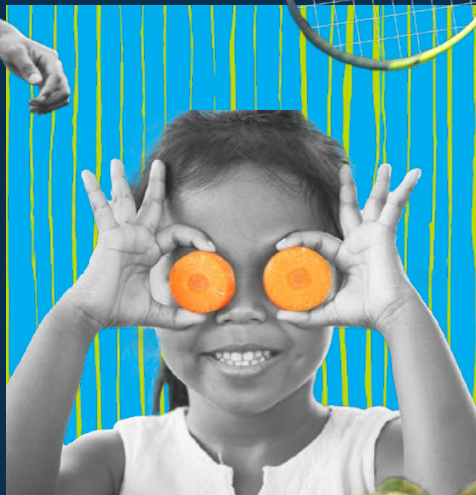




The
Cooper Institute®
WELL. INTO THE FUTURE.



PROMOTING LIFELONG HEALTH FOR ALL

THE COOPER INSTITUTE COMMUNITY IMPACT REPORT 2022

TABLE OF CONTENTS

Board of Directors4

Letter from the CEO & Board Chairman5

2022 Milestones6

**Healthy Aging Research: Supported by
The Arthur M. Blank Family Foundation.....8**

Our Research Highlights10

Our Advocacy Initiatives12

**FitnessGram: The Power of Combining
Science and Technology14**

NFL PLAY 60 FitnessGram Project16

**Making a Difference through
The Cooper Institute18**

Financials20

Thank You for Your Support21

2022 Legacy Celebration22



OUR MISSION

**THE COOPER
INSTITUTE IS
DEDICATED TO
PROMOTING
LIFELONG HEALTH
AND WELLNESS
THROUGH
RESEARCH AND
EDUCATION.**



The Cooper Family out for a run (1980s). Tyler, Kenneth, Berkley, Millie

BOARD OF DIRECTORS



Tedd Mitchell, MD
Texas Tech University System



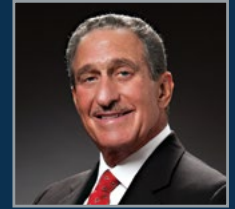
Charles Anderson
Bandera Ventures



Stephen D. Good
Foley & Lardner, LLP



Troy Aikman
Aikman Enterprises



Arthur M. Blank
The Arthur M. Blank
Family Foundation and
Blank Family of Businesses



Brian O. Casey
Westwood Holdings Group



Thomas W. Codd
PricewaterhouseCoopers



Tyler C. Cooper, MD, MPH
Cooper Aerobics



Elmer L. Doty
Carlyle Group



Tony Evans, ThD
Oak Cliff Bible Fellowship



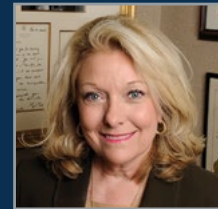
Ray L. Hunt
Hunt Consolidated, Inc.



James W. Keyes
Key Development, LLC



Drayton McLane, Jr.
McLane Group



Hon. Jeanne L. Phillips
Hunt Consolidated, Inc.



Nina B. Radford, MD
Cooper Clinic



Steven S. Reinemund
PepsiCo, Inc.
Wake Forest University



**Eduardo Sanchez, MD,
MPH, FAHA**
American Heart Association



Roger Staubach
15 Partners

THE COOPER INSTITUTE LEADERSHIP TEAM

Kenneth H. Cooper, MD, MPH
Founder and Chairman Emeritus

Laura F. DeFina, MD, FACP
President and Chief Executive Officer

Kayla Heath
Chief Financial Officer

Beth B. Wright, PhD
Senior Director, CCLS & Administration

LETTER FROM THE CEO AND BOARD CHAIRMAN

Our mission of promoting lifelong health and wellness through research and education has been evident this past year from research publications to youth and education programs reaching new audiences.

Since the inception of the Cooper Center Longitudinal Study (CCLS) over fifty years ago, our researchers have been able to utilize study data to investigate the benefits of healthy living as well as preventive care and share our findings with the world. We are grateful for funding by The Arthur M. Blank Family Foundation which allows us to investigate this amazing study Well. Into the Future. This year, The Cooper Institute collaborated on a new research study that found NASA astronauts experienced future rates of heart disease-related death similar to CCLS participants of the same age, sex and fitness level. Additionally, The Cooper Institute was able to demonstrate in women that even small fitness increases among the unfit result in lower mortality with another key research study this past year. Our work continues to explore the benefits of healthy living and prevention whether it applies to busy moms, weekend warriors, or space travelers.

Members of The Cooper Institute's team continue to instill healthy habits in youth with our NFL PLAY 60 FitnessGram Project across the US. Our team, in partnership with valued collaborators, including the American Heart Association and Fuel Up to Play 60, continues to share our programs and resources at schools, NFL stadiums, and various scientific conferences around the country. We look forward to watching Cooper Institute initiatives advance our mission.

