



Your Personal Challenge in 2006

Making a Move Toward a More Balanced, Active Lifestyle

new

asian salad

McDonald's wishes to thank you for visiting today with one of our **balanced, active lifestyle ambassadors** (please also see the Ambassador's fact sheet).

Now that you've been introduced to **the next generation of the Go Active!™ Happy Meal® for Adults**, we want to challenge you to try each of the four new exclusive McDonald's 15-minute workout **DVDs enclosed from Yourself!Fitness™**. Customers will receive a new DVD each week between April 25 and May 22, offered in sequence in participating restaurants while supplies last, with every purchase of a Premium Salad and bottled water or soft drink.

So before they go public, go ahead and take the **Your Personal Challenge in 2006** by exercising with your choice of one of the four Yourself!Fitness™ DVDs each day this month.

Here are a few tips from Bob Greene and Dr. Dean Ornish to help keep you balanced and active in '06.



Bob Greene, Balanced, Active Lifestyles Ambassador

I truly believe that getting in shape, physically and emotionally, is critical to achieving success in all areas of your life. Keep my

Four Cornerstones for Success in mind:

- Start with **honesty** about your strengths, weaknesses and challenges
- Take **responsibility** for your choices
- Make a **commitment** to yourself to change
- Use your **inner strength** to help you succeed

Ready for a more balanced, active lifestyle? You'll love the difference it makes!



Dean Ornish, M.D., Balanced, Active Ambassador

In my research, I have found that **coronary heart disease may be prevented or reversed** in most people by making comprehensive lifestyle changes.

Emotional stress plays an important role in just about all illnesses. Thus, **stress management** is an important part of what I recommend. Some useful techniques include:

- Yoga-based stretching techniques
- Slow, deep breathing
- Meditation and imagery
- Support groups

Try to balance the energy you put in, with the energy your body uses up.

