

# “Is Pole-Dancing for Exercise Okay for Believers?”

Does Probe Ministries have anything in writing about not doing “pole dancing” like strippers do? A friend wants to do this (just for exercise, she says) but like [yoga](#), I think this is something that is far from Christianity. She refuses to believe it’s anything other than “just exercise” but the whole format is sexual. Please help?

Great question! Let’s think about what the purpose of pole dancing is: pure eroticism. The point of it is to arouse the watcher. If anyone pole dances alone, I would think, it would be in preparation for doing it for an audience, right?

So is there any scenario in which that is acceptable? Absolutely! By a wife, for her husband, in total privacy. There is a biblical precedent for erotic dance of a wife for her husband in Song of Solomon 6. The privacy of a married couple is also, by the way, the only appropriate place for sexy behavior and clothing that would be immodest if worn out in public or for anyone else’s eyes.

Hope you find this helpful.

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