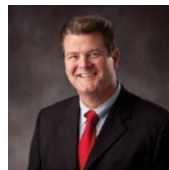
This year marked the 50th Anniversary of Title IX and the resulting explosion of women and girls sports. The Cooper Institute celebrated this anniversary at our Legacy Celebration in November 2022. Our keynote speaker, Kathrine Switzer, was the first woman to officially register and run the Boston Marathon in 1967.

Kathrine is an iconic athlete, author, Emmy award-winning broadcaster and advocate for sports and social causes. The highlight of the evening was the recognition of Millie Cooper as our Legacy Award recipient for her efforts in helping shape the way women and their families have moved for more than 50 years.

The Cooper Institute is grateful for all of you that continue to support our mission, programs and research. As you can see, 2022 has been a productive year for The Cooper Institute and we are looking forward to continuing the work that will help people lead better, longer lives now and Well. Into the Future.



Laura F. DeFina, MD, FACP
President and CEO,
The Cooper Institute



Tedd Mitchell, MD
Chairman, Board of Trustees,
The Cooper Institute

TIMELINE

2022 MILESTONES

JANUARY

1/19: The Cooper Institute and GreenLight Credentials announce GreenLight Fitness, a strategic partnership to enhance FitnessGram



01

FEBRUARY

2/8: The Arthur M. Blank Family Foundation and The Cooper Institute announce a \$15M grant to continue the scientific legacy of Dr. Kenneth H. Cooper

2/16: The Cooper Institute External Affairs Team leads a legislative workshop for the Texas Action for Healthy Kids Annual Summit

02

MARCH

3/1-4: The Cooper Institute presents at the American Heart Association's EPI/Lifestyle meeting

3/2: The Cooper Institute advocates for children's health and wellness policies in Oklahoma at March Forth to the Capitol Event

3/4: Dr. Kenneth H. Cooper celebrates his 91st birthday

3/30: NEW RESEARCH: Physical activity, adiposity, and serum vitamin D levels in healthy women: Cooper Center Longitudinal Study

03

APRIL

4/26-29: The Cooper Institute Youth Team attends SHAPE NOLA, the premier event for health and physical education professions



04

MAY

5/2-7: The Cooper Institute recognizes Screen Free Week by encouraging our network to take a break from their screens and enjoy life beyond phones, computers and television.

5/12: Michael & Susan Dell Center for Healthy Living Legislative Briefing

05

JUNE

6/1: The Cooper Institute Research Team attends American College of Sports Medicine Conference to share recent research

6/13: The Cooper Institute External Affairs Team attends the Secondary Elementary Administrators Summit

6/15: FitnessGram Advisory Board Retreat

06

This year brought growth, innovation and discovery. Take a look at our year in a glance.

JULY

7/4: NEW RESEARCH: Examining the gradient of all-cause mortality risk in women across the cardiorespiratory fitness continuum

7/15: The Cooper Institute Leadership Team attends a ceremony at Stanford University honoring Dr. William Haskell

7/19-20: NFL PLAY 60 FitnessGram Champion Summit



07

08

AUGUST

8/9: NEW RESEARCH: Long-term cardiovascular risk in astronauts: Comparing NASA Mission Astronauts with a healthy cohort from the Cooper Center Longitudinal Study

09

SEPTEMBER

9/22: The Cooper Institute raises nearly \$4,000 on North Texas Giving Day 2022

9/24: The Cooper Institute presents our extreme physical activity and atherosclerosis research at the American College of Sports Medicine's Integrative Physiology of Exercise conference

9/30: Fourth annual Scientific Advisory Board Meeting

10

OCTOBER

10/5: The bricks purchased as part of The Cooper Institute's Foundation to Fitness Brick Campaign are laid out



NOVEMBER

11/3: 2022 Legacy Celebration: Celebrating Women in Fitness

11/15: NEW RESEARCH: Pandemic-related life events and physical inactivity during COVID-19 among Israeli adults: The Smoking and Lifestyles in Israel Study

11/15: Partnership for a Healthy Texas Legislative Briefing

11/22: NEW RESEARCH: Cardiorespiratory fitness and depression symptoms among adults during the COVID-19 Pandemic: Cooper Center Longitudinal Study

11

12

DECEMBER

Later this month ...

The Cooper Institute will launch our brand new website. We look forward to sharing it with you soon!

