

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

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[1] <http://www.yalebulldogs.com/landing/index> [2] <https://yalebulldogs.com/facilities> [3] <https://sportsandrecreation.yale.edu/payne-whitney-gymnasium-pwg/payne-whitney-gym-pwg-hours-operation> [4] <http://sportsandrecreation.yale.edu/> [5] <http://sportsandrecreation.yale.edu/fitness-wellness-programs> [6] <http://sportsandrecreation.yale.edu/club-sports-ims/club-sports> [7] <http://intramurals.yale.edu> [8] <http://sportsandrecreation.yale.edu/club-sports-intramurals> [9] <https://www.facebook.com/NewHavenRec/> [10] <https://www.newhavenct.gov/gov/depts/parks/default.htm> [11] <https://www.alltrails.com/us/connecticut/new-haven?referrer=everytrail> [12] <https://www.clubwaka.com/sport/kickball> [13] <http://www.mapmyride.com/us/new-haven-ct/> [14] http://www.ct.gov/deep/cwp/view.asp?a=2707&q=323846&deepNav_GID=1642%20 [15] <http://www.ctvisit.com/articles/skiing-snowboarding-tubing-connecticut> [16] <http://www.ctvisit.com/articles/connecticuts-top-10-hiking-trails> [17] <https://beingwell.yale.edu/news/yale-trail-2020-online-wellness-challenge-be-well-whenever-you-are> [18] <https://www.fitstylebyshana.com/livestream-classes-events> [19] <https://www.alltrails.com/> [20] <https://www.youtube.com/channel/UCIJwWYOfsCfz6PjxbONYXSg> [21] <https://www.youtube.com/user/FitnessBlender/> [22] <https://www.youtube.com/playlist?list=PLui6Eyny-Uzy-b0MKzL2EfaTqB0ppgK06> [23] <https://www.doinggoodtogether.org/bhf/nature-savenger-hunt> [24] <https://static1.squarespace.com/static/5b859eb2c3c16a720f8e10da/t/5e90ecc26653f97e314f84b6/1586556108287/Self-Guided+MOE.pdf> [25] <https://fitonapp.com/>