

Instructions for Viewing the 2008 NHD*Plus* Workshop Movie Files

1. In order to view the 2008 NHD*Plus* Workshop Movie files, you will need: QuickTime 7.4 installed on your computer. You can download the QuickTime player for either PC or Mac for free at:

<http://www.apple.com/quicktime/download/>

IMPORTANT NOTE: After installing the software, you MUST restart your computer.

2. Upon opening the file (movie), the video image may be larger than your screen size (depending upon your resolution and the size of your computer screen.) For reasonable viewing results, the files have been sized for 1024 x 768.

If the “movie” size is too large, hit:

-Control 3 on the PC

-Command 3 on the Mac

This will size it for ‘Fit to Screen’.

Or, use the QuickTime Menu bar, select View; ‘Fit to Screen’.

For optimal viewing resolution, set your Display screen resolution to 1280 x 1024 and use the QuickTime Menu bar, select View; ‘Normal’.

3. If you want to play the movie in ‘Full Screen’ mode, you must have QuickTime Pro. The cost is \$29.99 and can be downloaded or upgraded at:
<http://www.apple.com/quicktime/download/>