



T.L. (TEDD) MITCHELL, M.D.

President and CEO

Cooper Clinic

www.cooperaerobics.com

Birth February 24, 1962, Columbia, Louisiana

Education

1980 Longview, Texas, Longview High School
1983 Stephen F. Austin State University, B.S. (Biology)
1987 University of Texas Medical Branch (UTMB), M.D. degree
1988 UTMB – Internship, Internal Medicine
1990 UTMB – Residency, Internal Medicine
1991 UTMB – Chief Medical Resident, Internal Medicine

Organizations

Member

- American Medical Association
- Texas Medical Association
- Dallas County Medical Society
- American College of Sports Medicine
- American College of Physicians

Fellow

- American College of Sports Medicine
- American College of Physicians

Public Service

2002 - 2008

Appointed by President George W. Bush to President's Council on Physical Fitness and Sports

2007

American College Sports Medicine Board of Trustees

1998 - 2002

Appointed by Governor George W. Bush to Texas State Board on Aging

Charity

2005 National Board of Directors, Chuck Norris' Kick Start

Writing:

1998 - Present Health Editor and Columnist, USA Weekend Magazine
2004 Fit to Lead (St. Martin's Press, NYC).
2007 Move Yourself (Wiley Press, NYC).

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-Biography

Dr. Tedd Mitchell is the President and CEO of the Cooper Clinic, an internationally recognized center of excellence in preventive medicine. The clinic's founder, Dr. Kenneth H. Cooper, coined the phrase aerobics back in 1968, setting off what would become a world wide fitness phenomenon.

Dr. Mitchell was raised in Longview, Texas, the son of a physician. Growing up in a medical household, he saw first hand the unique impact a physician can have not only on patients, but on the community as well. A few summers working as an orderly in a local hospital confirmed his desire to seek medicine as his profession. Dr. Mitchell spent his formative years excelling in academics as well as athletics. He graduated in the top 2% of his high school class and swam competitively at the national level. Thirty years after his graduation he continues to hold high school swimming records.

After graduation from high school in 1980, Dr. Mitchell accelerated his pre-medical education, compressing 4 years of academic work into 3. He attended Kilgore College initially, and afterwards completed his undergraduate education at Stephen F. Austin State University in 1983. During this time he was a member of the Phi Theta Kappa national junior college honor fraternity as well as the Gamma Sigma Epsilon National Chemical honor society. He was also selected as the outstanding senior of the Pi Kappa Alpha fraternity.

Dr. Mitchell attended medical school at The University of Texas Medical Branch from 1983-1987, during which time he was selected for "Who's Who" Among American Colleges and Universities. He enjoyed leadership roles while in medical school, serving as class president both his junior and senior years. After graduation he pursued training in internal medicine, and upon completion of his residency remained to serve as the Chief Medical Resident for the University of Texas Medical Branch. During his training, Dr. Mitchell developed a special interest in sports medicine. Upon the recommendation of a faculty advisor (who had served in the Air Force with Dr. Kenneth Cooper) Dr. Mitchell performed an elective rotation at the world famous Cooper Clinic and became intrigued with the idea of using exercise and lifestyle as tools in preventing illness. Upon completion of his chief year, Dr. Mitchell was invited by Dr. Kenneth Cooper to join his staff, becoming the Medical Director of The Wellness Program in 1991.

Dr. Mitchell served as the Medical Director for The Cooper Wellness Program from 1991 until 2005. During this time he also worked full time as a staff physician at the Cooper Clinic. In addition to clinical work, he participated in numerous studies looking at the effects of activity and life style on health, authoring or co-authoring dozens of research papers on the topic. He lectured frequently to both lay and scientific groups, fulfilling a long standing interest he has had in teaching.

In 1998 Dr Mitchell was approached by editors at USA Weekend to become their health columnist for the publication, found in more than 600 newspapers nation wide, reaching over 49 million readers each week. He joined USA Weekend as their health writer, establishing a weekly column called "HealthSmart". Dr. Mitchell educates readers every week with practical suggestions on improving personal health; in his writing, it is easy to identify his unwavering commitment to the benefits of physical activity. His success as a health writer has resulted in his receipt of the 2006 Clarion Award, a national honor given by the Association for Women in Communications. His writings also caught the attention of the American Medical Writers Association, who awarded him the prestigious Walter C. Alvarez Award for Excellence in Medical Writing in 2008.

Dr. Mitchell's love of writing has also led to collaborative efforts with other health experts, culminating in the publication of two books for the lay public. *Fit to Lead* (2004 St. Martin's press) focuses on the relationship between exercise and "executive function" and *Move Yourself* (2008 Wiley Press) provides the reading audience research-based information on the role exercise plays in health maintenance, longevity and quality of life.

In 2006 Dr. Mitchell became the president of the Cooper Clinic, overseeing the entire operations of one of Dallas' largest medical groups. He continues to have an active patient schedule as well as administrative duties, yet he remains committed to scientific research as well. He has published numerous peer-reviewed research publications exploring the relationships among physical fitness, cardiovascular risk factors and preclinical and clinical cardiovascular disease, interventions to impact performance and health as well as the impact of physical fitness on quality of life, health care utilization and leadership using data from the Cooper Aerobic Longitudinal Study. Under his leadership, the implementation of an electronic medical record system and the development of research-oriented data collection as a routine feature of every clinical report, the world-renowned Cooper Aerobic Longitudinal Study has evolved into the Cooper Clinic Longitudinal Study with newly added data base components focused on non-invasive cardiovascular testing, CT angiography, brain health, cancer prediction models and healthy aging, all of which can be studied in the context of robust measures of physical fitness and lifestyle choices. This scientifically based information has been the cornerstone of his efforts to educate health care professionals, public health leadership and the lay public about the utility of physical fitness as a tool to reduce disease, disability and death as well as improve the quality of life.

In addition to his research efforts, his hopes for expansion of clinical services offered at the Cooper Clinic have been realized as well. Since taking the helm as CEO, Dr. Mitchell has led efforts to expand Cooper Clinic services. These include advanced cardiovascular imaging (CT angiography), state-of-the-art gastroenterology and dermatology divisions, a transition to an electronic medical records system, and implementation of a program for adult stem cell storage.

He also has been involved with developing public policy at both the national and state levels. He served as an advisor to President George W. Bush regarding health and fitness as a member of the President's Council for Physical Fitness and Sports from 2002-2008. He was a founding member of the American College of Sports Medicine's "Exercise in Medicine" initiative (which is now also being launched internationally) and served as a member of the Board of Trustees for the American College of Sports Medicine from 2007 -2008. He advised state policy makers on matters relating to the health of Texas seniors from 1998 until 2002 as a member of the Texas Board of Aging.

Dr. Mitchell has participated in a significant amount of television and radio work. He was a frequent guest on the nationally syndicated "Healthy Living" Radio program from the Cooper Aerobics Center. He has given numerous local, regional and national news interviews on topics of health, including many of the nation's powerful media outlets. He has been utilized as a health and fitness expert for such groups as the Boy Scouts of America, ABC news, *The Wall Street Journal*, and WebMD. He was featured on The History Channel's production of "Our Generation: The History of the Exercise Movement" as well as Dr. Sanjay Gupta's CNN special on "Presidential Health" (2008).

Dr. Mitchell's home life is as busy as his work life. His wife, Dr. Janet Tornelli-Mitchell, is also a physician at The Cooper Clinic. The couple met while in medical school, and have been working together ever since that time. They have 3 children who, like their parents, make physical activity a part of the daily routine. When not busy with work or home responsibilities, the Mitchells can generally be found at their ranch just outside of Dallas.