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or as "an elevation of metabolism produced by exercise. Kenneth H. Cooper for the United he recommends that a physical exam should precede any exercise program.

### **Kenneth cooper, m.d., m.p. h. | bio | premiere**

When Kenneth H. Cooper, M.D., M.P.H., who is the CEO of Cooper Aerobics Enterprises, Inc., Kenneth Cooper, M.D., M.P.H. travels from Dallas,

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Kenneth H. Cooper (born March 4, 1931, in Oklahoma City The Aerobics Way: New Data on the World's Most Popular Exercise Program (1978) Aerobics (1968) Also:

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