

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



Health Promotion
Student Health & Wellness
MICHIGAN STATE UNIVERSITY



MSU Bucket List



- __ Try every flavor at the Dairy Store
- __ Take a selfie with Sparty
- __ Volunteer at the Student Food Bank
- __ Get on the jumbo-tron at a football game
- __ Visit the Bug House
- __ Sit under the stars at the planetarium
- __ Visit the Broad Art Museum
- __ Climb to the top of Beaumont Tower **
- __ Bike or run the River Trail
- __ Eat at every dining hall
- __ Walk around in Baker Wood Lot
- __ Kayak the Red Cedar
- __ Take a class for FUN!
- __ Visit the Student Organic Farm Stand
- __ See a show/concert at Wharton Center
- __ Ice skate at Munn Ice Arena
- __ Picnic in Beal Botanical Gardens
- __ Paint the Rock
- __ Visit the ducks on the Red Cedar
- __ Lunch at the Food Truck
- __ Order cookies from MSU Bakers
- __ Listen to the marching band practice
- __ Attend a game for each sport
- __ See a show at the Summer Circle Theatre
- __ Make friends with someone in every class
- __ Memorize all buildings on campus
- __ Visit the MSU Museum
- __ Attend a group workout class
- __ See a Well's Hall movie
- __ Join or attend an IM Sport
- __ Get a SPARTANfit Fitness Assessment
- __ Try Wellness Coaching in Health Promotion
- __ Participate in an MSU Duck Hunt
- __ Visit the State Capitol
- __ Try a restaurant off campus
- __ Walk across the entire campus
- __ Join a student group of interest
- __ Get a 4.0 in at least 1 class per semester
- __ Take a photo of your rooms each year
- __ Walk around the Rose & 4H Gardens
- __ Visit the MSU Surplus Store
- __ Decorate your dorm for every season
- __ Write a letter to your senior self
- __ Attend the Homecoming Parade
- __ Listen to a MSU Music School Concert
- __ Learn the MSU Fight Song & Alma Mater
- __ Attend office hours in hard classes
- __ Cook a meal with your friends
- __ Find internship opportunities
- __ Use student discounts when you can
- __ Watch the sunset from parking structure
- __ Learn a new language
- __ Talk to campus staff/faculty
- __ Find the best restaurant in town
- __ Have a game night with friends
- __ Make snow people or snow angels
- __ Set goals each semester
- __ Attend 1 free campus event
- __ Visit Lake Lansing
- __ Unplug once a month (at least)
- __ Visit friends at their colleges
- __ Surprise your friends with something
- __ Have a theme night for dinner
- __ Take a self-care day for yourself
- __ Express gratitude to a friend randomly
- __ Have an arts & crafts night
- __ Study or volunteer abroad
- __ Host a movie night
- __ Make a tiktok with your floormates
- __ Journal all your new experiences
- __ Sit with a stranger at dinner

MSU Bucket List



- ☐ Complete a fitness challenge
- ☐ Try a new simple recipe
- ☐ Meditate alone by the Red Cedar
- ☐ Karaoke Night with friends
- ☐ Celebrate your As & Bs
- ☐ Listen to the Carillon at Beaumont Tower
- ☐ Swim at the pool
- ☐ Take a kinesiology class
- ☐ Make a time capsule
- ☐ Go to a Lugnuts baseball game
- ☐ Hit some balls at Forest Akers Golf Course
- ☐ Get cider and donuts with floormates
- ☐ Visit Potter Park Zoo
- ☐ Go Bowling at Spare Time
- ☐ Go to Pinball Petes for games
- ☐ Study at the Union
- ☐ TieDye MSU shirts
- ☐ Find the pieces of public art
- ☐ Attend 1 UAB event
- ☐ Visit Lewis Landscape Arboretum
- ☐ Bike or walk the Lansing River Trail
- ☐ Escape from Breakout Escape Rooms
- ☐ Visit the Michigan History Center in Lansing
- ☐ Visit the comic book collection in the library
- ☐ Decorate your cap
- ☐ Dress up for dinner once a month
- ☐ Graduate

**Add more
to your
list!**