



The Cooper Institute®
WELL. INTO THE FUTURE.

COOPER QUARTERLY

— S P R I N G N E W S L E T T E R 2 0 2 1 —



**CELEBRATING
NINE DECADES
OF A TRULY
STORIED LIFE.**

The Cooper Institute is dedicated to promoting life-long health and wellness through research and education.



MESSAGE FROM THE CEO

Laura F. DeFina, MD, FACP
President, CEO and Chief Science Officer

Over the past year, the COVID-19 pandemic has upset the balance of our daily lives and added significant levels of stress and anxiety to the mix.

This makes it more important now than ever to try to adhere to a healthy lifestyle. Over the past half-century, The Cooper Institute has published countless studies showing that having at least a moderate level of cardiovascular fitness can help prevent a wide range of physical problems such as heart disease and type 2 diabetes.

We have also known for some time that staying active can have a very positive impact on our mental health. Getting outside and being active each day during and after the pandemic not only helps manage stress, but also helps improve your immune system, vitamin D level, and many other health conditions.

In terms of how much physical activity you need, the current guidelines recommend at least 150 minutes each week of moderate intensity aerobic exercise, such as brisk walking, jogging, and cycling, as well as a minimum of two days each week of strength training.

Recent studies from The Cooper Institute have shown that good omega-3 levels benefit heart rate recovery following vigorous exercise, which in turn should help to reduce the risk of dangerous heart rhythms related to exercising. Literature suggests that most of us should increase our intake of omega-3 fatty acids by consuming more fatty fish and/or by taking an omega-3 product.

As a reminder, The American Heart Association recommends 1-2 servings of fatty fish per week for heart health. In addition to ensuring that you consume adequate omega-3 fatty acids, it is especially important to ensure that you are eating an overall healthy diet during these difficult times.

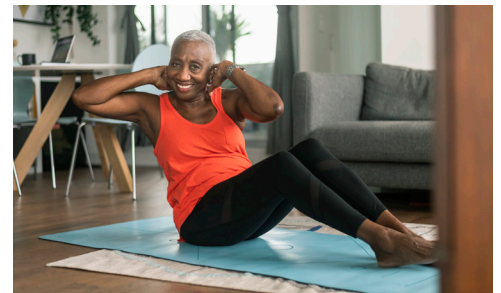
Additional dietary recommendations to be aware of during and following the pandemic is to consume more fruits, vegetables, legumes (beans and peas), whole grains, low-fat dairy (or fortified soy), and raw nuts. We should also consume less added sugar, saturated fat, processed meats, and sodium in order to stave off premature illness and death.

During the pandemic, many men and women have postponed or cancelled their annual check-ups. Our study on omega-3's and prostate cancer should remind all men over the age of 40 to see their urologist or primary care doctor regularly for a prostate checkup. Although prostate cancer is the third-leading cause of cancer death in men, it is nearly always curable if caught early.

Finally, our study on omega-3's and LDL-cholesterol serves as a reminder to have our blood cholesterol, triglyceride, and glucose levels checked regularly.

On March 4, we had the great honor to celebrate our founder and colleague Dr. Kenneth H. Cooper's 90th Birthday. A birthday gala will be held on November 3 to celebrate the life and accomplishments of Dr. Cooper. Details will be available in the coming months. We want to thank all of you for the overwhelming birthday wishes and donations to The Cooper Institute.

Your gifts will help The Cooper Institute continue providing health-changing research and education to allow all of us to live Well. Into the Future.



10's

2010

Recognizing the importance of international collaboration on youth health and fitness, Dallas businessman and EDS Founder, H. Ross Perot, funded the establishment of the Perot International Youth Data Center which allows The Cooper Institute to host FitnessGram.

2010

State-wide implementation of FitnessGram in Georgia. Collaborations and partnerships with organizations such as the Department of Public Health, Georgia Department of Education, the Atlanta Falcons and The Arthur M. Blank Family Foundation.

2011

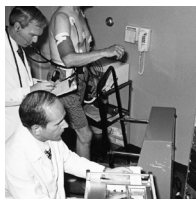
With a generous contribution from Oncor, Dallas Mayor Mike Rawlings partnered with City of Dallas Park & Recreation Services and The Cooper Institute to create the Mayor Youth Fitness Initiative (MyFi) to combat the alarming rates of obesity in Dallas children.

LEGENDARY "FATHER OF AEROBICS" DR. KENNETH H. COOPER TURNED 90

Fitness pioneer and "father of aerobics" Kenneth H. Cooper, MD, MPH, celebrated his 90th birthday on Thursday, March 4. In honor of Dr. Cooper, who has inspired millions to exercise for good health, we challenged America and the world to commit to living healthier.

"Dr. Cooper has dedicated his career to investigating the links between cardiorespiratory fitness and improving the quality and quantity of people's lives," said Laura DeFina, MD, President and Chief Executive Officer of The Cooper Institute. "It is with great admiration and enthusiasm, we celebrate our founder and colleague Dr. Cooper's 90th birthday."

At age 90 and having logged more than 80,000 miles exercising daily, primarily running and now walking and cycling, Dr. Cooper sets the example for maintaining a healthy lifestyle by exercising at Cooper Aerobics Center regularly, along with his wife, Millie, daughter, Berkley, son, Tyler and their families.



World's Largest Repository of Data

Dr. Cooper has long advocated moving the field of medicine away from disease management to disease prevention.

In 1970, Dr. Cooper founded The Cooper Institute, a non-profit organization dedicated to promoting life-long health and wellness through worldwide research, education and advocacy.

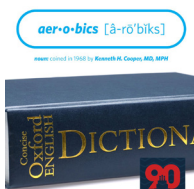
The Cooper Institute provides the science behind the philosophy that exercise is medicine. The Cooper Institute is dedicated to demonstrating the positive effects health and fitness have on one's quality of life.



