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 [1]
- Yale Facilities [2]
- Payne Whitney Gym [3]
- Yale Sports and Recreation [4]
- Fitness Classes [5]
- Yale College Club Sports [6]
- Yale College Intramurals [7]
- Graduate & Professional Intramurals [8]

New Haven & Connecticut Recreation

- New Haven Sports & Recreation [9]
- New Haven Parks & Recreation [10]
- Adult Kickball League [12]
- New Haven Cycling Trails [13]
- Connecticut Recreation [14]
- Skiing, Snowboard & Tubing [15]
- CT Top 10 Hiking Trails [16]

Staying Active at Home

- Yale Trail Wellness Challenge [17]
- Fitstyle by Shana [18] - webinars and live stream workshops and workouts
- AllTrails [19]
- Blogilates [20]
- Fitness Blenders [21]
- Yoga for Uncertain Times [22]
- **Nature Scavenger Hunt** [23]
- **Mindful Outdoor Experience** [24]
- **FitOn - Free Workout App** [25]

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

**Links**
2. https://yalebulldogs.com/facilities
4. http://sportsandrecreation.yale.edu/
5. http://sportsandrecreation.yale.edu/fitness-wellness-programs
6. http://sportsandrecreation.yale.edu/club-sports-ims/club-sports
7. https://intramurals.yale.edu
8. http://sportsandrecreation.yale.edu/club-sports-intramurals
18. https://www.fitstylebyshana.com/livestream-classes-events
20. https://www.youtube.com/channel/UCIJwWYOfsCfz6PjxbONYXSg
21. https://www.youtube.com/user/FitnessBlender/
22. https://www.youtube.com/playlist?list=PLu6Eyny-Uzy-b0MKzL2EfATqB0ppgK06
24. https://static1.squarespace.com/static/5b859eb2c3c16a720f8e10da/t/5e90ecc26653f97e314f84b6/1586556108287/Self-Guided+MOE.pdf