

SIGN UP. REV UP. GET YOUR BODY MOVING!

Ladies and gentlemen, start your engines. Participate in the Body Overhaul Challenge and make 2009 the year you stick with your weight loss resolutions. It's easy to join:

- Get your crew together, including yourself and two co-workers. Don't worry if you can't find teammates — sign up individually and we'll find them for you.
- Look for the online signup link included in the Body Overhaul launch e-mail, or visit "Employee Links" on the Vital Lives Web site.
- Register between Jan. 12 – 21 and receive a *Men's Health*® or *Women's Health*® Workout DVD — our gift to you, just for participating!
- Exercise for 12 weeks, win prizes and enjoy a healthier outlook on life.



Need an extra boost?

Check out the Wellness Coaching Program. As a Navistar employee, you have access to the Vital Lives weight management Wellness Coaching Program. When you participate, you'll be paired with a coach who can work one-to-one with you to make realistic goals, measure your progress and celebrate your successes. The best part? It's provided at no additional cost to you. Call 800-478-1057 to get started now.

Mark your calendar!

Kick-off meeting January 21, 11–11:45 a.m. in the Main Conference Room — no registration required.

Body Overhaul Challenge questions?

Contact Melisa Jurca at 630-753-2929 or Melisa.Jurca@navistar.com.



**BODY OVERHAUL
CHALLENGE 2009**