

TEST YOUR KNOWLEDGE

8 Steps to Get Cooperized™

MATCHING GAME Match the icon to the correct step of Dr. Cooper's 8 Steps to Get Cooperized. Complete the matching game and email to humanresources@cooperaerobics.com for a chance to win a prize!



Take the **RIGHT SUPPLEMENTS** for you



MANAGE STRESS



Maintain a **HEALTHY WEIGHT**



DO NOT USE TOBACCO



EXERCISE most days of the week



Get a comprehensive **PHYSICAL EXAM**



CONTROL ALCOHOL



Make **HEALTHY FOOD CHOICES** most of the time

Name: _____
 Email: _____
 Phone: _____



Learning the 8 Steps to Get Cooperized™



MAINTAIN A HEALTHY WEIGHT

One method to determine if you're at a healthy weight is to measure your Body Mass Index or BMI. You can determine your BMI by using the following calculation.

$$\frac{\text{WEIGHT (LBS.)}}{(\text{HEIGHT (IN.)})^2} \times 703 = \text{BMI}$$

You are considered normal weight if your BMI is 18.5-24.9, overweight at 25-29.9 and obese if it's 30 or higher. BMI may be inaccurate if you are highly muscular; in that case measurement of body fat by calipers may be more accurate.

Maintaining a healthy weight is one of the most important things you can do to prevent illness and disease, enjoy a higher quality of life and live longer.

We know it takes a combination of good nutrition and consistent exercise to maintain a healthy weight. Visit cooperaerobics.com for health tips on weight loss, healthy eating and exercising.



MAKE HEALTHY FOOD CHOICES MOST OF THE TIME

We like to say it's about moderation, not deprivation. Eat healthy 80 percent of the time and have that cookie the other 20 percent of the time.

We know that's a big bite to swallow, so what's the first step to build healthy nutrition habits? We'd say eat more fruits and vegetables daily. There is an adage, "Five is fine, but nine is divine." That's talking about servings (one serving is half a cup) of fruits and veggies to consume every day. If you're not getting five servings in a day, start there, then work your way to nine.

Research shows that by doing this, you can lower your blood pressure and cholesterol and are at a lower risk of stroke, heart failure, osteoporosis and kidney stones.

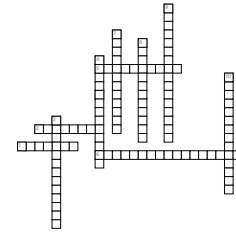
Visit the Health Tips section on cooperaerobics.com for Nutrition 101, articles by our registered dietitian nutritionists on a host of topics. We also offer some of our favorite healthy recipes.



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CROSSWORD PUZZLE Use the clues to identify the correct step of Dr. Cooper's 8 Steps to Get Cooperized. Complete the puzzle and email to humanresources@cooperaerobics.com for a chance to win a prize!



ACROSS

1. Do not use _____
2. Fitness routine _____
3. Dr. Cooper's _____ to Get Cooperized™
4. Five fruits/veggies is fine but nine is divine (3 words)

DOWN

3. Cooper lifestyle (2 words)
4. Maintain a _____
7. Healthy work/life balance (2 words)
8. Treadmill stress test (2 words)
9. Cooper Complete (2 words)
10. Limit yourself to 1 glass (women) or 1.5 glasses (men) per day (2 words)

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EXERCISE MOST DAYS OF THE WEEK

Exercise most days of the week. For cardiovascular health, perform at least 150 minutes of moderate-intensity physical activity per week.

Moderate-intensity exercise should get your heart rate elevated to where you can talk but you're winded. There are many types of cardiovascular exercise: take a brisk walk or go jogging, kick the soccer ball with the kids, swing some tips, jump rope, hop on an elliptical machine. Whatever you choose, just get moving!

The good news is you don't have to exercise for 30 minutes straight. You can do three spurts of activity for 10 minutes each or break it into two, 15-minute intervals. It all adds up and it all counts!

Logging 150 minutes of exercise per week is the goal to reap the benefits of heart health, prevent diabetes, cancer and other diseases, and improve quality and quantity of life. Visit the Health Tips section of cooperaerobics.com for our Fitness 101 articles or to watch videos of our Exercise Moves.



TAKE THE RIGHT SUPPLEMENTS FOR YOU

Supplements are just that, they are supplements and not replacements. You have to start with a good, balanced diet and then take supplements to help fill in the gaps of what you are still missing.

Generally, we don't eat very well. Less than a third of Americans are getting at least five servings of fruits or vegetables a day. Our diets are incomplete. That's why we created Cooper Complete™ nutritional supplements.

So start with a good multivitamin that is taken with meals. This will cover a lot of your basic supplement needs. Then get your blood levels checked to understand if you are deficient and need additional supplementation. Research shows the majority of people are vitamin D deficient, which has been linked to diseases such as hypertension, depression, diabetes, certain cancers and arthritis. It's name is fine. Studies have also shown benefits of omega-3 in blood pressure, triglycerides, cholesterol, metabolic syndrome and cognitive health.

Visit coopercomplete.com for the latest research and recommendations on supplementation and to learn about Cooper Complete nutritional supplements.



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WORD SEARCH Find the hidden words of Dr. Cooper's 8 Steps to Get Cooperized™ in the word search. Complete the word search and email to humanresources@cooperaerobics.com for a chance to win a prize!

