

# Kenneth H. Cooper Quotes

*Exercise, Years, Done, Long, Journey, Rest Of Your Life, Thinking, Smoking,  
Week, Looks, Running, Cost, Dancing, Differences, Health, Covered, Adults,  
Jogging, Shadow, Moderation*

There are six components of wellness: proper weight and diet, proper exercise, breaking the smoking habit, control of alcohol, stress management and periodic exams.

~Kenneth H. Cooper

Exercise can't counteract the damage being done to your body while you continue to smoke. What exercise can do is help you kick the habit.

~Kenneth H. Cooper

I don't criticize weight training - as long as it is not a substitute for aerobic training.

~Kenneth H. Cooper

The reason I exercise is for the quality of life I enjoy.

~Kenneth H. Cooper

I have not missed a day from work because of illness since 1956.

~Kenneth H. Cooper

Exercise is a journey, not a destination. It must be continued for the rest of your life. We do not stop exercising because we grow old - we grow old because we stop exercising.

~Kenneth H. Cooper

Since then, I have not missed five consecutive days in getting some type of aerobic exercise, mostly jogging.

~Kenneth H. Cooper

Over the years, I've covered 22,000 miles.

~Kenneth H. Cooper

After 26 years, I am still practicing what I preach.

~Kenneth H. Cooper

It's easier and more cost effective to maintain good health, than to regain it once it's lost.

~Kenneth H. Cooper

If you look at body fat, it seems to increase with age, even though your weight does not. That's a physiological fact of aging, they say. Heck it is. It is an adaptive effect of aging.

~Kenneth H. Cooper

So I've broadened the fitness concept to make it one of moderation and balance.

~Kenneth H. Cooper

According to the Gallup Poll, 24 percent of American adults exercised regularly in 1961, and 50 percent after 1968. The peak was 59 percent in 1984, dropping off to 51 percent last September.

~Kenneth H. Cooper

Aerobic dancing is already adjusting to injury problems and will probably phase out to some extent.

~Kenneth H. Cooper

Now I say that if you run more than 15 miles a week, it's for something other than aerobic fitness. Once you pass 15 miles, you do not see much further improvement.

~Kenneth H. Cooper

[Walking's] overwhelming advantage is that it can be done by anyone, anytime, anywhere-and it doesn't even look like exercise.

~Kenneth H. Cooper

I used to think that it didn't make any difference how far you ran if you had a good, strong musculoskeletal system and no underlying cardiovascular problems.

~Kenneth H. Cooper

Fitness is a journey, not a destination; you must continue for the rest of your life.

~Kenneth H. Cooper

I think investments in general related to the exercise industry are going to be good for a long time.

~Kenneth H. Cooper

You have to run 75 to 100 miles a week if you expect to break the four-minute mile.

~Kenneth H. Cooper

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