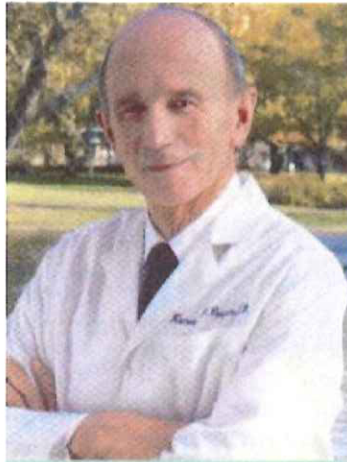


Reader's Digest

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Fitness Icon

Dr. Kenneth Cooper's name is synonymous with exercise. In Brazil, another term for jogging is "doing your Cooper." That's fitting, since the 76-year-old first coined the term *aerobics*, back in 1968. Forty years later, he's still going strong, hitting the gym daily, working 60-hour weeks and traveling extensively. The founder of the Cooper Clinic in Dallas credits his good health to exercise. "The number one reason I exercise is that it makes me feel good, enhances my well-being and helps me control stress. If I didn't exercise, I couldn't sleep at night." *Patricia Curtis*