

Staying Healthy

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]
- [Payne Whitney Gym](#) [2]
- [Yale Sports and Recreation](#) [3]
- [Fitness Classes](#) [4]
- [Yale College Club Sports](#) [5]
- [Yale College Intramurals](#) [6]
- [Graduate & Professional Intramurals](#) [7]

New Haven & Connecticut Recreation

- [New Haven Sports & Recreation](#) [8]
- [Hiking in New Haven](#) [9]
- [Adult Kickball League](#) [10]
- [New Haven Cycling Trails](#) [11]
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- [Skiing, Snowboard & Tubing](#) [13]
- [CT Top 10 Hiking Trails](#) [14]

Get Connected

- [Arts @ Yale](#) [15]
- [McDougal Center for Graduate Student Life](#) [16]
- [Office of LGBTQ Resources](#) [17]
- [Postdoctoral Advisory Committee](#) [18]
- [Student Organizations](#) [19]
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Selected Wellness & Health Resources

- [The Good Life Center](#) [21] at Silliman College - Student Wellness Center
- [Student Wellness at Yale Health](#) [22] - Healthy lifestyle advice
- [Feeling Stressed?](#) [23] - Tips for Managing Stress
- [Healthy Eating](#) [24]
- [Office of Student Accessibility Services \(formerly known as the Resource Office on Disabilities\)](#) [25]
- [Safe Sex](#) [26]
- [Taking Control - Alcohol, Tobacco and Other Drugs](#) [27]

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

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Links:

- [1] <http://www.yalebulldogs.com/landing/index>
- [2] <http://sportsandrecreation.yale.edu/services-payne-whitney-gymnasium>
- [3] <http://sportsandrecreation.yale.edu/>
- [4] <http://sportsandrecreation.yale.edu/fitness-wellness-programs>
- [5] <http://sportsandrecreation.yale.edu/club-sports-ims/club-sports>
- [6] <http://intramurals.yale.edu>
- [7] <http://sportsandrecreation.yale.edu/club-sports-intramurals>
- [8] https://www.newhavenct.gov/cityservices/information_n_assistance/parks_n_recreation.htm
- [9] <https://www.alltrails.com/us/connecticut/new-haven?referrer=everytrail>
- [10] <https://www.clubwaka.com/sport/kickball>
- [11] <http://www.mapmyride.com/us/new-haven-ct/>
- [12] http://www.ct.gov/deep/cwp/view.asp?a=2707&q=323846&deepNav_GID=1642%20
- [13] <http://www.ctvisit.com/articles/skiing-snowboarding-tubing-connecticut>
- [14] <http://www.ctvisit.com/articles/connecticuts-top-10-hiking-trails>
- [15] <http://studentlife.yale.edu/arts>
- [16] https://yaleconnect.yale.edu/student_community?club_id=35683
- [17] <http://lgbtq.yale.edu/>
- [18] <http://postdocs.yale.edu/postdocs/pac>
- [19] <http://studentlife.yale.edu/student-groups-activities>
- [20] <http://yalecollege.yale.edu/campus-life/cultural-affairs-centers>
- [21] <https://www.yaleglc.com/>
- [22] <https://yalehealth.yale.edu/directory/departments/student-health-education>
- [23] <https://yalehealth.yale.edu/more/stress-relief-relaxation-healthy-sleep>
- [24] <https://yalehealth.yale.edu/more/nutrition-and-healthy-eating>
- [25] <https://rod.yale.edu/>
- [26] <https://yalehealth.yale.edu/safer-sex>
- [27] <https://yalehealth.yale.edu/alcohol-tobacco-and-other-drugs>