The Cooper Institute Team will close out the year by volunteering at The Salvation Army of Dallas Warehouse for the Annual Angel Tree Distribution

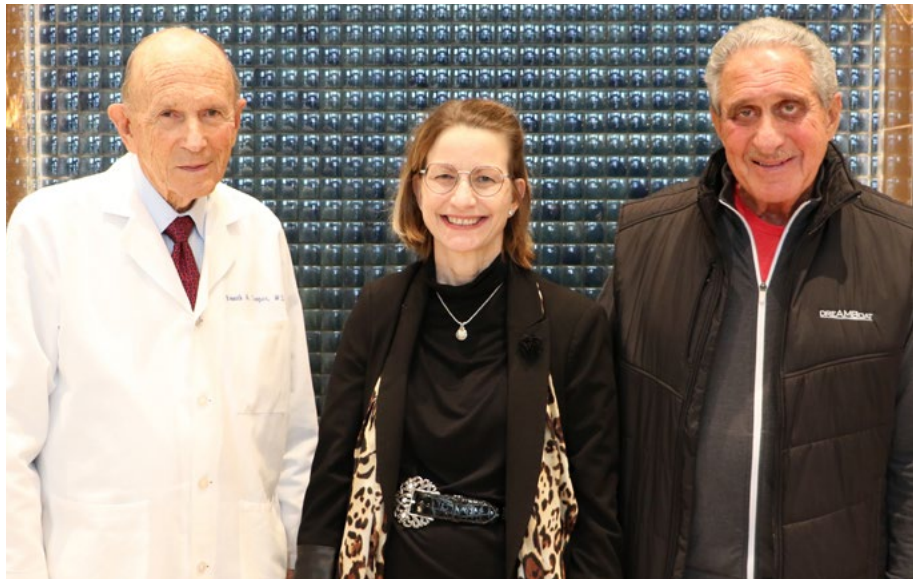
HEALTHY AGING RESEARCH: SUPPORTED BY THE ARTHUR M. BLANK FAMILY FOUNDATION

A recent World Health Organization report identified the importance of physical activity for good health around the world. Physical activity and its relationship to good health continues to need information that will encourage the lay public to move in order to change the obesity and inactivity trajectory. Thus, The Cooper Institute's research is as critical today as ever.

Given the focus on disease prevention instead of treatment of sick individuals, The Cooper Institute has never been better situated to contribute to the good health of our nation and world. Our scientists are evaluating not only behaviors, such as jogging, but also preventive medicine, which must become a key aspect of global health care in order to decrease disease and healthcare costs. The Cooper Center Longitudinal Study (CCLS), a healthy living study, will allow as yet unknown but important research questions to be answered. These answers will shape public health, preventive medicine and policy for future generations.

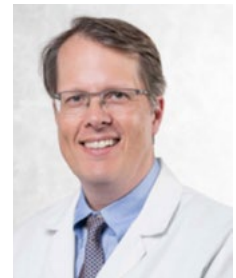
The Cooper Institute and the Cooper family aspire to preserve the CCLS for continued innovative scientific work that will guide the world. We are fortunate to have received a generous grant from The Arthur M. Blank Family Foundation (AMBF) to ensure the legacy of Kenneth H. Cooper's research. It has been just under a year since we received the grant, and we have already made important progress that will help shape The Cooper Institute and the future of prevention research for years to come. The penultimate outcome for this grant is to ensure the long-term sustainability of the CCLS for researchers, the medical community, and the lay public exploring the benefits of healthy living into the future.





Kenneth Cooper, Laura DeFina, Arthur Blank

We are pleased to announce that Jarett Berry, MD, MS, Professor and Chief of Medicine at the University of Texas at Tyler School of Medicine has joined the team as Principal Research Consultant. Dr. Berry's extraordinary credentials include training at the University of Texas Southwestern Medical Center (UTSW), Northwestern University and Baylor University. He is a cardiologist with a keen interest in preventive medicine and healthcare equity. Dr.



Berry will help to lead our team Well. Into the future. The AMBF grant allows us to continue our internationally renowned Scientific Advisory Board, with physical activity experts from UTSW, Harvard University and Duke University among other esteemed institutions. The 4th Annual Scientific Advisory Board meeting was held on September 30, 2022.

Finally, our goal is to do research that supports behavior change in our nation and the world by showing how one's own healthy behaviors can impact health across the lifespan. Important topics under consideration include:

- Impact of healthy living on long-term chronic disease
- Compression of morbidity or living less time with debilitating disease
- Maintaining healthy brains
- Plus many more study ideas from our researchers and collaborative partners

The generous AMBF grant will support The Cooper Institute and our partner scientists while helping the world move into healthier lives.

OUR RESEARCH HIGHLIGHTS

Does spaceflight put astronauts at risk for long-term cardiovascular disease?

- Astronauts and CCLS participants experienced below-average rates of heart disease and death during an average 30 years of follow-up.
- When comparing astronauts to CCLS participants, no meaningful difference was found in future risk of heart disease-related death. However, an increased risk of non-fatal heart attacks and strokes was observed in the astronauts studied.
- For those considering a trip to space, this study supports the need for heart-healthy living and preventive healthcare.

Do small increments in fitness affect risk of death in low fit women?

- Women experienced a decreased risk of death across the fitness continuum.
- The physical activity guidelines strongly encourage women to meet (or exceed) a minimum of 150 minutes each week of moderate to vigorous intensity aerobic activity (e.g., brisk walking).
- With this study's findings, low fit women should strive to improve their fitness step by step.

