

SENATE RESOLUTION NO. 775

WHEREAS, The Senate of the State of Texas is pleased to recognize Dr. Kenneth Cooper and commemorate the 45th anniversary of his groundbreaking book *Aerobics*; and

WHEREAS, Released in March of 1968, the book sparked a fitness phenomenon, launched a multimillion-dollar industry, and prompted the opening of the Cooper Clinic in Dallas in 1970; and

WHEREAS, The impact of Dr. Cooper's book and his research is inestimable; he developed his guidelines in the late 1960s while serving as a physician in the United States Air Force; he created a system that uses points to measure physical activity in 41 sports and a test to measure a person's aerobic capacity; those standards are still in use today; and

WHEREAS, Over the past four and one-half decades, this remarkable innovator has helped to improve or save the lives of innumerable people; within 10 years after *Aerobics* was published, the number of runners had increased from 100,000 to more than 10 million; the book has been printed in 41 languages and has sold more than 30 million copies; and

WHEREAS, Recognizing the link between physical fitness and overall health and performance, Dr. Cooper has worked to bring his discoveries to the public around the world; internationally respected for his groundbreaking research and effective training methods, he has also advocated for physical education in schools, and he developed and funded the Fitnessgram assessment tool, which is now used in schools across the state to help guide efforts to improve the health of Texas children; and

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WHEREAS, Over the course of many years, this exceptional physician has exhibited the foresight, the innovation, and the compassion to revolutionize the lives of generations of people; his pioneering book and his medical career have had a positive impact on the health of thousands of Texans; now, therefore, be it

RESOLVED, That the Senate of the State of Texas, 83rd Legislature, hereby commend Dr. Kenneth Cooper and congratulate him on the 45th anniversary of the release of his book *Aerobics*; and, be it further

RESOLVED, That a copy of this Resolution be prepared for Dr. Cooper as an expression of esteem from the Texas Senate.

Nelson

President of the Senate

I hereby certify that the above Resolution was adopted by the Senate on April 29, 2013.

Secretary of the Senate

Member, Texas Senate