together
Posted by doingtshuva - 14 Sep 2023 23:45

In my area there is only mixed sport clubs,

Is that considered safe ?

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Re: Let's exercise together
Posted by BHYY - 18 Sep 2023 14:28

[tzizis dude wrote on 22 Feb 2023 01:00:](#)

Jump Into Shape. Run by a frum guy, it's basically an online trainer for jump rope. I recently started it, and it's great!! That helps wit exercise AND scheduling your day. It can also help with your sleep.

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Re: Let's exercise together
Posted by doingtshuva - 09 Jan 2024 00:00

[doingtshuva wrote on 14 Sep 2023 23:45:](#)

In my area there is only mixed sport clubs,

Is that considered safe ?

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Re: Let's exercise together

Posted by connected - 09 Jan 2024 14:58

[doingtshuva wrote on 09 Jan 2024 00:00:](#)

[doingtshuva wrote on 14 Sep 2023 23:45:](#)

In my area there is only mixed sport clubs,

Is that considered safe ?

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Whom do you expect to have the answer for you?

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Re: Let's exercise together

Posted by doingtshuva - 09 Jan 2024 22:02

First if it's permitted and then if's healthy for me.

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Re: Let's exercise together
Posted by bright - 10 Jan 2024 01:27

Whaddya think?

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Re: Let's exercise together
Posted by doingtshuva - 11 Jan 2024 11:26

I think that doing exercise is a big mitzva and ?????? ?????? ?????? ??????????

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Re: Let's exercise together
Posted by Gevura Shebyesod - 11 Jan 2024 11:56

"doingtshuva" post=406858 date=1704972396 catid=4I think that doing exercises is a big mitzva and ?????? ?????? ?????? ??????????

Not where it's Shkicha Hezeika

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Re: Let's exercise together
Posted by redfaced - 11 Jan 2024 14:36

[doingtshuva wrote on 11 Jan 2024 11:26:](#)

I think that doing exercise is a big mitzva and ?????? ?????? ?????? ??????????

You are not allowed to put your self in harms way under the umbrella of ?????? ?????? ?????? ??????????

I believe there are many such stories in the 'where there was a who got hurt and the explains the reason as he shouldnt have put himself in the situation

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Re: Let's exercise together
Posted by connected - 11 Jan 2024 16:39

[doingtshuva wrote on 11 Jan 2024 11:26:](#)

I think that doing exercise is a big mitzva and

Wow!

I'll use that for my next interaction with a Keitzad Merakdin.

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Re: Let's exercise together
Posted by doingtshuva - 12 Jan 2024 00:15

So why do I see so many frum people going to mix gyms ?

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Re: Let's exercise together
Posted by cande - 12 Jan 2024 01:02

they take there glasses off.

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