How do Omega-3 fatty acid levels vary among countries?

- Omega-3 Index levels from seven countries were reported by a multi-institutional group of scientists including The Cooper Institute.
- The mean Omega-3 Index of each country was categorized as desirable (>8%), moderate (>6% to 8%), low (>4% to 6%), or very low (M4%).
- Only cohorts from Alaska (treated separately from the US), South Korea and Japan showed a desirable Omega-3 Index. The Spanish cohort had a moderate Omega-3 Index, while cohorts from the US, Canada, Italy and Germany were all classified as low.





Do successful school-based physical activity and healthy eating programs predict a student's fitness level?

- Schools play an important role in providing access to evidence-based programs that support student health.
- Physical activity programs deemed successful by educators were associated with students meeting healthy standards for fitness; while the number of physical activity and healthy eating activities used was related to meeting healthy BMI standards.
- School leaders should consider both the quality and feasibility of health-related programming when selecting new programs to help their students maintain healthy bodies.



Are fitness and inflammation related to risk of death?

- In both men and women, the highest risk of death was seen among those with the lowest levels of fitness and the highest levels of inflammation.
- Among men, higher levels of fitness were generally associated with reduced death risk regardless of the level of inflammation present.
- Among women, fitness was protective against risk of death only in the highest category of inflammation.

Members of our Scientific Advisory Board (SAB) and our research team at the annual SAB meeting. Back row, pictured from left to right: Barry Franklin, I-Min Lee, Beth Wright, Laura DeFina, Andjelka Pavlovic, Benjamin Levine, Bill Kohl
Front row, pictured from left to right: Steve Farrell, David Leonard, Kerem Shuval, Jarett Berry, Chuck Matthews

OUR ADVOCACY INITIATIVES

Oklahoma, Montana and Texas were just a few of the legislative bodies where The Cooper Institute's advocacy initiatives were advanced this past year.

Oklahoma

The Cooper Institute helped raise awareness regarding the importance of physical fitness and activity in Dr. Cooper's home state of Oklahoma this year. At our March Forth to the Capitol event on March 2, numerous volunteers and advocates joined the Institute to help advance House Bill 2381 supporting a physical fitness assessment requirement for Oklahoma public school students in grades 3-12. While efforts to pass this legislation were not successful, we continue to work with key partners throughout the state of Oklahoma to support efforts that raise awareness about the importance of physical fitness and activity including the Oklahoma State Department of Health's State Obesity Plan Workgroup.

Montana

SHAPE Montana and The Cooper Institute have worked together since 2019 to support Montana's efforts to strengthen physical education requirements in public schools. In 2022, we joined our SHAPE Montana partners in opposing a recommendation to remove physical and health education in middle school. These efforts resulted in preservation of current requirements.

Texas

In our home state of Texas, our efforts focused on identifying policies that will improve the health and wellness of young Texans. An Institute team member serves as the Legislative Chair for the Partnership for a Healthy Texas and on the Texas Tobacco Control Coalition. Together, in preparation for the 88th Regular Session of the Texas legislature, our efforts included addressing food insecurity, strengthening physical education and health standards, prioritizing accessible paths for K-12 student transit to and from school, strengthening smoke-free policies and supporting a statewide e-cigarette tax. For more details, visit partnershipforahealthytexas.org/.





Joel Romo, Dan Little, Lone Grove Jump N Jive, Hot Shots Team (Lone Grove Primary and Intermediate Schools), local volunteers of The Cooper Institute



Ianthi Shields, President-Elect of Oklahoma Association of Health, Physical Education, Recreation and Dance, Joel Romo

FITNESSGRAM®: THE POWER OF COMBINING SCIENCE AND TECHNOLOGY

The Cooper Institute continues to focus on addressing the youth obesity and inactivity epidemic with science-based fitness assessment and other youth programs. Through these initiatives, we help children lead better, longer lives now and Well. Into the Future.

In 2022, The Cooper Institute partnered with GreenLight Credentials (GLC), LLC, the world's largest blockchain-secured ledger of verified life-long learning, health and related credentials, to ensure the most impactful path forward for the FitnessGram software.

GreenLight Fitness (a division of GLC), now the owner of the FitnessGram software, partnered with us to combine decades of research and scientific expertise at The Cooper Institute with GLC's unparalleled software development, operations and records management strengths. We will continue to focus on the science and education around physical fitness assessment and we look forward to all future FitnessGram software enhancements developed by GreenLight Fitness. The best is yet to come!





Members of our FitnessGram Advisory Board (FAB) and our youth team at the Annual FAB Retreat earlier this summer. Pictured from left to right: Weimo Zhu, Georgi Roberts, Sharon Plowman, Matthew Mahar, Marilu Meredith, Gregory Welk, Kathleen Janz, Bill Kohl, Andjelka Pavlovic, Breanna Palmeiro



In April, members of our youth team attended the Society of Health and Physical Educators (SHAPE) Convention in New Orleans. Pictured above are SHAPE Convention attendees learning while being active during The Cooper Institute's session: FitnessGram, Football and Fun!



