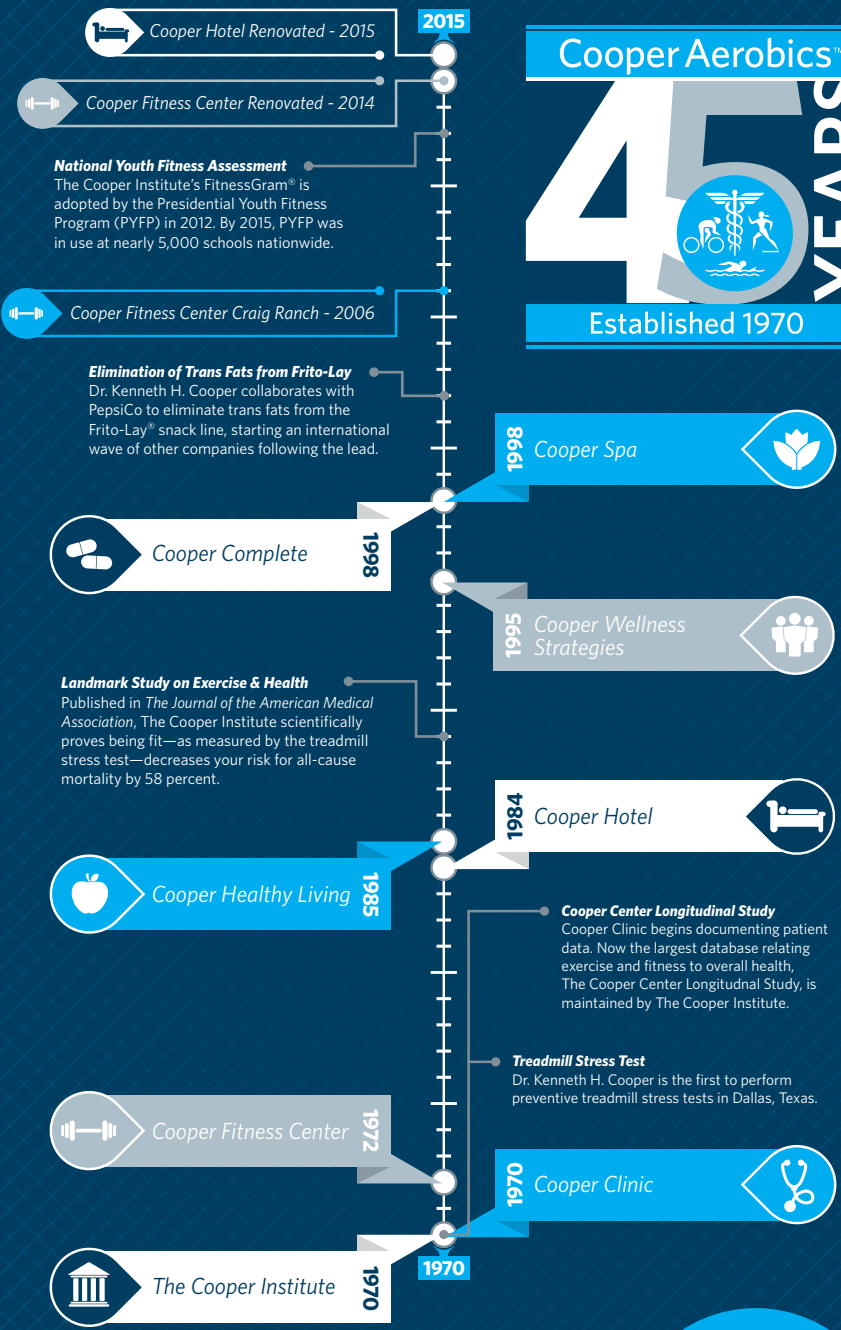


Cooper Aerobics™

45 YEARS

Established 1970



1970 - 2015

fact



DID YOU KNOW?

Dr. Kenneth H. Cooper trained the Brazilian soccer team using aerobics, leading them to the 1970 World Cup victory. As a result, jogging is translated as “doing the Cooper” in Brazil.



