

By: Turner of Dallas

H.R. No. 589

R E S O L U T I O N

1           WHEREAS, Dr. Kenneth H. Cooper, the world-renowned fitness  
2 pioneer and author of the groundbreaking book *Aerobics*, is  
3 celebrating his 88th birthday in 2019; and

4           WHEREAS, Born in Oklahoma City on March 4, 1931, Kenneth  
5 Cooper received his bachelor's degree and medical degree from the  
6 University of Oklahoma, and he went on to earn a master's degree in  
7 public health from Harvard University; he served for 13 years with  
8 the U.S. Army and U.S. Air Force, and in his role as flight surgeon  
9 and director of the Aerospace Medical Laboratory, he developed  
10 fitness tests that are still used today by military organizations,  
11 athletic teams, law enforcement agencies, and schools; he also  
12 helped create the conditioning program for NASA's astronaut corps;  
13 and

14           WHEREAS, In 1968, Dr. Cooper shared his fitness expertise  
15 with the general public through the publication of *Aerobics*, which  
16 introduced both a new concept and a new word into American culture;  
17 promoting cardiovascular health and the prevention of disease  
18 through exercise, this hugely influential book has been translated  
19 into 41 languages, and it has motivated countless people around the  
20 world to take up running, or some other form of brisk activity, to  
21 improve their health; he has since written 18 more books, with  
22 combined sales of more than 30 million copies; and

23           WHEREAS, Dr. Cooper founded The Cooper Institute in Dallas in  
24 1970, and he continues to serve as chair of six health and wellness

1 companies; having logged more than 38,000 miles as a runner, he  
2 continues to exercise on a regular basis at the Cooper Aerobics  
3 Center; in all his endeavors, he has enjoyed the love and support of  
4 his wife, Millie, his daughter, Berkley, his son, Tyler, and his  
5 five grandchildren; and

6 WHEREAS, Hailed around the world as the father of aerobics,  
7 Dr. Kenneth Cooper has made a remarkable impact on modern life  
8 through his work and advocacy, helping millions of people live  
9 healthier and longer lives; now, therefore, be it

10 RESOLVED, That the House of Representatives of the 86th Texas  
11 Legislature hereby congratulate Dr. Kenneth H. Cooper on his 88th  
12 birthday and commend him on the success of *Aerobics* and on the  
13 worldwide impact of the research of The Cooper Institute; and, be it  
14 further

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