

By: Turner of Dallas

H.R. No. 194

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.