

# 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**



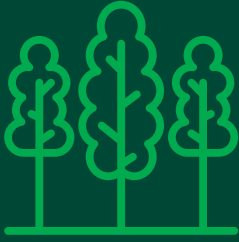
**Visit Lewis Landscape Arboretum**

**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!



Health Promotion  
Student Health & Wellness  
MICHIGAN STATE UNIVERSITY



University Well-Being Coalition  
MICHIGAN STATE UNIVERSITY