**Starting the Day Right: Run or Walk with your fellow MOBTCers**

**Abstract (100 words maximum)**

This session is a chance to get out early with other MOBTCers and enjoy our beautiful host location, Ramapo College. Join us at 7 AM for a casual run or walk around campus and the surrounding area. Open to runners or walkers of all levels starting in front of our breakfast venue. At 7:45 all MOBTC members are welcomed to join us for breakfast and conversation or head back to your dorm to be ready for the first official sessions of the day. Friday and Saturday will be self-organized for those who don’t overdo at Jim’s Place!

**Three Keywords**

Exercise, Early Morning, Running

**Session Format**

No room needed – discussion

**Time Requested**

60 minutes

**Resources Needed**

No additional resources are needed.

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**Introduction**

The session is the continuation of a tradition started at the Walsh University conference in 2016 when several MOBTC board members started each day of the conference by running a few miles. Over the week, their group grew by word of mouth. The following year at Providence College, an early morning session was added to the program to encourage many conference participants to join the group and start their day with some exercise and a chance to informally network with MOBTC conference participants before and after the run or walk. We hope to continue this tradition in 2019 at Ramapo College.

Our goal in including this session on the formal program will give more members a chance to join us, build friendships, and become more engaged in the Society.

**Theoretical Foundation/Teaching Implications**

There is a glut of research supporting the relationship between exercise and human health (Clayton, Thomas, Singh & Winkel, 2015). Regular exercise has been found not only to benefit physical health, but also reduces anxiety and depression (Rethorst, Wipfli & Landers, 2009), lower absenteeism (Parks & Steelman, 2008) and higher life satisfaction (Hecht & Boies, 2009). This session applies the results of these research studies to benefit MOBTC members.

**Session Description**

This proposal is to place a hold on a session starting at 7:00 AM on Thursday morning in front of breakfast venue.

The session leaders will greet members and organize into a runners’ and a walkers’ group. The session leaders will then lead each group on an approximate 3-mile loop for the runners and a 2-mile loop for the walkers for a total of approximately 30-40 minutes of exercise. Both groups should be back to the starting point at approximately 7:45 AM, where participants will be invited to breakfast for additional conversation or welcome to leave to get ready for the early program sessions.

The session leaders will reserve a table for the breakfast session. All MOBTC participants will be invited to participate in the breakfast conversation. The breakfast conversation will be themed around the question, “How do use exercise in your teaching?”

We will let participants know that they can self-organize for Friday and Saturday of the conference.

**Conference Theme Track**

This session should be considered for the “Teaching Agents for Positive Change” Conference Theme Track. This session fits the theme of the conference in that it helps MOBTC participants start their day positively to become teaching agents for positive change. We hope the session will help inspire those who want to become healthier to use the support of the MOBTS community to bond together, and give each other support during the run/walks as well as the after during breakfast.

**Unique Contribution**

 This session was popular at several conferences, thus why we are re-proposing this run/walk/breakfast session to be part of the formal MOBTC program again at Ramapo. Beyond the physical benefits of the session, this session as been a great opportunity for new and veteran MOBTCers to network together in a relaxed atmosphere, building our community.

**References**

Clayton, R.W., Thomas, C.H., Singh, B., & Winkel, D.E. (2015) Exercise as a means of reducing perceptions of work-family conflict: A test of the roles of self-efficacy and psychological strain. *Human Resource Management*, 54(6), 1013-1035.

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