Taking care of oneself and staying in shape are great ways to keep stress in check during grad school. Plenty of health and wellness resources are available on the IUB campus.

Start off at the Student Recreational Sports Center (SRSC) on Law Lane. Their fitness facilities include strength and conditioning areas, an indoor track, an Olympic-sized pool and diving well, and courts for playing racquetball, squash, basketball and more. A variety of cardio and strength classes are offered daily, with over 80 sessions offered every week! Access to these classes is free to registered and enrolled students. Daily passes are available to purchase for non-members. Yoga, Pilates, spinning classes and personal training are available to students for competitive rates. The SRSC is home to over 40 club and intramural sports you can get involved in, ranging from soccer to karate to rowing.

After exploring the SRSC, head over to the IU Health Center at 10th Street and Jordan Avenue. Routine medical exams (including GYN) are available to students enrolled in more than 3 credit hours (1 class) for $20. The facility includes a full-service medical clinic, lab, x-ray facility, and pharmacy. There are many other helpful services available to students for free or at low rates including the Counseling and Psychological Services (CAPS), smoking cessation, and massage. International travelers can obtain necessary vaccinations at the Health Center's Travel Clinic.

Continue west on 10th Street. After crossing Fee Lane, you will notice a fenced field on your left. Woodlawn Field is a multipurpose athletic field used by many of the intramural and club sports, so expect to see a game of ultimate Frisbee, lacrosse or soccer going on. The sand track around the field is open to runners and walkers. South of the field you will notice some tennis courts. These are open to anyone when not in use by classes. The tennis courts are adjacent to the School of Health, Physical Education and Recreation (HPER) building. Along with housing several academic programs in the school, HPER also manages the SRSC, outdoor fields and other fitness facilities. The Wildermuth Gym on the southeast has an indoor track and basketball/volleyball courts with equipment check-out.

Other local health and wellness facilities include:
- The IU Outdoor Pool at 17th Street and Fee Lane. Admission runs $2-3. This is the only IU pool where you can swim, dive and get a tan.
- The IU Tennis Center on Fee Lane north of Assembly Hall. Annual membership enables students to rent one of the eight indoor courts and take classes from experts.
- The IU Golf Courses are located on the 45-46 Bypass northeast of campus. The 18-hole championship course and 9-hole executive course are open from sunrise to sunset 364 days a year (weather permitting).
- Woods and rolling hills provide a pleasurable 5-10k run at the IU Cross Country Course, located near the golf courses just off the 10th Street/45-46 Bypass intersection.
- The 5+acre Hilltop Garden and Nature Center facility is located at 2367 E. 10th Street and includes a nature center, greenhouses, and outdoor planting areas. Hilltop provides year-round opportunities for student participation, including internships and experiential classes in garden management. Other programming includes summer garden programs for children and teens, therapeutic horticulture programs for adults and the disabled, community garden programs, and preschool programs.
- The Center for Human Growth, housed in the School of Education on 7th Street between Jordan Avenue and Union Street. Students and the public can receive counseling here from advanced graduate students in the Counseling Psychology program on a self-determined sliding-scale fee schedule.
- The Monroe County YMCA offers a variety of programs for both adults and children. Children can take dance classes, join a youth sports team, or take a photography class! Adults can play in a racquetball and basketball league or participate in group exercise classes that include zumba, yoga, and tai chi.
- The City of Bloomington Parks and Recreation department offers fitness classes, facilities and sports leagues for all ages.