

# LIVE IN MOTION

## *Bucket List*



**MSU Exercise is Medicine on Campus (EIM-OC) Initiative recognizes that movement promotes optimal well-being, including positive influences on physical and mental health.**

- 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 the IM Facilities
- Engage in a SPARTANfit Fitness & Wellness Program
- Engage in YOUR favorite movement activity

