

COOPER CLINIC NUTRITION SERVICES

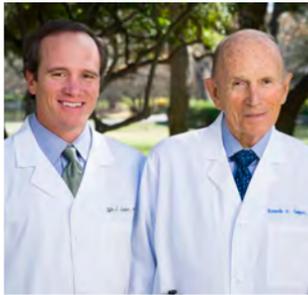
When it comes to nutrition, it's easy to get caught up in the latest fads and trends, lost in the maze of myths. Healthy nutrition is achievable without resorting to drastic or dangerous measures. Our goal is to get you fit for life.

At Cooper Clinic, our approach is realistic and practical—a healthy eating program custom fit to your daily routine. Whether you need basic nutrition guidance or ongoing support to overcome a specific medical issue or weight concern, we can help you reach your nutrition goals. You will work alongside our expert, skilled team of registered dietitian nutritionists who:

- Are degreed in nutrition/dietetics
- Have extensive training in disease management, weight loss, sports nutrition and other specialty areas
- Are certified by The Cooper Institute® for Coaching Healthy Behaviors

Together you will learn how to make choices right for you and develop habits that will keep you eating sensibly and enjoyably for a lifetime.

Founded in 1970 by preventive medicine pioneer and “father of aerobics” Kenneth H. Cooper, MD, MPH, Cooper Clinic emphasizes the importance of exercise, emotional balance and diet in maintaining good health. Each year we help thousands of people improve their overall health by improving their eating habits and their nutritional knowledge.



Tyler C. Cooper, MD, MPH and
Kenneth H. Cooper, MD, MPH

CUSTOMIZED PROGRAMS FOR ALL NEEDS

When it comes to eating healthfully, a “one size fits all” diet does not apply. Basic universal guidelines do exist, but for a long-term plan to be successful, it must be tailored to your specific needs. Our approach at Cooper is a healthy eating program made to order for you. Your health history, lifestyle and habits are taken into account when creating a manageable plan. Our goal is to ensure you receive evidence-based recommendations for managing and achieving your own personal goal.

The first step is to know how many calories you burn at rest through a **Resting Metabolic Rate (RMR) Test** and then to design a plan based on your individual needs. Even at rest, your body uses caloric energy to maintain vital functions such as heart rate, brain function and breathing. Energy expenditure increases to actively digest food and support physical activity. In a simple, 10-minute breathing test you can find out your RMR.

Whether it's weight management, bone health, managing high blood pressure, optimizing energy, gastrointestinal health, celiac disease, pre-diabetes or diabetes management, lowering cholesterol, sports performance, healthy habits for the family, pregnancy or oncology, we can develop a plan for you. In addition, to support your healthier eating plan, we offer pantry make-overs, dining out with a registered dietitian nutritionist, grocery store tours and in-home cooking classes.



Cooper Clinic™
Nutrition Services
A COOPER AEROBICS COMPANY

12200 Preston Road
Dallas, Texas 75230
972.560.2655
866.906.COOP (2667)
F: 972.560.3232
cooperclinicnutrition.com
cooperweightloss.com
844.862.8236



COOPER CLINIC NUTRITION SERVICES

- EDUCATION
- DIET ANALYSIS
- ACTION PLANS
- COACHING
- ACCOUNTABILITY





GET COOPERIZED™

At Cooper Aerobics we challenge people to Get Cooperized™ by adopting a healthy living mindset to live better both sooner and later. The Cooperized lifestyle consists of eight healthy steps, developed by Dr. Kenneth H. Cooper. Four of them relate specifically to nutrition but each one can be and should be customized to fit you—your body, your health, your interests, your life.

DIABETES SELF-MANAGEMENT

Need to control your blood sugar and better manage prediabetes or diabetes in your everyday life?

Cooper Clinic's Certified Diabetes Educators can help you achieve your goals.

- Practical tools to successfully treat pre-diabetes and delay or prevent diabetes
- Evidence-based recommendations for diabetes self-management strategies including: healthy eating, medications, pattern management, exercise and stress management
- Blood glucose monitoring and making the numbers meaningful

GASTROINTESTINAL (GI) NUTRITION

Looking for a tailored nutrition program to address food sensitivities, celiac disease or GI issues?

Cooper Clinic's Gastrointestinal (GI) Nutrition Specialist can help manage your sensitivities effectively and efficiently for maximum results.

- Evidence-based recommendations for managing various GI disease states, syndromes and symptoms
- Practical tools for successfully incorporating dietary strategies for disease and symptom management into daily life
- Incorporating nutrient-dense and varied food selections within the needs of the individual

HEALTHY HABITS FOR FAMILIES WITH CHILDREN

Interested in healthier eating, pleasing picky eaters or managing weight issues in children?

Cooper Clinic's registered dietitian nutritionists specialize in family nutrition.

- Personalized sessions to build a positive food environment and a positive relationship with food
- Healthy, quick and easy ideas for breakfast, brown bag lunches and tasty after-school snacks
- Practical education on portion management, eating out, slow eating techniques and other areas to develop healthier habits
- Strategies to help your child become more active



WEIGHT LOSS

Interested in losing weight and gaining health?

Cooper Clinic offers registered dietitian nutritionists specializing in weight loss to help you improve your quality of life.

- Comprehensive, clinically-sound program like none other
- Focused on weight loss with many added benefits—improved health, better nutrition, greater fitness, less stress and improved quality of life
- Coaching by a registered dietitian nutritionist through regular in-person visits and email support
- Health assessments including resting metabolic rate, body fat, pre- and post-blood work and stress assessment
- Expert support to delve deeper into fitness, behavior change and nutrition

PEAK PERFORMANCE

Interested in getting a leaner and stronger body while improving your sports performance?

Cooper Clinic's Certified Specialist in Sports Dietetics can help you achieve your goals.

- Tailored guidance for athletes and active people regarding hydration, calories, carbohydrates, protein and healthy fats
- Healthy eating plans to help achieve leaner, stronger bodies
- Ideas and strategies for optimal fueling and refueling post workout, race, match or game
- Evidence-based recommendations on proper supplementation
- Extensive knowledge of not only nutrition, but also sports performance to meet each individual's unique goals

CANCER PREVENTION

Looking to lower various cancer risks through diet and lifestyle adjustments?

Cooper Clinic's registered dietitian nutritionist specializes in post-treatment and preventive nutritional care.

- Up-to-date research and scientifically-based principles toward designing a cancer fighting eating plan and lifestyle
- Assistance with menu planning, recipes, nutrient-dense snacks and resources to optimize your defense
- Sessions are ideal for:
 - » the individual who may have concerns about cancer prevention due to family history or other known risks
 - » the cancer survivor who had ended treatment and wants to decrease reoccurrence risk
 - » the survivor who needs to address long-term side effects

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Steps to Get Cooperized

- ★ 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 comprehensive **PHYSICAL EXAM**