

Title:

The McWorkout

Word Count:

419

Summary:

Another insightful article from Anna Fleet, exploring McDonald's recent efforts to encourage t

Keywords:

food pyramid, fitness, workout

Article Body:

McDonalds, the most notorious proprietor of French fries, fried burgers and fried, well, just

Ever since the film grossed over \$28,548,087 worldwide, the red-haired clown has had a gaping t

I was really glad to hear about McDonald's new offering, the new Go Active Happy Meal for Adult

The Go Active Happy Meal for Adults, will be available for PlayStation 2, Xbox and PCs startin

California Cobb Salad (with grilled or crispy chicken) ~ features plump grape tomatoes, carrot

Caesar Salad (with grilled or crispy chicken) ~ enjoy bust-in-your-mouth grape tomatoes, parme

Bacon Ranch Salad (with grilled or crispy chicken) ~ a m el e of fresh mixed greens, shaved car

Each 15-minute Yourself Fitness DVD features Maya, a virtual personal trainer, who leads viewe

- Relaxing Yoga
- Calorie-Shedding Cardio
- Toning Resistance Training
- Ab-Defining Core Training

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