

LIVE IN MOTION *Bucket List*



The MSU Exercise is Medicine on Campus (EIM-OC) initiative recognizes that movement promotes optimal well-being, including positive influences on physical and mental health. Engage in one or more of these movement activities to Live YourLife in Motion and win PRIZES!

- Participate in a local 5k event
- Complete one Group Exercise class at an IM Facility
- Do yoga in the Beal Botanical Gardens
- Walk or jog the indoor track at IM East
- Ice skate at Munn Ice Arena
- Climb the indoor rock wall at IM West
- Kayak the Red Cedar River
- Play on an IM Sports Team
- Walk or bike to the Broad Art Museum
- Swim at Lake Lansing or the IM West Indoor Pool
- Walk, bike, or run to the State Capitol Building
- Ride your own or rent a bike from MSU Bikes and explore
- Walk to the MSU Dairy Store
- Visit the Student Organic Farm Stand
- Golf at the Forest Akers Golf Course
- Participate in an MSU Duck Hunt
- Walk to the MSU Museum & take a tour
- Try an adaptive recreation activity through Rec Sports
- Complete one of the walking loops on campus
- Shoot hoops outside or at an IM Facility
- Engage in a SPARTANfit Fitness & Wellness Program
- Engage in YOUR favorite movement activity

DIRECTIONS

For a chance to win one of many prizes, fill out an activity form (by scanning the QR code below) for each bucket list activity that you complete or [CLICK HERE](#) to fill out an activity form.

Complete one activity and receive an Exercise is Medicine on Campus T-shirt.

For every three activities you complete, you will receive one entry into our grand prize semester drawing. The more you move, the better your chances!

All entries must be completed by the last week of the semester. Grand prize winners will be contacted during finals weeks.



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Health Promotion
Student Health & Wellness
MICHIGAN STATE UNIVERSITY

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is Medicine®
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