

By: Eissler

H.R. No. 2191

R E S O L U T I O N

1 WHEREAS, Dr. Kenneth Cooper, a world-renowned pioneer in
2 physical fitness, has inspired people across the globe to adopt and
3 maintain healthier lifestyles; and

4 WHEREAS, In 1968, Dr. Cooper authored the book *Aerobics*,
5 which introduced a new word into the general lexicon and a new
6 concept into popular culture; the book, which advocated for disease
7 prevention through exercise, launched an international fitness
8 movement, motivating countless individuals to take up jogging or
9 some other form of aerobic activity to improve their health; since
10 its publication, *Aerobics* has been translated into 41 languages and
11 sold more than 30 million copies, and Dr. Cooper has gone on to
12 write 18 more books; and

13 WHEREAS, Kenneth Cooper earned his undergraduate and medical
14 degrees from the University of Oklahoma and later received a
15 master's degree in public health from Harvard University; he served
16 13 years with the U.S. Army and U.S. Air Force, where he helped to
17 create the conditioning program to prepare America's astronauts for
18 space as well as the fitness tests that are now used by military
19 organizations, athletic teams, law enforcement agencies, and
20 schools; and

21 WHEREAS, Since 1970, Dr. Cooper has overseen the Cooper
22 Aerobics Center in Dallas; today, in addition to chairing eight
23 health and wellness companies and a research and education
24 nonprofit, The Cooper Institute, he remains committed to

1 encouraging fitness and combating the growing childhood obesity
2 epidemic; and

3 WHEREAS, Known as the father of aerobics, Dr. Cooper has
4 dedicated his career to exploring the relationship between
5 cardiovascular fitness, health, and longevity, and thanks in large
6 part to his efforts, exercise has become an integral part of
7 American culture; now, therefore, be it

8 RESOLVED, That the House of Representatives of the 82nd Texas
9 Legislature hereby honor Dr. Kenneth Cooper for his dedication to
10 helping others lead healthier lives and extend to him sincere best
11 wishes for continued success with his important work; and, be it
12 further

13 RESOLVED, That an official copy of this resolution be
14 prepared for Dr. Cooper as an expression of high regard by the Texas
15 House of Representatives.