

# 80 Ways to Workout at Camp:

an intense workout for body, heart and mind



The Kabbalists believe that the body contains active Jewish values: sefirot

Chesed: soft kindness. The right shoulder, moving softly through the workout, with just enough effort to break a sweat, and enough sensitivity to notice everything

Gevurah: strength and discipline. The left shoulder, moving with discipline. Finishing the workout with strength throughout, while also respecting the limitations of the body.

Tiferet: balance. The heart, a power combination of strength and softness. For this, you put your whole heart into the workout.

Netzach: grit. Right hip. You gut it out and keep going, not to injury, but to the finish line, no matter how long or how many modifications it takes you.

Hod: splendor and glory. Left hip. Your actions take on a bigger picture. You get through the work out, and you make sure others do too. The glory is for everyone, and you lead by example.

Yesod: Creative foundation. Pelvis. You have your sense of humor and your enjoyment fuels your workout. Laughing works the core in all the right ways.

Malchut: majesty. Between the shins. Close to the ground, you stay focused on the details of alignment, as well as the weight of all the other values. You dig deep.

Physical activity is one way to activate Jewish values. Which value did you pick? And how did that focus affect your workout?  
What values do you want to put into action for yourself this summer?