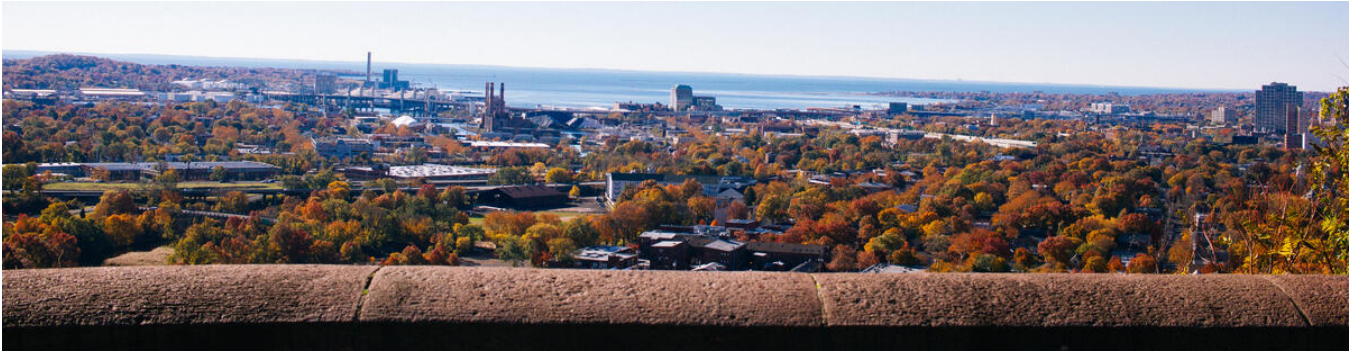


## Staying Active



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]
- [Hiking in New Haven](#) [11]
- [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]
-

## Staying Active

Published on Office of International Students & Scholars (<https://oiss.yale.edu>)

---

- [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

- [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](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-wherever-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-scavenger-hunt>
- [24] <https://static1.squarespace.com/static/5b859eb2c3c16a720f8e10da/t/5e90ecc26653f97e314f84b6/1586556108287/Self-Guided+MOE.pdf>
- [25] <https://fitonapp.com/>