S O O S T E I G H T S E P C E S P I CONTROL ALCOHOL
 S Y D E Z I R F P O O C T E G A E C DR. COOPER
 T N S U P P L E M E N T H O P O S R O EIGHT STEPS
 C O N T R O L A L C O H O L W P S T EXERCISE
 C N E S S I H C K E T I T Z R E P P FOOD CHOICES
 Q M N A I R H E O S O C I E T T E H GET COOPERIZED
 N A O O S G E S H B T S P S S T I HEALTHY
 T X W E I G H T C T A I O Y E T F D MANAGE STRESS
 R C E I E G D L O C O B G G H O I NO TOBACCO
 O L W S D O O C O R C P E O A G O H PHYSICAL EXAM
 L A C T T O S H E R O A C T N I D L SUPPLEMENTS
 A C S S F N T X D A N E S E A E C O WEIGHT
 L I D O S S E R T S E G A N A M H C
 C S W R I E S M C H E X E R C I O C
 O Y E N O S E E E H T L A E H I C
 C H H I O O H E A L T H Y E T I C R
 R P X C A B O T O N P E O L E A E S
 S S O H N I P O E D P O E N I S M
 Z G R T C O O P E R I O U P S R C T
 O L E T C O B S E R C A T S E E T P

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DO NOT USE TOBACCO

We all know smoking is "bad" for you, and a leading cause of lung cancer. But all tobacco products, not just cigarettes, can threaten your health.

Tobacco is associated with a number of cancers, including esophagopharyngeal, cervical, stomach, kidney, pancreatic and more. On top of that, tobacco is the number one treatable cause of cardiovascular disease, which is the leading cause of death in America.

It's never too late to quit using tobacco. And the sooner you quit, the better your long-term prognosis. Many organizations—such as American Cancer Society (cancer.org), American Lung Association (lung.org), National Cancer Institute (smokefree.gov)—offer education, programs and support groups to help people break tobacco addiction.



CONTROL ALCOHOL

There are both benefits and drawbacks to consider when it comes to alcohol.

Among other things, excessive alcohol can cause weight gain, damage your liver and your heart and increase the risk of developing some types of cancer. Yet for some people, moderate alcohol intake may have a benefit for the heart. However, Dr. Cooper always says, if you don't drink, don't start. There is no research to say you should.

If you do enjoy alcohol, moderation is key. Cooper Clinic recommends no more than 10 drinks per week for men and no more than six drinks per week for women. It's important to spread those drinks out over the course of a week, not consume them all in one weekend. As always, keep in mind portion size. One drink is the equivalent of a 12 ounce beer, 5 ounce glass of wine or 1.5 ounces of liquor, which has approximately 15 grams of alcohol.



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WORD SCRAMBLE Unscramble the words of Dr. Cooper's 8 Steps to Get Cooperized™ and email to humanresources@cooperaerobics.com for a chance to win a prize!

I T E G H T S S P E
 L E Y H T A H I E G W T H
 T H H A Y L E O D O F E C I S H O C
 I R X E S E E
 T G R H I N P E U S T S P L E M
 O D T N O S E U O B T C A C O
 O R O T C N L L L A O O C H
 A N M E A G S S R S E T
 L I Y C H S A P A X E M
 E T G O Z O D P E C I R E

Name: _____
 Email: _____
 Phone: _____



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MANAGE STRESS

We all get "stressed out" at some point. It's part of life. Yet you may not realize how dangerous it can be to your health—both physically and emotionally—if you don't manage it well. As Dr. Cooper says, it's not stress that kills, it's the way you handle it.

Stress can raise blood pressure and resting heart rate and lead to weight gain. Each of these can cause cardiovascular disease. And if it goes untreated, long-term stress can cause even more medical problems.

One of the best ways to control stress is exercise. Regular physical activity reduces stress and improves health in many ways. It can boost mood, improve energy and significantly improve both quality and quantity of sleep. A study by The Cooper Institute showed that doses of aerobic activity consistent with public health recommendations resulted in a 47 percent improvement in depression symptoms among a sample of young to middle-aged adults diagnosed with mild to moderate depression. This improvement is similar to what is typically seen with taking prescription drugs for this condition.

Get ideas for how you can relax and de-stress in the Health Tips section on cooperaerobics.com.



GET A COMPREHENSIVE PHYSICAL EXAM

Our philosophy is simple: It's easier to maintain good health than to regain it once it's lost. The only way you can improve your health is if you have a comprehensive, in-depth picture of the current state of your health. And that starts with a preventive physical exam.

At a minimum you should "know your numbers." These are your laboratory results from your blood work, and they contain vital information for your health. To start, make sure you know your cholesterol, blood sugar and blood pressure.

Cooper Clinic recommends a baseline comprehensive physical exam between the ages of 35 and 40. Between ages 40 and 50, you should have an exam every 12-18 months depending on risk and ongoing health or behavior issues. Annual exams should begin at age 50.

Many medical issues are completely preventable. Visit the Health Tips section of cooperaerobics.com for Prevention Plus articles featuring our Cooper Clinic physicians.





VIEW VIDEO AT: https://www.youtube.com/watch?v=bPnyewC_nh0



VIEW VIDEO AT: <https://youtu.be/f8TXbafhKn8>