NFL PLAY 60 FITNESSGRAM PROJECT

Physical inactivity and poor nutrition are major public health issues contributing to high rates of childhood obesity, type II diabetes, and cardiovascular diseases.

Schools play a critical role in supporting children's health by providing access to opportunities for physical activity and healthy eating. The NFL PLAY 60 FitnessGram Project addresses these health concerns by utilizing a collective impact model that integrates NFL PLAY 60 programming designed to improve the health and well-being of the whole child.

The Cooper Institute is excited to announce that the NFL PLAY 60 FitnessGram Project has been renewed by the NFL Foundation for an additional three years. Through this program, we will continue to provide resources to youth across the nation so they have the opportunity to live active and healthy lives Well. Into the Future.

Our Partners



American
Heart
Association.



EVERFI



GOAL:

MEASURE THE EFFECTIVENESS OF THE NFL PLAY 60 PROGRAMS ON YOUTH HEALTH, PHYSICAL FITNESS AND THE SCHOOL ENVIRONMENT



343.7K

YOUTH POTENTIALLY REACHED

141.2K participated

in collective impact model

577 SCHOOLS PARTICIPATED

in the NFL PLAY 60 FitnessGram Project

254 project schools

We continued to prioritize providing PLAY 60 programming to **ECONOMICALLY DISADVANTAGED YOUTH**

NFL PLAY 60 FITNESSGRAM PROJECT ANNUAL EVALUATION REPORT
2020-2021 School Year

72%

Title I schools

58%

Black and Hispanic students

51%

Urban communities

70% OF PARTICIPATING SCHOOLS

promoted the recommended 60 minutes of moderate to vigorous physical activity per day throughout the school year, compared to 47% at the beginning of the school year.

A program survey demonstrated that healthful school environments are likely to:



Keep the public informed about school wellness policy and progress



Implement additional NFL PLAY 60 activity promotion programs



Provide opportunities for students to be physically active during the school day



Increase the number of physical activity and healthy nutrition promotional emails sent to families

MAKING A DIFFERENCE THROUGH THE COOPER INSTITUTE

Foundation to Fitness

Last year, we introduced a unique way to become part of The Cooper Institute's history: our brick campaign Foundation to Fitness.

Through this campaign, our Cooper Institute friends and family members have the opportunity to leave their legacy on campus for years to come by purchasing a personalized brick. Next time you are on campus, stop by Cooper Clinic North and find your brick! We are thankful to everyone who purchased a brick.

If you have not purchased your brick yet, there's still time! We've saved a space on the sidewalk just for you. Commemorative bricks are a wonderful way to honor a family member, friend, mentor, colleague or even yourself. By purchasing a brick, you make a vital contribution to the growth and development of The Cooper Institute. Please visit cooperinstitute.org/FoundationToFitness to purchase today.

All proceeds from the Foundation to Fitness Brick Campaign benefit The Cooper Institute, 501(c) (3), which provides life-changing research and education to allow each of us to live Well. Into the Future.





COFFEE WITH COOPER

A virtual educational series

Coffee with Cooper

Our mission is to promote lifelong health and wellness through research and education. One way we deliver on this mission is through our virtual educational series, Coffee with Cooper.

This series is designed to help you take control of your well-being and work toward a healthier future. In 2022, we tackled topics related to heart health, sleep, eye health and more. If you want us to notify you about upcoming Coffee with Cooper sessions, please sign up at cooperinstitute.org/coffee-with-cooper.

2022 Coffee with Cooper Sessions:



February 21, 2022:

Eduardo Sanchez, MD, MPH, FAHA
The Magic of a Healthy Heart



March 9, 2022:

Riva L. Rahl, MD
Respect the Power of Sleep



May 24, 2022:

Waziha Samin, OD, FAAO
Eye Health & Protecting Your Vision



August 25, 2022:

