



Keep Those Weight Management Resolutions with Yoplait

Happy New Year!

Resolve to create a slimmer, healthier you. And with Yoplait®, you can have your cake and eat it too:

Yoplait® sets you up for success with **two indulgent new light flavors** plus **resolution tips and tricks** to keep you right on track.

- ? **Did you know** that a typical slice of Boston Cream Pie, Pineapple Upside-Down Cake or Raspberry Cheesecake weighs in at *300 calories plus*? Treat yourself to the same flavor of 100-calorie Yoplait Light® for dessert and you could *save over 200 calories* each occasion, which can add up over the year and help you shed pounds.

Outsmart Temptation

Outsmart temptation in 2010 with Yoplait®'s light and tasty new arrivals, two delicious additions to our wide variety of scrumptious light flavors. Both boast just **100 calories** – that's **1/3 fewer calories than the leading yogurt**.



Red Velvet Cake

Yoplait Light®'s decadent new temptress. Indulge your chocolate cravings with the rich, dreamy taste of red velvet cake in this totally guilt-free snack.



Blueberry Pie



January 2010

Fast Fact

Women who regularly eat yogurt, such as Yoplait Light®, have smaller waists than those who don't.

Save \$1.00
ON 8*

CLICK HERE
FOR YOUR
COUPON



Yoplait Light® Thick & Creamy's smooth new sweet-treat solution. **Savor the fresh deliciousness of home-baked blueberry pie packed into one low-calorie, nutrient-rich cup.**



Stretches, Tips & More: Yoplait®'s Secrets to Weight Management Success

Resolution Revamp ✨

Replace vague long-term goals with concrete, manageable daily or weekly actions. It's never too late. "Lose weight" becomes "exercise for half an hour each weekday."

Simple Stretch ✨

Start your day with energizing stretches, such as Cat-Cow. Start out on all fours, spine straight, with hands and knees directly under shoulders and hips. Slowly tuck your tailbone underneath you while curling your chin into your chest. Next, press your lower back toward the floor while tipping your head toward your rear. Repeat several times.

Smart Strategy ✨

Head off temptation. Say the office candy jar is your weakness. Beat it by filling your desk drawer or the communal fridge with healthy yet equally enticing alternatives. Yoplait Light®'s sweet 100-calorie indulgences, such as Strawberry Shortcake and Key Lime Pie, should do the trick. Stock up on your favorite flavors with [this coupon](#).



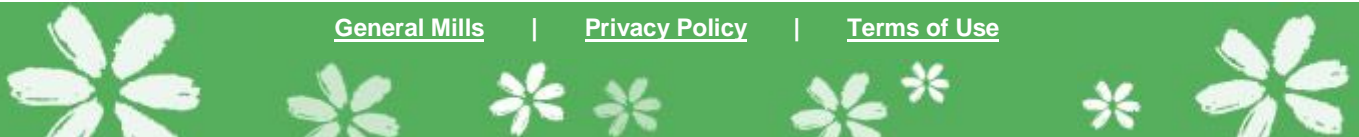
*Here's to creating your very own happy, healthy 2010,
Your friends at Yoplait*



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