Example low resolution .swf video in PDF..

Steps to create multimedia PDF..

1. Drag your video (or audio) file into your Word document.
2. Resize the object by dragging one of the corners to your desired size
3. Launch PDF Printer
4. Optionally set a Poster to display when the audio or video is not playing
5. Optionally set some actions (eg: play on mouse click)
6. Click ‘OK’ to create your new PDF ☺

ps: PDF Printer Pro comes with 18 poster images plus Photoshop sources (for customisation) included for free.