H.R. No. 194

R E S O L U T I O N

WHEREAS, The 90th birthday of an esteemed Texan is truly cause for celebration, and preventive medicine pioneer Dr. Kenneth H. Cooper is marking this significant milestone in his life on March 4, 2021; and

WHEREAS, Born in Oklahoma City in 1931, Kenneth Cooper completed both his bachelor's degree and medical degree at the University of Oklahoma and earned a master's degree from the Harvard University School of Public Health; he served in the U.S. Army and Air Force for 13 years as a flight surgeon and as director of the Aerospace Medical Laboratory in San Antonio; working with NASA, he helped create programs to keep astronauts in strong condition; he also developed fitness tests still in use today by military organizations and others across the country; and

WHEREAS, Dr. Cooper wrote a bestseller, *Aerobics*, that introduced a new word to the popular lexicon in 1968 and spurred interest in disease prevention through exercise; two years later, he left the military to focus on the relationship between cardiovascular fitness and health and longevity, and he trained the Brazilian soccer team, which won the World Cup that year; as the founder of The Cooper Institute and the Cooper Fitness Center in Dallas, he has worked tirelessly for decades to combat the childhood obesity epidemic and other health problems caused by poor diets and inactivity; he has lectured in more than 50 countries, and he has published numerous popular books; and

WHEREAS, Dr. Cooper has trademarked a 90-day, 8-step plan to live better both sooner and later, and he encourages Texans to "Get Cooperized" by maintaining a healthy weight, making healthy food choices most of the time, exercising most days of the week, taking the right supplements, not using tobacco, controlling alcohol usage, managing stress, and getting a regular comprehensive physical exam; and

WHEREAS, In all his endeavors, Dr. Cooper enjoys the love and support of his wife, Millie; they take great pride in their daughter, Berkley, their son, Tyler, and their five grandchildren; and

WHEREAS, Kenneth Cooper has made profound contributions to the field of preventive medicine, and he may indeed reflect with pride on his important work in helping people live longer and healthier lives; now, therefore, be it

RESOLVED, That the House of Representatives of the 87th Texas Legislature hereby congratulate Dr. Kenneth H. Cooper on the occasion of his 90th birthday and extend to him sincere best wishes for continued happiness; and, be it further

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

Turner of Dallas

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Speaker of the House

I certify that H.R. No. 194 was adopted by the House on March 18, 2021, by a non-record vote.

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Chief Clerk of the House