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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Staying Active at Home

- Yale Trail Wellness Challenge [17]
- Fitstyle by Shana [18] - webinars and live stream workshops and workouts
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- Nature Scavenger Hunt [23]
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- FitOn - Free Workout App [25]

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[25] https://fitonapp.com/