

**K**enneth H. Cooper, MD, MPH, and his son, Tyler C. Cooper, MD, MPH, have made healthy living their mission for more than 50 years. Through the array of services Cooper offers, millions have been inspired to make good health a habit to live longer, healthier and more productive lives. Today, Cooper Aerobics is comprised of seven health and wellness entities. At age 92, Dr. Kenneth Cooper serves as Founder and Chairman. Dr. Tyler Cooper oversees day-to-day operations as President and CEO.

### The Cooper Institute®

Founded to prove exercise is medicine, The Cooper Institute® 501(c)(3) is dedicated to research, youth education and advocacy. Our Cooper Center Longitudinal Study, a world-renowned study of measured fitness, contains 2.2 million+ person-years of observation. The Cooper Institute has proven higher fitness levels to be associated with a dramatic decrease of dying from all causes as well as a lower risk of cardiovascular disease, dementia and certain cancers. The Cooper Institute advocates for healthy living to millions of children across the U.S. through its youth initiatives: FitnessGram®, Healthy Zone School Recognition Program® and NFL Play 60 FitnessGram Projects.

972.341.3200 | [cooperinstitute.org](http://cooperinstitute.org)

### Cooper Clinic™

Since opening our doors in 1970, Cooper Clinic's philosophy has been simple: It's easier to maintain good health than to regain it once it's lost. Through our renowned preventive exam, Cooper Clinic provides patients with an individualized, in-depth picture of their health, action plan to improve and test results—all in one day. Our board-certified physicians offer a broad range of medical services in six standard components of the exam including medical exam and counseling, lab analysis, cardiovascular screening, dual source CT scan, skin cancer screening and nutrition counseling with a registered dietitian nutritionist. Additional specialty services include breast health, cosmetic dermatology, concierge medicine, gastroenterology, imaging procedures, optometry and sleep medicine.

972.560.COOP (2667) | [cooper-clinic.com](http://cooper-clinic.com)

### Cooper Fitness Center™

Everyone's quest for optimal fitness is different—but the ultimate goal is to improve the quality and quantity of life. Cooper Fitness Center gives you access to proven, science-based programs supported by knowledgeable, results-driven fitness experts. By joining Cooper Fitness Center, you become a member of a wellness community here to support your journey to good health every step of the way. We offer personal and small group training, group exercise classes, yoga, Pilates, an ongoing wellness program, nutrition support, sports training and more. Individual, family and corporate memberships are available.

972.233.4832 | [cooperfitnesscenter.com](http://cooperfitnesscenter.com)

### Cooper Spa™

When your body is fit you look better, you feel better. At Cooper Spa we offer restorative, therapeutic and rejuvenating treatments to help increase your circulation and decrease stress and inflammation resulting in healthier, smoother skin. We call it Beautiful Fit. Our highly-skilled technicians provide manicures and pedicures, massages and body care, facials and lash services. In addition to our Beautiful Fit signature services, we provide custom services for men and expectant mothers as well as products from top-quality skin care lines.

972.392.7729 | [cooperspa.com](http://cooperspa.com)

### Cooper Hotel & Conference Center™

A hidden gem in the heart of North Dallas, Cooper Hotel Conference Center & Spa is a 57-room, full-service boutique hotel catering to individual travelers and corporate groups. From our 30 peaceful, tree-lined acres to the exceptional, attentive service that earns us top Tripadvisor ratings, our hotel provides a uniquely relaxing experience. For business or social gatherings, including wedding receptions, it's the place to *connect well* and *celebrate well*, with 4,500+ square feet of gathering space for groups up to 220. Cooper Hotel offers corporate travel rates, meeting packages and multi-day conferences, with wellness lectures, fitness breaks and teambuilding sessions available.

972.386.0306 | [cooperhoteldallas.com](http://cooperhoteldallas.com)

### Cooper Complete®

Cooper Complete is more than a name; it's an accurate description of our nutritional supplements. Developed by Dr. Kenneth H. Cooper and a team of physicians and scientists from leading universities, Cooper Complete offers more than 40 nutritional supplements. Each formulation contains the specific nutrients your body needs to support immune, heart, brain and overall health and is backed by our 100% Satisfaction Guarantee. Cooper Complete can be purchased online, by phone or at retail locations.

888.393.2221 | [coopercomplete.com](http://coopercomplete.com)

### Cooper Wellness Strategies™

Transforming business through wellness, Cooper Wellness Strategies drives engagement and helps create lasting healthy change with innovative strategies, products and services. Cooper Wellness Strategies has serviced more than 100 Fortune 500 companies who have taken advantage of Cooper's expertise in consulting, facility management and fitness and wellness programming. The five primary areas of service are medical fitness, active aging, commercial fitness, community fitness and corporate fitness.

972.560.3263 | [cooperwellness.com](http://cooperwellness.com)

### GET COOPERIZED!™

At Cooper Aerobics we challenge people to *Get Cooperized™* by adopting a healthy living mindset to live better both sooner and later. Although that's different for each of us, here are eight basic healthy steps based on Dr. Kenneth Cooper's recommendations:

- Maintain a healthy weight
- Make healthy food choices most of the time
- Exercise most days of the week
- Take the right supplements for you
- Do not use tobacco
- Control alcohol
- Manage stress
- Get a regular, comprehensive physical exam

[getcooperized.com](http://getcooperized.com)



# THE FUTURE OF WELLNESS SINCE 1970

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