Sonya L. Merrill, MD, PhD, FACP
Obstructive Sleep Apnea

Purchase your brick today at:
cooperinstitute.org/FoundationToFitness

STATEMENTS OF FINANCIAL POSITION

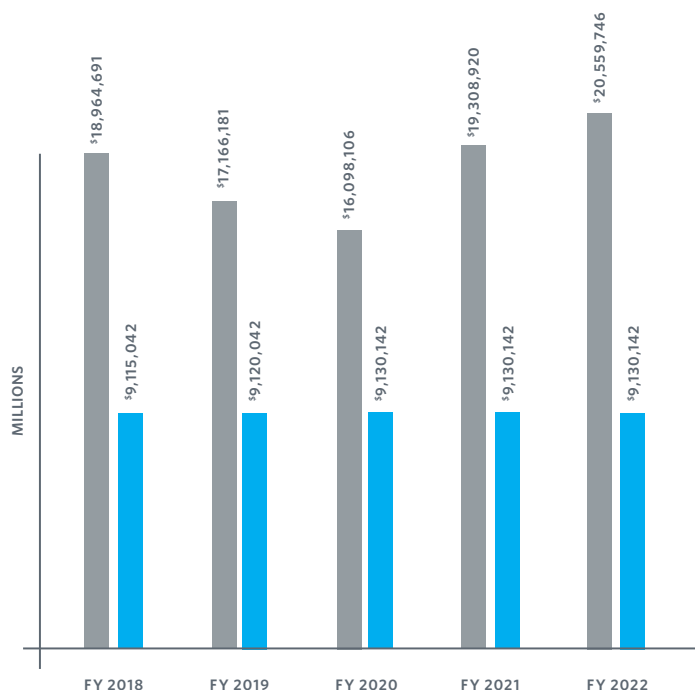
Year Ended June 30, 2022

(with comparative totals for the year ended June 30, 2021)

	2022	2021
ASSETS		
Cash and cash equivalents	\$438,186	\$710,629
Restricted cash	30,000	-
Accounts receivable	324,372	315,588
Consideration receivable from sale of FitnessGram	500,000	-
Prepays and deposits	99,540	106,230
Property and equipment, net	3,138,388	3,280,426
Net assets, discontinued operations	-	173,915
Beneficial interest in investments held by community foundation	16,638,205	15,771,422
TOTAL ASSETS	\$21,168,691	\$20,358,210
LIABILITIES		
Accounts payable	\$330,229	\$123,036
Accrued payroll	172,838	173,675
Note payable	-	504,700
Deferred revenue	105,878	247,879
TOTAL LIABILITIES	608,945	1,049,290
COMMITMENTS AND CONTINGENCIES	-	-
NET ASSETS		
Without donor restrictions	\$5,062,131	\$4,625,523
With donor restrictions	15,497,615	14,683,397
TOTAL NET ASSETS	20,559,746	19,308,920
TOTAL LIABILITIES AND NET ASSETS	\$21,168,691	\$20,358,210

NET ASSETS & PERMANENT ENDOWMENT FUND

● Total Net Assets ● Permanent Endowment Fund



STATEMENTS OF ACTIVITIES AND CHANGE IN NET ASSETS

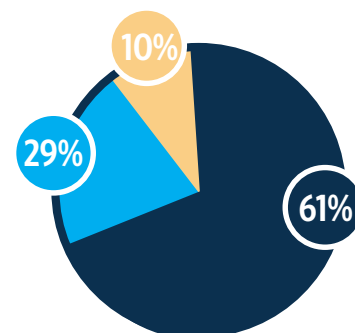
Year Ended June 30, 2022

(with comparative totals for the year ended June 30, 2021)

	2022	2021
SUPPORT AND REVENUE		
Contributions and grants, net	\$3,602,137	\$1,485,908
In-kind contributions	70,107	-
Epidemiology and clinical application	66,840	68,595
Youth fitness	741,231	1,099,957
Rental income	552,713	507,893
Special Event	619,624	-
Less: costs of direct benefits to donors	(48,737)	-
Net special event revenue	570,887	-
Total support and revenue	\$5,603,915	\$3,162,353
EXPENSES		
Program services		
Public education	180,016	236,164
Research	1,097,853	1,039,175
Youth education	790,128	1,139,678
Total program services	\$2,067,997	\$2,415,017
Supporting services		
Management and general	1,294,420	1,371,482
Fundraising	454,310	186,088
Total supporting services	1,748,730	1,557,570
Total program and supporting expenses	\$3,816,727	\$3,972,587
Change in net assets from operating activities	1,787,188	(810,234)
NON-OPERATING INCOME		
Other income	4,717	6,777
Gain on extinguishment of debt	504,700	388,000
Income from beneficial interest in investments held by community foundation	(1,437,427)	3,838,845
Change in net assets from non-operating income	(928,010)	4,233,622
DISCONTINUED OPERATIONS		
Change in net assets from discontinued operations	391,648	(178,628)
CHANGE IN NET ASSETS	1,250,826	3,244,760
NET ASSETS, beginning of year	19,308,920	16,098,106
Cumulative effect of a change in accounting principle	-	(33,946)
NET ASSETS, end of year	\$20,559,746	\$19,308,920

FUNCTIONAL EXPENSE MIX

- Programs
- Fundraising
- Administrative



THANK YOU FOR YOUR SUPPORT.

