

o jogo vai de bet é confiável

American physician Kenneth H. Cooper (born March 4, 1931, Oklahoma City)[1] is a doctor of medicine and former Air Force lieutenant colonel 💲 from Oklahoma, who pioneered the benefits of doing aerobic exercise for maintaining and improving health.</p>

In 1966 he coined the 💲 term, and his book *Aerobics* was published in 1968,[4][5] which emphasized a point system for improving the cardiovascular system.</p><p>The popular 💲 mass market version was *The New Aerobics* (ISBN 0) Tj T*

Career [edit]</p><p>A native of Oklahoma City, 💲 Cooper completed a 13-year military career in both the army and air force.</p>

Originally the distance run 💲 in 12 minutes, it correlated well with the existing concept of VO₂ max.</p>

Cooper left the Air Force in 1970, 💲 when he and his wife, Millie, moved to Dallas to start his companies.</p>

Cooper is the founder of the non-profit research 💲 and education organization, The Cooper Institute, which was opened in 1970.</p><p>Cooper is also the founder of and Chairman at the 💲 Cooper Aerobics Center in Dallas and McKinney, Texas, which comprises eight health and wellness entities.[6]</p>

Cooper received the Golden Plate Award 💲 of the American Academy of Achievement in 1986.[7]</p><p>Cooper developed the Smart Snack Ribbon guidelines in 2003 for the Frito-Lay division 💲 of PepsiCo.[8]</p>

Cooper has published 19 books that have sold 30 million copies and been translated into 41 languages.</p><p>Cooper encouraged millions 💲 to become active and helped to launch modern fitness culture.</p>

He is known as the "father of aerobics".[9][10]</p><p>He and his wife 💲 are parents of a son and daughter.</p><p>Cooper has written about the importance of Christian religious faith in his life.[11][12]</p>

Ideas on 💲 exercise and training effect [edit]</p><p>Cooper studied the effect of exercise in the late 1960s and popularized the term 💲 "training effect"[13] although that term had been used before.</p>

The measured effects were that muscles of respiration were strengthened, the 💲 heart was strengthened, blood pressure was sometimes lowered and the total amount of blood and number of red blood cells 💲 in