

## Adventure To Fitness

Suggestions for best quality of video from Adventure To Fitness

- Infrastructure of school will play a role in how well this website works. As with any technology, there are schools where site will not work.
- It is recommended that the video be downloaded early in the morning on the day you intend to use it. There are 42 states currently registered and the advantage seems to be 8:00am or before.
- Download when computer is hard-wired (Ethernet) , wireless may cause problems.
- Once you click on the video, wait for the download to start and click again to stop live streaming this allows the download to complete to your computer before playing. Place the site on the desktop without closing out of the browser. You may go back anytime and have the adventure as long as the site was not closed.
- If quality appears pixilated or streams poorly when starting download, wait and try another time.
- CPU speed of computer will be determined by website and one of three types of video will be chosen for your computer.
- If there is still an issue with quality, clear web browser cached before connecting.
- PDF guides may be saved to desktop and are printable
- Videos are streamed directly from the website and cannot be saved.
- Website address will be changing in the future. You will be redirected when this happens and notified by ListServ.
- Adventures will be available for one month after being introduced. There is an archived section on the website.

Contact Mary Weikle, [mweikle@access.k12.wv.us](mailto:mweikle@access.k12.wv.us) if you have questions.