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HEALTH & WELLNESS



fact

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2

DID YOU KNOW?

The 1.5 mile and 12-minute mile Cooper tests measure aerobic capacity (level of fitness) and have been used by the Federation Internationale de Football Association (FIFA) since the 1990s. In Hungary, the “cooperteszt” is the national fitness test.



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HEALTH & WELLNESS



fact

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3

DID YOU KNOW?

From 1968 (when the book *Aerobics* was first published) to 1978 the number of joggers in the U.S. increased from 100,000 to 10 million. Today it is estimated there are more than 30 million joggers in the U.S.



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HEALTH & WELLNESS



fact

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DID YOU KNOW?

Dr. Kenneth H. Cooper's first book, *Aerobics*, has been printed in 41 languages, including Braille. All of his 19 books have sold more than 30 million copies.



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HEALTH & WELLNESS



fact

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5

DID YOU KNOW?

In 1986 Dr. Kenneth H. Cooper's submission for the official definition of aerobics [â-rô'bîks] was added to the Oxford English Dictionary.



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fact

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6

DID YOU KNOW?

Dr. Kenneth H. Cooper was honored for his impact on the football community as a 2015 inductee into National Football Foundation Leadership Hall of Fame.



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HEALTH & WELLNESS



fact

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DID YOU KNOW?

When Dr. Kenneth H. Cooper began his research, he collected data in a shoe box, which became the basis of the Cooper Center Longitudinal Study (CCLS). CCLS—managed by The Cooper Institute® 501(c)(3)—now houses 1.8 million human years of data and has been the subject of more than 600 peer-reviewed scientific articles.



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HEALTH & WELLNESS



fact

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8

DID YOU KNOW?

Dr. Kenneth H. Cooper's collaboration with PepsiCo to eliminate trans fats from the Frito-Lay® snack line started an international wave other companies have followed.



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HEALTH & WELLNESS



fact

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9

DID YOU KNOW?

In 1970, Dr. Kenneth H. Cooper purposefully founded The Cooper Institute® 501(c)(3) before Cooper Clinic to “bridge the gap between faddism and scientific legitimacy.” The Institute’s research is the foundation for all things Cooper.



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HEALTH & WELLNESS



fact

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10

DID YOU KNOW?

The Cooper Institute® 501(c)(3) was the first to scientifically prove being fit—as measured by the treadmill stress test—decreases your risk for all-cause mortality by 58 percent. This landmark research was originally published in *The Journal of the American Medical Association* in 1989.



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HEALTH & WELLNESS



fact

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DID YOU KNOW?

First in fitness education and certification, The Cooper Institute® 501(c)(3) has certified thousands of personal trainers. The Cooper Institute Certified Personal Trainer (CPI-PTs) is a nationally-accredited certification.



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HEALTH & WELLNESS



fact

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DID YOU KNOW?

Starting with the release of FitnessGram® youth fitness assessment in 1982, The Cooper Institute's youth initiatives have grown to include partnerships with United Way of Metropolitan Dallas' Healthy Zone School Recognition Program and NFL Play 60. FitnessGram is now the national health-related fitness assessment adopted by the Presidential Youth Fitness Program.



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HEALTH & WELLNESS



fact

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13

DID YOU KNOW?

Cooper Clinic was founded in December 1970, six months after The Cooper Institute® 501(c)(3). Currently Cooper Clinic's 20-plus physicians serve 7,000 patients annually. Cooper Clinic provides patients with an individualized, in-depth picture of their health, an action plan to improve it and their test results—all in less than a day.



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HEALTH & WELLNESS



fact

#

144

DID YOU KNOW?

Dr. Kenneth H. Cooper was the first to perform preventive treadmill stress tests in Dallas in 1970. He was brought to the Medical Board to review his license because the board thought he was going to kill people by exercising them to their maximum ability. Cooper Clinic has safely performed more than 200,000 stress tests since 1970.



