

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

Post by “Peter Konstans” of March 31, 2024 at 10:51 AM

The master writes:

"The happy and blessed state belongs [not to abundance of riches or dignity of position or any office or power, but to freedom from pain and moderation in feelings] and an attitude of mind which imposes the limits ordained by nature."

The obsession with exercise is precisely such a case of a mind *not* respecting the limits ordained by nature.

It is no accident then that the 'motivational' language employed by fanatical 'exercists' (as Lieberman calls them) is full of slogans like 'limits are destined to be overcome!'

The desire to 'build' 30kg additional muscle mass into your body is not a desire that fulfills any purpose that natural selection designed the human body for. It's not even a practical need that society requires. Workers from developing countries who easily carry 100kg sacks on their backs tend to have slim and lean bodies. They don't have the body gym rats usually aspire to because nature has no need of it.