Your health is a product of both the mind and body. If you are in a slump or just not feeling well, sometimes the best solution is physical activity. Social and personal connections can be a key element of feeling happy and healthy, as well. There is an abundance of resources for students and scholars; you just have to find what interests you.

Get Moving

When you exercise, you release endorphins in your brain, which put you in a better mood. Consider joining a gym, attending fitness classes, or participating in team sports; this is also a fun way to meet new people!

Yale Athletics & Recreation

- [Yale Athletics](#)
- [Yale Facilities](#)
- Payne Whitney Gym
- [Yale Sports and Recreation](#)
- Fitness Classes
- [Yale College Club Sports](#)
- [Yale College Intramurals](#)
- Graduate & Professional Intramurals

New Haven & Connecticut Recreation

- [New Haven Sports & Recreation](#)
- [New Haven Parks & Recreation](#)
- Hiking in New Haven
- Adult Kickball League
- [New Haven Cycling Trails](#)
- [Connecticut Recreation](#)
- Skiing, Snowboard & Tubing
- CT Top 10 Hiking Trails
Staying Active
Published on Office of International Students & Scholars (https://oiss.yale.edu)

- Yale Trail Wellness Challenge [18]
- Fitstyle by Shana [19] - webinars and live stream workshops and workouts
- AllTrails [20]
- Blogilates [21]
- Fitness Blenders [22]
- Yoga for Uncertain Times [23]
- Nature Scavenger Hunt [24]
- Mindful Outdoor Experience [25]
- FitOn - Free Workout App [26]

Source
URL: https://oiss.yale.edu/campus-community-life/for-scholars/health-wellness/wellness-self-care/staying-active

Links
trail-2020-online-wellness-challenge-be-well-wherever-you-are [19] https://www.fitstylebyshana.com/livestream-
https://www.youtube.com/channel/UCJwWYQfsoCz6Pxb0NYXsG [22]
https://www.youtube.com/user/FitnessBlender/ [23] https://www.youtube.com/playlist?list=PLuf6Eyny-Uzy-
b0MKzL2EfaTqB0ppgK06 [24] https://www.doinggoodtogether.org/bhf/nature-scavenger-hunt [25] https://static1.sq uarespace.com/static/5b859eb2c3c16a720f8e10da/t/5e90ecc26653f97e314f84b6/1586556108287/Self-
Guided-MOE.pdf [26] https://fitonapp.com/