



Navistar, Inc.
4201 Winfield Road
Warrenville, IL 60555 USA

P : 630-753-2300
W : www.navistar.com

Gregory W. Elliott
Senior Vice President
Human Resources and
Administration

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Dear Navistar WHQ Employees,

Now that Truckin' Across North America (TANA) is in full swing, I want to once again encourage each of you to participate. One of the best ways you can do this is by carving out time—*at any time*— to take advantage of the world-class facilities we have here at Navistar's headquarters.

In addition to being able to work up a sweat on our basketball and volleyball courts or take a walk around our grounds, all of us have 24/7 access to a great fitness center here at WHQ. Equipped with everything you need to get in a good workout—cardio machines, showers, towels, lockers, weights and more—the fitness center can be a great tool to add to your personal wellness kit.

Please remember that all of the fitness opportunities at WHQ are available not only before or after work or during your lunch break, but whenever you choose to reasonably schedule them into your day.

So, get truckin' and get healthy! Set up a daily meeting with yourself to take a jog or lift weights—whatever it takes—and know that I trust your judgment to balance your fitness and career obligations.

Greg Elliott