April 12, 2011 | 9:30 a.m.
In the Florida Gymnasium

Featuring guest lecturer
Dr. Charles L. Sterling
Chairman, Youth Initiatives
The Cooper Institute

“PHYSICAL ACTIVITY: RX MEDICINE”

About Dr. Charles L. Sterling...

Charles Sterling attended Texas Christian University for his undergraduate studies and received his Masters and Doctorate degrees from Texas A & M Commerce. Later, he was the recipient of Texas A & M’s Distinguished Alumni Award and delivered the commencement address at that university.

Charles joined Dr. Kenneth Cooper’s organization in 1980 and served as the Executive Director of the renowned Cooper Institute as well as President of The Cooper Enterprises. His leadership resulted in international acclaim for both organizations. In 2001, he founded eStealth, Inc., a health information portal for physicians and also Cool Zebra, a movement education DVD for school-aged children.

Charles is best known professionally as the founder of the highly successful Fitnessgram, a health-related testing and feedback system for youth. Since it began, Fitnessgram has become the test of choice in the U.S., being used in all 50 states and twenty countries. It is currently in 85,000 school districts, and mandated for all schools in California, Texas, Georgia, and New York. Over 14 million students were assessed in 2009.

Currently, Charles serves as Chairman of Youth Initiatives at The Cooper Institute. He provides visionary leadership for Fitnessgram world-wide, Fitnessgram NFL Play 60, Nutrigram, and the Healthy Zones School Recognition Program. He is also Chairman of the Fitnessgram Board of Trustees, an esteemed group of experts specializing in tests and measurements, kinesiology, behavioral science, and other pediatric disciplines. He is a co-owner with his wife of The Sterling Party, LLC, a health-related consulting firm. Charles and Susan live in Dallas, and enjoy their five grandchildren.

He has served on many Boards and is active in many local, state and national organizations. He has been the recipient of many awards and recognitions, including the Brace Award, Texas AHPERD’s top award. Charles served as its President in 1981.