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

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New Haven & Connecticut Recreation

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**Links**
2. [https://yalebulldogs.com/facilities](https://yalebulldogs.com/facilities)
3. [https://sportsandrecreation.yale.edu/payne-whitney-gymnasium-pwg/payne-whitney-gym-pwg-hours-operation](https://sportsandrecreation.yale.edu/payne-whitney-gymnasium-pwg/payne-whitney-gym-pwg-hours-operation)
4. [http://sportsandrecreation.yale.edu/](http://sportsandrecreation.yale.edu/)
5. [http://sportsandrecreation.yale.edu/fitness-wellness-programs](http://sportsandrecreation.yale.edu/fitness-wellness-programs)
6. [http://sportsandrecreation.yale.edu/club-sports-ims/club-sports](http://sportsandrecreation.yale.edu/club-sports-ims/club-sports)
7. [https://intramurals.yale.edu](https://intramurals.yale.edu)
8. [http://sportsandrecreation.yale.edu/club-sports-intramurals](http://sportsandrecreation.yale.edu/club-sports-intramurals)
9. [https://www.facebook.com/NewHavenRec/](https://www.facebook.com/NewHavenRec/)
12. [https://www.clubwaka.com/sport/kickball](https://www.clubwaka.com/sport/kickball)
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21. [https://www.youtube.com/user/FitnessBlender/](https://www.youtube.com/user/FitnessBlender/)
22. [https://www.youtube.com/playlist?list=PLUi6Eyny-Uzy-b0MKzL2EfaTqB0pggK06](https://www.youtube.com/playlist?list=PLUi6Eyny-Uzy-b0MKzL2EfaTqB0pggK06)
23. [https://www.doinggoodtogether.org/bhf/nature-scavenger-hunt](https://www.doinggoodtogether.org/bhf/nature-scavenger-hunt)
24. [https://static1.squarespace.com/static/5b859eb2c3c16a720f8e10da/t/5e90ecc26653f97e314f84b6/1586556108287/Self-Guided+MOE.pdf](https://static1.squarespace.com/static/5b859eb2c3c16a720f8e10da/t/5e90ecc26653f97e314f84b6/1586556108287/Self-Guided+MOE.pdf)
25. [https://fitonapp.com/](https://fitonapp.com/)