The Value of Movement

Bucket List

30 ideas to get you moving for your well-being

- Walk across the entire campus
- Climb a parking structure to watch the sunset
- Kayak the Red Cedar River
- Meditate alone by the Red Cedar
- Picnic in Beal Botanical Gardens
- Walk around the Rose & 4H Gardens
- Rent a bike at MSU Bikes and ride around
- Ice-skate at Munn Ice Arena
- Participate in an MSU Duck Hunt
- Hit some balls at Forest Akers Golf Course
- Meander & Memorize all buildings on campus
Run, walk or wheel the Lansing River Trail

Listen to the marching band practice

Walk the bridge with outdoor 'Green' wall

Walk to the Dairy Store

Play on an IM Sports team

Walk to the State Capitol

Visit the Student Organic Farm Stand

Paint the Rock for a cause with friends

Walk around in Baker Wood Lot

Visit Potter Park Zoo

Search for pieces of public art

Visit Lewis Landscape Arboretum

Join The Izzo Legacy Run/Walk/Roll

Swim at Lake Lansing
Attend the Homecoming Parade

Run around the stadium

Explore the biodiversity on campus

Run the Tower Guard 5K

Attend Well-being Wednesdays in September

Well-Being Wednesdays: Reunited in Motion

Walking ● Refreshments ● Wellness Activities ● Mindfulness Exercises ● Therapy Dogs

September 8, 15, 22 and 29
11:30–12:30 p.m.
Dem Hall Field

Students, faculty and staff welcome!