

Kenneth H. Cooper, MD, MPH, and his son, Tyler C. Cooper, MD, MPH, have made healthy living their mission for nearly 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 87, Dr. Kenneth Cooper serves as Founder and Chairman and continues to see patients. Dr. Tyler Cooper oversees day-to-day operations as President and CEO.

The Cooper Institute®

The Cooper Institute 501(c)(3) began with a vision to prove exercise is medicine and continues to focus on research, youth education, advocacy and adult personal training certification. Powered by the Cooper Center Longitudinal Study—the world’s largest and longest running observational study with measured cardiorespiratory fitness—The Institute identifies links between fitness and chronic illnesses. Youth initiatives including FitnessGram®, Healthy Zone School Recognition Program® and NFL Play 60 FitnessGram Project address the health and fitness of millions of children across the United States. The NCCA accredited Cooper Institute-Certified Personal Trainer credential is one of the most respected certifications for health and fitness professionals. 972.341.3200 | cooperinstitute.org

Cooper Clinic™

Cooper Clinic provides patients with individualized, in-depth pictures of their health, action plans to improve and same-day test results—all in less than a day. Our board-certified physicians also offer a broad range of medical services, including breast health, cardiology, preventive and cosmetic dermatology, direct medicine, gastroenterology and imaging, and our registered dietitian nutritionists offer a variety of nutrition services. Cooper Clinic exists to help patients reach and sustain the best health possible through its world-renowned comprehensive physical exams. Cooper Clinic opened in 1970. 972.560.COOP (2667) | cooper-clinic.com

Cooper Fitness Center™

Getting *Cooperized* doesn’t mean you have to become a marathon runner or body builder. But you do need to get moving. And we’ve got the perfect place to do it, Cooper Fitness Center. Here, you’ll find experts to help you figure out a personal fitness program that fits you—your interests, your lifestyle, your schedule—whatever your age or fitness level. From personal training to sports pros, energetic group exercise or focused mind/body classes, you’ll find inspiring programs for the entire family. If you’re ready to join a healthy-living community, we’re ready to help you make fitness a bigger part of your life. Individual, family and corporate memberships are available. 972.233.4832 | cooperfitnesscenter.com

Cooper Spa™

At Cooper Spa, our approach is simple: when your body is fit, you look better. We call that approach Beautiful Fit. Cooper Spa offers restorative, therapeutic and rejuvenating treatments and products that indulge and pamper. We help you become Beautiful Fit in a way only Cooper Spa can. Highly-skilled technicians provide massage, body and skin care, manicures/pedicures, cosmetic services and treatments for men and women. Beautiful Fit private label products, skin care lines and gifts are available in the Cooper Spa boutique. 972.392.7729 | cooperspa.com/Dallas

Cooper Hotel & Conference Center™

Nestled in the heart of the Cooper Aerobics 30-acre campus in Dallas, Cooper Hotel Conference Center & Spa is a 61-room, full-service boutique hotel catering to individual travelers and corporate groups. For companies, it’s the place to *connect well*, with nearly 8,000 square feet of gathering space for groups up to 250 and full-service catering with healthy options. The hotel also offers corporate travel rates, complete/day meeting packages and multi-day conferences, with wellness lectures, fitness breaks and teambuilding sessions available. Initially built for Cooper Clinic patients and participants of The Cooper Institute, Cooper Hotel opened in 1984. 972.386.0306 | cooperhoteldallas.com

Cooper Complete®

Cooper Complete is more than a name; it’s an accurate description of our nutritional supplements. Based on scientific research, each formulation contains the precise amount of vitamins and minerals listed on the label. That’s the Cooper Complete guarantee—they’re pure and potent. The line includes multivitamins for adults and a formula that meets the heightened demands of elite athletes. In addition, Cooper Complete includes a variety of supplements with focused ingredients to help improve brain health, skin and eye health, prostate health, joint maintenance and more. Cooper Complete can be purchased online, by phone or at retail locations. 888.393.2221 | coopercomplete.com

Cooper Wellness Strategies™

Mirroring Cooper’s prevention and fitness-focused approach, Cooper Wellness Strategies helps build healthier communities across the United States by providing its services to corporations, health care facilities, residential and senior living communities and commercial fitness centers. From project vision to realization, Cooper Wellness Strategies’ experienced fitness and wellness professionals deliver innovative, customized strategies to drive engagement and create lasting healthy change. The suite of services includes project concept development and feasibility analysis, business plan development, financial performance forecasting, leadership and staff training, wellness programming, fitness facility management and more. 972.560.3263 | cooperwellness.com

GET COOPERIZED!™

Much goes into getting *Cooperized*. Although it’s different for each of us, here are eight healthy steps:

- 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



GET COOPERIZED™



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HEALTH & WELLNESS

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