



For nearly 40 years, Cooper Aerobics Center has been improving the health and fitness of people from around the world.

The multi-faceted Cooper Aerobics Center was founded by Kenneth H. Cooper, M.D., M.P.H., widely-recognized as the “Father of Aerobics” and for leading the preventive medicine and physical fitness movements. Today, Dr. Cooper is joined by his son Tyler Cooper, M.D., M.P.H., and 650 associates who continue to inspire individuals and corporations to take control of their health...leading to better, longer lives.

Research and Education The first entity founded in 1970 by Dr. Cooper, The Cooper Institute is a 501(c)(3) organization dedicated to preventive medicine research. The Institute houses one of the world’s largest databases on exercise and health, works to prevent childhood obesity through Our Kids’ Health, provides health and fitness education courses, and certifies personal trainers. 972-341-3200; www.cooperinstitute.org

Preventive Medical Exams Having seen nearly 100,000 patients since 1970, Cooper Clinic is the premier provider of preventive medicine physicals to identify and prevent disease. The comprehensive exams are individualized according to age, gender, medical history, specific needs, and medical examination findings. Breast health, cardiology, preventive/cosmetic dermatology, gastroenterology, imaging, and nutrition services are also available. Dallas, 972-560-COOP (2667)

Fitness Centers Recognized internationally for cutting-edge fitness and recreational programs for adults and youth, state-of-the-art equipment, and personal trainers and sports professionals who are unequalled, Cooper Fitness Centers offer individual, family, or corporate memberships. Dallas, 972-233-4832; McKinney, 214-383-1000

Wellness Program Four, six, and 13-day lifestyle programs are offered by Cooper Wellness Program, with a focus on weight loss, physical fitness, stress management, and nutritional balance. This results-oriented, fast-track, in-residence program is medically based with an excellent record for helping participants achieve their health goals. Dallas, 972-386-4777

Weight Loss Cooper Weight Loss helps individuals develop the skills and behaviors they need to achieve long-term weight loss and better health. Whether it’s losing 10 pounds or coping with post-bariatric surgery and everything in between, personalized programs are led by a team of health care experts. Dallas, 972-341-3251

Day Spas Cooper Spa provides the ultimate in pampering. In a luxurious environment, the spa’s expert estheticians and therapists provide rejuvenating and relaxing treatments. Services include manicures, pedicures, facials, massage, body treatments, and services designed especially for men, groups, and bridal parties. Dallas, 972-392-7729; McKinney, 214-383-1010

Vitamins and Supplements Cooper Complete® nutritional supplements, developed by Dr. Cooper and a team of leading physicians and researchers, are pure and potent. The line of products includes multivitamins for adults, children, teens, and elite athletes, and supplements for bone, joint, cardiovascular, eye, and prostate health. Cooper Complete can be purchased online, by phone, or at retail locations. 888-393-2221; www.coopercomplete.com

Hotel and Conference Center Cooper Guest Lodge is a 62-room full service hotel catering to individuals and corporate groups. Guests enjoy luxurious accommodations in a resort-like 30-acre setting. For business, wedding, or social events, Cooper Guest Lodge has more than 8,000 square feet of meeting space with catering service for groups of eight to 250. Teambuilding exercises or health-oriented lectures can be arranged for groups. Dallas, 972-386-0306

Corporate Services Cooper Corporate Solutions helps improve the health of company executives and employees nationwide. Companies that provide wellness offerings have higher productivity and retention rates, experience less absenteeism due to illness, and attract the best in the business. And they are better able to control health care costs.

The power of Cooper Corporate Solutions is the 40 years of research and clinical expertise that is the basis for its customized corporate services, including:

- Executive risk management – Change starts at the top with Cooper Clinic physical exams and oversight by an Executive Medical Director.
- Wellness programming and consulting – Prevent unhealthy behaviors and encourage healthy ones through employee wellness programs.
- Employee benefits consulting – The first in the industry to link employee benefits and worksite wellness into one comprehensive offering for companies.
- Executive wellness training – Through Cooper Academy, company executives and HR directors learn how to implement the best wellness practices for a healthier company.

Cooper Corporate Solutions: revolutionizing corporate fiscal and physical health. 972-560-3263

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