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Kenneth H. Cooper, MD, MPH, "the father of aerobics," is the president and founder of The Cooper Aerobics Center. Recognized through his writings and research as a

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The concept of aerobics was pioneered in the United States by physician Kenneth H. Cooper and popularized in his books Aerobics (1968) and The Aerobics Way (1977).

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Kenneth h. cooper (author of the new aerobics) -

Kenneth H. Cooper is the author of The New Aerobics (3.77 avg rating, 26 ratings, 1 review, published 1970), Aerobics Program For Total Well-Being (3.68

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Kenneth H. Cooper (born 1931) is an M.D. and former Air Force Colonel from Oklahoma, who introduced the concept of aerobics. Cooper is the author of a 1968 book

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The pillbox - talking with kenneth h. cooper, md,

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