

Exercise is Medicine[®] Walking Challenge 2024

ACSM
EXERCISE IS
MEDICINE[®]
On Campus



Exercise is Medicine on Campus (EIM-OC) participant Michigan State University co-hosts an annual Walking Challenge with ACSM to get everyone on EIM-OC campuses moving. The institution that walks and moves by wheelchair the most in one eight-hour period (in-person and/or virtual) during the month of October is named the winner.

WINNER

There were 16 participating schools and Purdue University is your 2024 EIM Walking Challenge Winner!

A look at the Top 5

Institution	Distance (Miles)	# of Participants
Purdue University	1,081	212
Coastal Carolina University	907	206
Northwest Missouri State University	519.89	150
Penn State University - University Park	498.34	Unknown*
Our Lady of the Lake University	343.3	149

*Used student volunteers on campus.