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Dr. Jay Maddock is a regents professor in the Department of Environmental and Occupational Health and director of the Center for Health and Nature. Previously, he served as dean of the School of Public Health and chief wellness officer at Texas A&M University and as director and chair of the University of Hawaii public health program. His research has been featured in several national and international media outlets including The Today Show, CNN, Le Monde, the BBC, Eating Well, Prevention and Good Housekeeping. He has authored over 160 scientific articles and has served as principal investigator on over \$20 million in extramural funding. He has received numerous awards throughout his career from the American Public Health Association, the Surgeon General, the U.S. Secretary of Health and Human Services, and many others. He is internationally recognized for his research in health behavior and social ecological approaches to increasing physical activity and increasing time spent in nature. Dr. Maddock received his undergraduate degree in psychology and sociology, magna cum laude, from Syracuse University as well as his master's and doctorate degrees in experimental psychology from the University of Rhode Island.