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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[18] https://www.fitstylebyshana.com/livestream-classes-events
[20] https://www.youtube.com/channel/UCIJwWYOfsCfz6PjxbONYXSg
[21] https://www.youtube.com/user/FitnessBlender/
[22] https://www.youtube.com/plaist?list=PLui6Eyny-Uzy-b0MKzL2EfaTqB0ppgK06
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