

*Stay.  
Learn.  
Transform.*



Cooper Healthy Living  
A COOPER AEROBICS COMPANY

Transform your mind, body and soul



## Improve the quality and quantity of your life.

No matter how many times you've made and broken promises to yourself about:

Your diet

Your weight

Your fitness level

Or the amount of stress in your life

*Cooper Healthy Living will change your life. For Good.*

Here, surrounded by warm personal attention and the natural beauty of our 30-acre campus, you'll find inner motivation to create real and lasting change in your life. And turn good intentions into the highest enjoyment of life.

*"I was so impressed with the quality of the program—world class speakers, programs and materials. This was a much needed intervention to get me to take my health and fitness seriously."*

—Karen H., Frisco, Texas

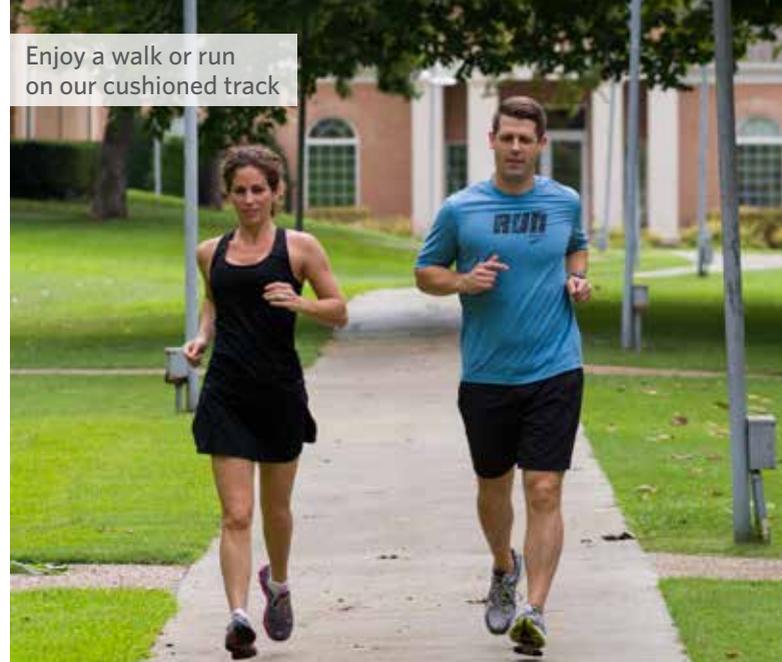


Work out at the state-of-the-art Cooper Fitness Center



Soothe your body, mind & soul at the renowned Cooper Spa

Cooper Healthy Living combines the science and research of The Cooper Institute; the medical expertise of Cooper Clinic; the serenity of Cooper Hotel and Spa; and the expert instruction of Cooper Fitness Center professional trainers. Giving you the benefit of more than 45 years of research, innovation and medical expertise in one, comprehensive bundled package.



Enjoy a walk or run on our cushioned track

## The Science of Living Well

At Cooper, we have long understood that fitness and quality of life go hand in hand. After all, fitness as the foundation for optimal health was invented right here by Dr. Kenneth Cooper who launched a fitness revolution by introducing aerobics to the world in 1968.

So what can you expect from the health and wellness center that started it all?

*Results. The kind that last a lifetime.*



Drs. Kenneth & Tyler Cooper

*“The week at Cooper exceeded my expectations. What a great jump-start to a healthier lifestyle!”*

—Mike D., Davenport, Iowa

*“I got so much insight, knowledge, help and tools that I’m feeling a little Superwoman-ish on my path to health and wellness!”*

—Dottie H., Austin, Texas



Get ready, get set, Get Cooperized™

## Our 5-Day Healthy Living Program

From hour one, you'll be on the fast track to success.

You'll discover joy in moving your body.

Learn to eat in a way that enhances your well-being.

And overcome attitudes and behaviors that have long gotten in your way.

We call it getting *Cooperized!*

Best of all, you'll be supported and encouraged every step of your journey by a multidisciplinary team of experts including board-certified physicians, registered dietitian nutritionists, psychologists and exercise physiologists who are here for one reason alone...You. To help you meet your individual goals and succeed like never before.

*Your new life is waiting for you.*

*“Everyone was so professional and organized. Such a variety of classes—the information we attained this week was priceless.”*

— Kim J., Milton, Georgia



Enjoy spacious rooms & tranquil settings at Cooper Hotel



Jump-start your healthy lifestyle with proven, science-based tools & techniques



Get the most from your workout—let our expert trainers show you how



Learn how to make delicious & nutritious meals

## TYPICAL DAY

MORNING

Early morning guided walk  
Breakfast with registered dietitian nutritionist  
Grocery shopping and pantry essentials class

MID-DAY

Cardiovascular health class  
Lunch with registered dietitian nutritionist  
Private personal training  
Managing stress class

EVENING

Boot camp or yoga exercise class  
Dinner with cooking demonstration  
Mindful relaxation class  
Swedish massage

View full schedule at [cooperhealthyliving.com](http://cooperhealthyliving.com)

**CONTACT US TODAY**  
972.386.4777 • 800.444.5192  
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