

SENATE RESOLUTION NO. 298

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

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

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

WHEREAS, Dr. Cooper founded The Cooper Institute in Dallas in 1970; this nonprofit research and education organization developed the FitnessGram assessment that is now used as part of the Presidential Youth Fitness Program in schools across the

nation; Dr. Cooper also serves as chair of six health and wellness companies, including the Cooper Clinic, where he still sees patients; having logged more than 38,000 miles as a runner, he continues to exercise on a regular basis at the Cooper Aerobics Center; in all his endeavors, he has enjoyed the love and support of his wife, Millie, his daughter, Berkley, his son, Tyler, and his five grandchildren; and

WHEREAS, Hailed around the world as the father of aerobics, Dr. Kenneth Cooper has had a remarkable positive influence on modern life through his work and advocacy, and he has helped millions of people live healthier and longer lives; now, therefore, be it

RESOLVED, That the Senate of the State of Texas, 86th Legislature, hereby congratulate Dr. Kenneth H. Cooper on his 88th birthday and commend him on the success of *Aerobics* and on the worldwide impact of the research of The Cooper Institute; 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.

Johnson, Nelson

President of the Senate

I hereby certify that the above Resolution was adopted by the Senate on March 4, 2019.

Secretary of the Senate

Member, Texas Senate

Member, Texas Senate