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HEALTH & WELLNESS



fact

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15

DID YOU KNOW?

Cooper Clinic has conducted more than 265,000 preventive exams for more than 100,000 people from around the world since 1970.



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fact

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DID YOU KNOW?

By joining our concierge medicine program, Cooper Clinic Platinum, patients have 24/7 access to personalized service, cutting-edge preventive medicine and advanced primary and acute medical care.



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HEALTH & WELLNESS



fact

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DID YOU KNOW?

Cooper Hotel originally opened in 1984 for Cooper Clinic patients and has been open to the public since 1986.



Cooper Aerobics™
HEALTH & WELLNESS



fact

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DID YOU KNOW?

On Cooper Aerobics 45th anniversary, Cooper Hotel completed a \$1 million renovation to remodel its 61 oversized guest rooms and suites, lobby and two 900-square-foot meeting rooms.



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HEALTH & WELLNESS



fact

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19

DID YOU KNOW?

Cooper Hotel's newly-renovated McKinney Room is named in honor of Joe McKinney, founder of Tyler Corporation. In 1970, Mr. McKinney loaned Dr. Kenneth H. Cooper \$1.6 million to purchase the original 8.6 acres of the Cooper Aerobics property.



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HEALTH & WELLNESS



fact

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DID YOU KNOW?

Cooper Fitness Center, originally the Aerobics Activity Center, opened its doors in 1972. Today it offers 100+ weekly group exercise classes, personalized fitness and sports training, a comprehensive member wellness program and more.



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fact

#21

DID YOU KNOW?

The Nichols Mansion, which today houses Cooper Fitness Center's executive offices, was originally built in 1937. When Dr. Kenneth H. Cooper purchased the Nichols property in 1970, the mansion housed Cooper Clinic and The Cooper Institute® 501(c)(3).



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fact

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DID YOU KNOW?

In 2014, Cooper Fitness Center celebrated the completion of a \$7.5 million renovation.



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HEALTH & WELLNESS



fact

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DID YOU KNOW?

In July 2013, Cedars Woodfire Grill at Cooper Aerobics opened to offer Cooper Fitness Center members and the Dallas community a fresh, healthy menu. Everything is made fresh daily—there are no freezers, fryers or microwaves.



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fact

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244

DID YOU KNOW?

Cooper Fitness Center has 26 Professional Fitness Trainers, with nationally-accredited certifications, including The Cooper Institute Certified Personal Trainer certification.



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fact

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DID YOU KNOW?

Cooper Spa offers an array of services and products for men and women including our exclusive Beautiful Fit™ skin and body care line. Located inside Cooper Fitness Center, Cooper Spa opened in 1998 and is open to the public seven days a week.



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HEALTH & WELLNESS



fact

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25

DID YOU KNOW?

Cooper Fitness Center Member Rick Salewski started his weight loss journey 13 years ago. With the help of Cooper Clinic Nutrition Services, Cooper Fitness Center and Dr. Tyler Cooper, he lost 300 pounds and has kept it off. In 2013, Rick and Dr. Tyler Cooper ran the NYC Marathon together.



Cooper Aerobics™
HEALTH & WELLNESS



fact

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DID YOU KNOW?

For more than 20 years, Cooper Fitness Center has offered youth programs to members and non-members, keeping children active through summer camps, sports training and more.



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HEALTH & WELLNESS



fact

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78

DID YOU KNOW?

Complimentary to members, Cooper Fitness Center offers more than 100 weekly group exercise classes—everything from indoor cycling, body sculpting and yoga to power dance, water aerobics, boot camp and more.



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fact

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29

DID YOU KNOW?

In 1998, Cooper Complete® vitamin and supplement line hit the shelves. Developed by Dr. Kenneth H. Cooper and a team of researchers and based on the latest scientific research, Cooper Complete is pure and potent, containing the precise amount of vitamins and minerals listed on the labels.



Cooper Aerobics™
HEALTH & WELLNESS



fact

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30

DID YOU KNOW?