\$100,000+

Arthur M. Blank Foundation
Roger and Marianne Staubach
Mr. and Mrs. Kenny Troutt

\$50,000 - \$99,999

Preston and Caroline Butcher
Dr. and Mrs. Kenneth Cooper
Hunt Consolidated
Lyda Hill

\$25,000 - \$49,999

Cooper Concepts
Dr. David and Jo Cooper
Charlotte and Gil Minor
Drs. Tedd and Janet Mitchell

\$10,000 - \$24,999

Doug Brooks
Chris Carter
Brian and Meredith Casey
Elmer and Sandra Doty
Robin Fish
Daniella Giglio
Hillwood Development
Margo and Jim Keyes
Georgia Kostas
Nancy Lear
Dayna Martz
Drayton and Elizabeth McLane
The Mitchell Foundation
Robert Palmer
Steven and Gail Reinemund
Sarah and Ross Perot, Jr.
The Rosewood Foundation
Blake Rowling

\$1,000 - \$9,999

Aileen & Jack Pratt
Foundation
Chuck Anderson
Allan and Ellen Barry
Michael and Linda Bourland
William Brown
Rebecca Carter
Tracy Cate
Charlottesville Area
Community Foundation
Lance Clemens
Thomas and Shelly Codd
Cooper Aerobics Enterprises
Cooper Clinic
Dr. Tyler and Angie Cooper
Beverly Curtis
Cyrier Family Giving Fund
Robert Dell
Dr. Phillip and Evelyn Dowdle
Joe Fogelman
Foley & Lardner LLP
Jeffrey George
William Gayden
Dr. Larry and LaDawn
Gibbons
Jenney Gillikin
Stephen and Becky Good
John Gough
Steven H. Durham

Kent Hance
Thomas Hicks
Jerry and Margaret Hodge
Mark Holt
Mike Huckabee
Patty Huffines
Clark Hunt
Marcia Jacobs
Gia Jones
Bobby Kennedy
Michele Kettles
Don Knobler
Dan Little
Louie Lu
Aimee and Mark McClanahan
Drayton McLane III
Tom McDougal
J. C. Montgomery, Jr.
Dr. Camron E. Nelson
Lawrence Nichols
John Norris
Neil and Pat O'Brien
Jeanne Phillips
Jason Polreis
Dr. Nina B. Radford
Rebecca Schiff
Dr. Carolyn K Schroeder
Kimberly Smith
Randall Stagen
Scott Turner
Bob and Pat Walker
Dr. Rick Wilson
Adam Wright
Chris Zugaro

\$500-\$999

Anne Amis
Amy Barrentine
Sandy Barrett
Tom Brown
Jeffrey Brownlow
Jeffrey Bunch
Oscar C Page
Joe Castiglione
George Ceverha
Marianne Chapman
Cooper Clinic Staff
Tom Collingwood
Roger Cooper
Suzan Cooper
Joe and Dr. Laura DeFina
Rachael Fenton
Margaret Filingeri
Hollye Fisk
Kris Flabiano
Stacey French
Michael Griffin
Priscilla Hagstrom
Darren Harrington
Douglas Hawthorne
Scott Hemingway
Jay Hurley
French Jones
Chris Jones
John Keenan
Kendall Key
Bryan Larson
Marty Leonard

Candace Lyons
Dr. Marilu D. Meredith
Mr. and Mrs. Johnross Miller
Andrea Miller
Avery More
Rhett Mullis
Carol Murphy
Linde Nassar
Kurt Nelson
Rob Nelson
Houston Nichols
Victor Nilson
John Poteet
Roger Reynolds
Patrick J. Riordan
Richard Stein
Kimberly Roosevelt
Dr. Eduardo Sanchez
Tommy Saxon
Scottie South
Richard Stein
Greg and Nancy Vance
Glynis Worthington
Scott Zashin

UNDER \$499

Albertsons/Safeway
Amazon Smile
Stephanie Ashenfelter
J. Burke Asher
Karen Austin
Brian Bailey
Ursula Banzhaf
Amanda Bartley
Cindy Bedford
Lisa Blackford
Philip Blazek
Keith Blue
Robert and Karen Boggus
Mary Bradley
Kari Brandenburg
Andreia G Breaux
Steven Britton
Sheryl Brown
Toni Burt
Joseph Callahan
Elizabeth Camp
Jill Camron
John Cannaday
Teri Carbone
Linda Cartledge
Michael Chapman
Shalyn Clark
Ray Cole
Cooper Aerobics Staff
Maureen Corcoran
Frank Costello
Phoenix DeFina
Vance Dell
Robert Dobbs
Mark Donovan
Suzanne Dotson
Kimberly Doumen
Charlie Duke
Jeanne Dunlap
Gayla Dwyer
Tony Eckwood
Harold Elkins II

