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](#)
- [Yale Facilities](#)
- [Payne Whitney Gym](#)
- [Yale Sports and Recreation](#)
- [Fitness Classes](#)
- [Yale College Club Sports](#)
- [Yale College Intramurals](#)
- [Graduate & Professional Intramurals](#)

New Haven & Connecticut Recreation

- [New Haven Sports & Recreation](#)
- [New Haven Parks & Recreation](#)
- [Hiking in New Haven](#)
- [Adult Kickball League](#)
- [New Haven Cycling Trails](#)
- [Connecticut Recreation](#)
- [Skiing, Snowboard & Tubing](#)
- [CT Top 10 Hiking Trails](#)

Staying Active at Home

- [Yale Trail Wellness Challenge](#)
- [Fitstyle by Shana](#) - webinars and live stream workshops and workouts
- [AllTrails](#)
- [Blogilates](#)
- [Fitness Blenders](#)
- [Yoga for Uncertain Times](#)
- Nature Scavenger Hunt [23]
- Mindful Outdoor Experience [24]
- FitOn - Free Workout App [25]

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**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. http://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/UCtJwWYofsCfz6PjxbONYXSg
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