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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Links:
[12] https://www.clubwaka.com/sport/kickball
[18] https://www.fitstylebyshana.com/livestream-classes-events
[20] https://www.youtube.com/channel/UCIjwWYOifsCfz6PjxbONYXSg
[21] https://www.youtube.com/user/FitnessBlender/
[22] https://www.youtube.com/playlist?list=PLui6Eyny-Uzy-b0MKzL2EfaTqB0ppgK06
[23] https://www.doinggoodtogether.org/bhf/nature-scavenger-hunt
[24] https://static1.squarespace.com/static/5b859eb2c3c16a720f8e10da/t/5e90ecc26653f97e314f84b6/1586556108287/Self-Guided+MOE.pdf
[25] https://fitonapp.com/