

SENATE RESOLUTION NO. 570

WHEREAS, The Senate of the State of Texas is pleased to recognize Dr. Kenneth H. Cooper for his years of exceptional work in promoting physical fitness, Cooper Aerobics, and The Cooper Institute on the occasion of its 45th anniversary; and

WHEREAS, Dr. Cooper founded The Cooper Institute and Cooper Clinic in 1970, two years after the publication of *Aerobics*, his groundbreaking book that introduced a new word into the general lexicon and advocated for disease prevention through exercise; the book played a vital role in starting a worldwide fitness movement; and

WHEREAS, Dr. Cooper earned his medical degree from the University of Oklahoma, and he served the nation's military with distinction for 13 years; he helped create the cardiovascular conditioning program for American astronauts and the fitness tests that are used by military organizations, police departments, and athletic programs; and

WHEREAS, Dr. Cooper and Cooper Aerobics have been instrumental in removing harmful trans fat from processed foods and in working to combat the growing epidemic of childhood obesity; and

WHEREAS, Dr. Cooper has dedicated his career to investigating the links between cardiovascular fitness, good health, and longevity; it is truly fitting that he receive special recognition for the profound impact his work has had on the lifestyles of American citizens; now, therefore, be it

RESOLVED, That the Senate of the State of Texas, 84th Legislature, hereby commend Dr. Kenneth H. Cooper and the physicians and staff of The Cooper Institute and Cooper Aerobics on their commitment to helping people live healthier lives and extend to them best wishes on the occasion of the institute's 45th anniversary; and, be it further

RESOLVED, That a copy of this Resolution be prepared in honor of this special occasion.

Nelson

President of the Senate

I hereby certify that the above Resolution was adopted by the Senate on April 15, 2015.

Secretary of the Senate

Member, Texas Senate