

Instructions for the Let's Get Active NC Video

Thank you for using the Let's Get Active NC video! If you would, please take a moment to read over the following instructions to get the best performance from the video. Also, if you would please let us know how you are using the video by emailing Carina Soriano at csoriano@centralina.org.

- Download the video and save it to your computer or flash drive.
- Make sure you have speakers for the sound in addition to the screen, computer, and projector. Also make sure the speakers are on and the computer's sound is not on mute.
- The "video" is actually a PowerPoint presentation set to music. You will open it in PowerPoint and go to the Slide Show tab and click From Beginning to start the video.
- The video will proceed with different pictures, music, and activities to perform. You will want to practice these activities before you are leading them in front of the group and if you can see the computer screen while performing the activities that helps so you aren't looking over your shoulder.
- When you use the video please encourage everyone to stand and participate as much as they are able. Let them know it's a short video that will help them wake up and focus on the meeting etc. Also, please explain that it was put together by the Centralina Health Solutions Center with funding from the American Planning Association's Plan4Health initiative and more information will be available at the conclusion of the video.
- The music will end on the last slide which you should leave up for a while in case people want to copy down the information on the initiative. Hit the Esc key to end the PowerPoint.