Vikki Estes
David Evans
Facebook
Stephen Farrell
Aaron Feldman
Shelley Fey
Carl Fisher
Jodie Flannery
Carol Fletcher
Jay Fountain
Mickey Fouts
Lisa Fox
Carol Frank
Henry Freudenburg
Panchita Garrett
Gigi Gartner
George Gey, Jr.
H.J. Greenlee
Kendra Grzywinski
Reuchele "Rocky" Hadrava
Jennifer Hale
Katherine Hall
Thomas Harding
Abdul-Raheem Hasan
Kayla Heath
Heidi Hill
Claudia Hilton
John Ho
Lloyd Hoffman
Roxana Hoffman
Tom Hulsey
Hunt Cares
Jennifer Huylebroeck
Virginia Ives
Amy Jacobsen
Edward Johnson
Maria Johnston
Milton Key
Barron Kidd
Delia Kiehn
Cynthia Kleckner
Patti Knott
Kroger
Sharon Kronberg
Cynthia Krug
Jeff Laceky
Sam Laceky
Susan Lang Puckett
Barbara Latham
James Lennon
Gregory Lester
Stanley Levenson
Catherine Lindberg
Susan and John Long
Ricardo Lowe
Christina Lyons
Neda Marie Marks
Scott Mason
Becky Matthews
Dawn Mayo
Phyllis McClain
Dorothy McCord
Gail McCrory
Stefani McMurrey Watters
David McNellis
Chuck Meadows
Bonnie Meeder
Leonard Merrell
Carol Meyers

Denise Moore
Roberta Morgan
Kathleen O'Connor
Judith Oppenheim
Eleni Otto
Elana Paddock
Breanna Palmeiro
Andjelka Pavlovic
Mary Phillips
Marie Phillips
Fernand Pieras
Mack Pitts
Cynthia Pladzewicz
Margaret Powell
Michael Prentice
Lara Price
John Primrose
Susan Puckett
Dr. Riva Rahl
Susan Regan
Shawn Reynolds
Ryan Riggs
Joel Romo
Sheila Rose
Shareese Rowland
Rhett Sagu
Scott and Amy Scheel
Rebekah Schumacher
Eddie Sears
Xinli Shao
Catherine Sides
Louis Siracusa
Carla Smith
Tom Smith
Marie Sommerfelt
Jim Steenbergen
Charles L. Sterling
Sylvia Stewart
Marsha Swartz
Dave Terre
Dee Ann Thomas
William R Thomas III
Ina Thompson
Judith Tindall
Terry Tutt
Holley Twyman
US Retailers, LLC
Dell Vance
Erwin Vanhaecke
Pamela Verhulst
Susan Walker
Julie Wardner
Lisa Wargofchik
Cindy Warner
Earl Whaley
Holly White
Paul Whitter
Brad Wilkins
Synda Wilson
Kay Winkler
Susan Wisch
Beth Wright
Michelle York
Dr. Henry S. Zaytoun, Sr.
Roger Zessin
Lisa Zidell

LEGACY CELEBRATION 2022

CELEBRATING WOMEN

IN FITNESS



Millie and Kenneth Cooper, Kathrine Switzer and Roger Robinson

We hosted our eighth annual Legacy Celebration on November 3, 2022.

To mark the 50th anniversary of the passage of Title IX, Millie Cooper's book, "Aerobics for Women," women being welcomed to compete in the Boston Marathon, and many other milestones, we dedicated the evening to celebrate women who have made a global impact on health and fitness. The event was a night to remember.

Our keynote speaker for the evening was Kathrine Switzer, the first woman to ever register and run the Boston Marathon. Switzer ran the marathon in 1967, before women were officially welcomed to compete in 1972. Kathrine uses her platform to be an advocate for women's sports and social causes. We honored Millie Cooper, who continues to set an example for all women and families in leading healthier lifestyles, for the 50th anniversary of her book, "Aerobics for Women."

Thank you to everyone who attended, supported and sponsored our 2022 Legacy Celebration. We are truly thankful for your continued support. Your generosity allows us to continue life-changing research and develop programs that help us all live Well. Into the Future.



Roger Robinson, Tedd Mitchell, Kathrine Switzer, Janet Tornelli-Mitchell



Tyler and Angie Cooper



Kenneth Cooper, Tedd Mitchell and Janet Tornelli-Mitchell



Kenneth and Millie Cooper, Nancy Ann and Ray Hunt



Millie Cooper, Martin Hurst and Jeanne Phillips, Roger and Marianne Staubach



Kathrine Switzer



Kenneth and Millie Cooper, Carole and Scott Murray



Kenneth Cooper, Laura DeFina, Jim Keyes



Millie Cooper, Janet Tornelli-Mitchell



Millie Cooper, Tedd Mitchell



Laura DeFina, Kathrine Switzer, Roger Robinson, Beth Wright, Kerem Shuval



Texas Tech Alumni Association Volunteers, Kathrine Switzer, Kenneth Cooper, Janet Tornelli-Mitchell and Tedd Mitchell



Tyler and Angie Cooper, Jenny and Jeff Staubach

PROMOTING LIFELONG HEALTH FOR ALL

THE COOPER INSTITUTE COMMUNITY IMPACT REPORT 2022



The
Cooper Institute[®]
WELL. INTO THE FUTURE.

12330 Preston Road, Dallas, Texas 75230
972-341-3200 | #WELLintotheFuture

cooperinstitute.org