

Sports are fun but is exercise really something Epicurus would have lauded?

Post by "Cassius" of March 14, 2024 at 7:34 PM

I think Peter's post is interesting and points up the need to be clear about context. If "exercise" is what we do to repair the damage from being absolutely sedentary and eating a terrible diet full of hazardous chemicals and overloaded with carbohydrates, then I would say Epicurus would *not* stress exercise as the remedy -- he would go to the root of the problem and look to uproot the cause, rather than apply a "remedy" to a problem that would not exist but for stupid behavior that caused damage that would not otherwise have occurred.

If 'exercise' is the kind of normal activity level that Peter is talking about as the sort of "natural state," then that kind of exercise is presumably desirable.

I take Peter as focusing on those who hype exercise out of its natural place, and I expect Epicurus would tell an exercise fanatic to get their minds focused on the true goal of life just like Epicurus told Polyaneus to get over his fixation with geometry/mathematics.