The best-selling Cooper Complete® product is Advanced Omega-3. Clinically proven to improve heart health, support brain function, increase longevity, fight inflammation and promote joint health and flexibility, Advanced Omega-3 is an excellent source of EPA and DHA omega-3 fatty acids.



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HEALTH & WELLNESS



fact

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31

DID YOU KNOW?

Cooper Healthy Living lifestyle program was founded in 1985. Since then, thousands of participants have jump started their path to healthier living through Cooper Healthy Living's five-day program focused on weight loss, physical fitness, stress management and nutritional balance.



Cooper Aerobics™
HEALTH & WELLNESS



fact

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32

DID YOU KNOW?

In 1995, Cooper Aerobics extended its health and wellness reach into the corporate world. Dr. Tyler Cooper is the founding partner of our business-to-business entity, Cooper Wellness Strategies.



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HEALTH & WELLNESS



fact

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33

DID YOU KNOW?

Cooper Wellness Strategies' top clients include Devon Energy, National Instruments, H-E-B, Chick-fil-A and Georgia Power.



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HEALTH & WELLNESS



fact

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341

DID YOU KNOW?

Three of Cooper Wellness Strategies' clients made *The Active Times*' 50 Fittest Companies list in 2014—National Instruments (#2), Chick-fil-A (#22) and Devon Energy (#41).



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fact

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35

DID YOU KNOW?

Founded on the science and research of Cooper Clinic and The Cooper Institute® 501(c)(3), Cooper Wellness Strategies' services includes three core areas: Strategic Consulting, Leader Training and Lifestyle Education.



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HEALTH & WELLNESS



fact

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36

DID YOU KNOW?

The link between fitness and leadership is proven and Cooper Wellness Strategies offers a curriculum that speaks to it—Leading a Fit Business™. The seminar has helped thousands of top executives get in shape and feel better, becoming more effective leaders and inspiring others to follow.



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HEALTH & WELLNESS



fact

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DID YOU KNOW?

Employers across the country are using Cooper Wellness Strategies' Leading a Fit Life™ interactive online platform to educate and guide their employees to healthier living. The 12-week program guides participants along a personalized pathway to improve their health through dynamic health education, assessment and programs.



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HEALTH & WELLNESS



fact

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DID YOU KNOW?

To help you live better both sooner and later, Dr. Kenneth H. Cooper developed "Eight Steps to Get Cooperized."

Step 1: Maintain a healthy weight.



Cooper Aerobics™
HEALTH & WELLNESS



fact

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DID YOU KNOW?

To help you live better both sooner and later, Dr. Kenneth H. Cooper developed "Eight Steps to Get Cooperized."

Step 2: Make healthy food choices most of the time.



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HEALTH & WELLNESS



fact

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40

DID YOU KNOW?

To help you live better both sooner and later, Dr. Kenneth H. Cooper developed "Eight Steps to Get Cooperized."

Step 3: Exercise most days of the week.



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HEALTH & WELLNESS



fact

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411

DID YOU KNOW?

To help you live better both sooner and later, Dr. Kenneth H. Cooper developed "Eight Steps to Get Cooperized."

Step 4: Take the right supplements for you.



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HEALTH & WELLNESS



fact

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DID YOU KNOW?

To help you live better both sooner and later, Dr. Kenneth H. Cooper developed "Eight Steps to Get Cooperized."

Step 5: Do not use tobacco.



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fact

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DID YOU KNOW?

To help you live better both sooner and later, Dr. Kenneth H. Cooper developed "Eight Steps to Get Cooperized."

Step 6: Control alcohol.



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fact

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444

DID YOU KNOW?

To help you live better both sooner and later, Dr. Kenneth H. Cooper developed "Eight Steps to Get Cooperized."

Step 7: Manage stress.



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fact

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45

DID YOU KNOW?

To help you live better both sooner and later, Dr. Kenneth H. Cooper developed "Eight Steps to Get Cooperized."

Step 8: Get a regular, comprehensive physical exam.



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