Staying Active

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 at Home

- [Yale Trail Wellness Challenge](#)
- **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**
5. http://sportsandrecreation.yale.edu/
7. http://sportsandrecreation.yale.edu/club-sports-ims/club-sports
8. http://intramurals.yale.edu
22. https://www.youtube.com/user/HealthBlender/
23. https://www.youtube.com/playlist?list=PLui6Eyny-Uzy-b0MKzL2EfaTqB0ppgK06
25. https://static1.squarespace.com/static/5b859eb2c3c16a720f8e10da/t/5e90ecc26653f97e314f84b6/1586556108287/Self-Guided+MOE.pdf