

R E S O L U T I O N

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

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

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

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

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

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

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

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

Turner of Dallas

H.R. No. 194

---

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.

---

Chief Clerk of the House