Physical Fitness for Youth

Dr. Cooper is passionate about fighting childhood obesity both locally and globally. In Texas, Dr. Cooper was and

continues to champion physical education in schools through the passage of Senate Bill 530 requiring enhanced PE activity levels and annual physical fitness testing using FitnessGram®. Since then, The Cooper Institute has partnered with NFL Foundation PLAY 60 initiative to bring FitnessGram to more than two million students in more than 8,000 schools nationwide.



International Reach

March 2020 marked the 52nd anniversary of Dr. Cooper's bestseller, Aerobics. With the launch of his book in 1968, he created a new noun, aerobics, by adding an "s"

to the existing word aerobic. In 1986, Dr. Cooper's official definition of aerobics was added to the Oxford English Dictionary.

Dr. Cooper's mark has also positively impacted the American diet. His collaboration with PepsiCo and eliminating trans fats from its Frito-Lay snack line started an international wave other companies have followed.

For three years, the back of Baked Lay's packages included this quote from Dr. Cooper, "Fitness is a journey, not a destination. It must be continued for the rest of your life."



Military Service

During Dr. Cooper's 13 years of service in the U.S. Army and U.S. Air Force, Dr. Cooper served as a flight surgeon and director of the Aerospace

Medical Laboratory in San Antonio. He dreamed of becoming an astronaut and worked with the National Aeronautics Space Administration (NASA) to help create the conditioning program preparing America's astronauts for space and in-flight anti-deconditioning program used to keep astronauts active on board spacecraft. He also developed the 12-minute and 1.5-mile fitness tests and the Aerobics Point System, used today by military organizations, amateur and professional athletic teams, law enforcement agencies and public schools and universities worldwide.

In 1970, Dr. Cooper resigned from the military to explore the relationship between cardiovascular fitness and health and longevity. He founded The Cooper Institute and Cooper Aerobics Center in Dallas where he serves as Chairman of six health and wellness companies—all working together to help people live longer more productive lives

Give a gift in honor of Dr. Kenneth H. Cooper at drcooper90.com or call 972-341-3230

DrCooper90.com

CELEBRATING
90
DR. COOPER

2011

The Cooper Institute and United Way of Metropolitan Dallas joined forces to create the Healthy Zone School Program. The program provides North Texas schools with education and resources to address health-related needs within their school community.

2012

FitnessGram is adopted as Presidential Youth Fitness Program. The original test, designed more than 50 years ago, was designed to measure children's athletic performance and ability. FitnessGram helps kids reach a Healthy Fitness Zone, and develop life-long habits of physical activity.

2013

The Cooper Institute successfully secured funding for FitnessGram testing in all Texas public schools, impacting over 10 million students across the country in over 20,000 schools!

2015

The Cooper Institute celebrated 45 years of preventive medicine research and education with its annual Legacy Award dinner on November 4th at the George W. Bush Presidential Center. Lyda Hill, advocate for advancing public health through scientific research, was recognized for her longtime commitment to healthy living research as this year's Legacy Award Recipient.

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STUDENT PHYSICAL ACTIVITY DROPPED WORLDWIDE DURING COVID-19, RAISING CONCERNS FOR HEALTH



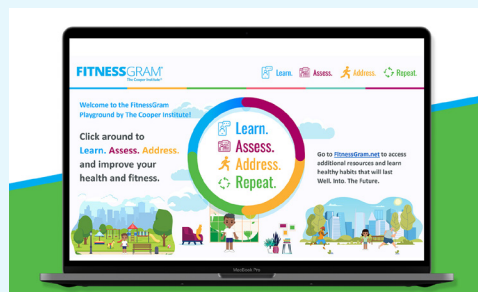
79% reported their students were "less physically active" during school closures.

The Cooper Institute has published a new research study demonstrating the impact of COVID-19 on Physical Education and physical activity across the nation during this time of remote learning. The observed decrease in physical activity puts our children at increased risk for obesity and the related health outcomes in the future.

The Cooper Institute research study was completed in March 2021 by 2,440 respondents from all 50 U.S. States. The study examined the status of Physical Education and physical activity during distance learning and sought to understand the challenges experienced by educators. Of respondents, 79% reported their students were either "Significantly Less" (48%) or "Somewhat Less" (31%) physically active during school closure.

Significant reductions were observed in weekly requirements for Physical Education with many more schools reporting "no" or "zero" hours required during the pandemic. Similar findings of decreased physical activity were seen in studies from Verona, Italy and Shanghai, China. Based on all these findings, opportunities for physical activity have decreased around the globe. It is imperative that all youth are provided with safe, simple and easily implemented physical activity programs.

The Cooper Institute research study also demonstrated the most significant challenges experienced by teachers during the pandemic for closed schools were access to online learning, teacher and student communication and teacher remote work arrangements.



In response to the COVID-19 pandemic, The Cooper Institute created The FitnessGram PlayGround a free online site for educators that offers resources for Health and Fitness to improve student's physical and mental well-being.

The FitnessGram PlayGround provides teachers with resources to educate the importance of health-related fitness and living a physically active lifestyle.

Some of the available resources to help students stay healthy and physically active on the site include:

- FitnessGram PACER Test Remixes!
- FitnessGram Online Learning Modules
- FitTalks with FitnessGram videos
- FitnessGram Activity Tracker App
- Get 60: Fit 4 FitnessGram H.Y.P.E Breaks videos
- The Cooper Institute YouTube Channel

Visit the FitnessGram Playground and improve your physical and mental well-being at FitnessGram.net.



LEARN about the importance of health related fitness, **ASSESS** current physical fitness, and **ADDRESS** your physical fitness by participating in 60-minutes of physical activity daily.