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Move Yourself: The Cooper Clinic Medical Director's Guide to All the Healing Benefits of Exercise (Even a Little!) Published March 1st 2008 by Wiley. Hardcover, 272 pages. Author (s): Tedd Mitchell. ISBN:

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As author of over 200 research articles, Dr. Church has received numerous awards for his research in preventative health. He is co-author of, "Move Yourself, The Cooper Clinic Medical Director's Guide to All Healing Benefits of Exercise (Even

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a Little!)”(Wiley & Sons, 2008). Drawing upon research from thousands of Cooper Clinic patients and research participants from around the world, the book proves how simple activity makes a significant impact when it comes to preventing major

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Tim Church, M.D., M.P.H., Ph.D. -
Scientist, Author, Speaker

Message from Dr. Tyler Cooper, Cooper Aerobics President & CEO We are thankful to begin providing our preventive exams again. As the DFW metroplex and areas across our country are beginning to move past the peak of COVID-19 cases, government and business leaders are working to develop plans to safely and effectively re-engage their communities.

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Move Yourself is a book that will convince you of the importance of exercise and physical movement, even just a little.

Move Yourself - Diet Review

He is also co-author of, “Move Yourself, The Cooper Clinic Medical Director’s Guide to All Healing Benefits of Exercise (Even a Little!)”, considered a groundbreaking guide on how simple activity can help prevent major diseases and obesity.

Tim Church - True Health Initiative

Mitchell, T., T. Church, and M. Zucker. Move Yourself: The Cooper Clinic Medical Director’s Guide to All the Healing Benefits of Exercise. Wiley, 2008. ISBN: 9780470042236. Pronk, N, ACSM's Worksite Health Handbook - 2nd Edition: A Guide to Building Healthy and

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Productive Companies (American College of Sports Med), 2009. ISBN-13: 978-0736074346

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