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](https://yaleathletics.com)
- [Yale Facilities](https://facilities.yale.edu)
- [Payne Whitney Gym](https://paynewhitney.yale.edu)
- [Yale Sports and Recreation](https://s_rights.yale.edu)
- [Fitness Classes](https://s_rights.yale.edu)
- [Yale College Club Sports](https://yalecollegeclubsports.com)
- [Yale College Intramurals](https://yalecollegeintramurals.com)
- [Graduate & Professional Intramurals](https://graduateintramurals.yale.edu)

New Haven & Connecticut Recreation

- [New Haven Sports & Recreation](https://newhavensportsrecreation.com)
- [New Haven Parks & Recreation](https://newhavenparksrecreation.com)
- [Hiking in New Haven](https://newhavencx.com)
- [Adult Kickball League](https://adultkickballleague.com)
- [New Haven Cycling Trails](https://nhcyclesandskis.com)
- [Connecticut Recreation](https://connecticutrecreation.com)
- [Skiing, Snowboard & Tubing](https://ctskiing.com)
- [CT Top 10 Hiking Trails](https://tenbesthikes.com)

Staying Active at Home
- **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]

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**Source**

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

**Links**

[12] https://www.clubwaka.com/sport/kickball
[18] https://www.fitstylebyshana.com/livestream-classes-events
[19] https://fitonapp.com/