



**Streaming Video Programs
Access Instructions and User Tips
IF YOU HAVE ANY TROUBLE PLEASE READ THIS CAREFULLY**

Minimum System Requirements:

These videos are available **ONLY** via online streaming from our website. You may not download these videos, but they are viewable on computers, tablets or smart phones. To ensure good streaming, your hardware and internet connections need to meet certain minimum requirements.

If you have an internet connection with a speed slower than 1Mbps, buffering and drop-outs will occur. You may also have problems if you are viewing during prime time when your neighbors (or other household members) could be using a lot of bandwidth, and that can drag down your internet speed below the acceptable level. The only answer to this is simply to try another time.

A clean running Windows or Mac computer that is four or five years old should be able to play the videos ok. But a virus-ridden brand new computer will have nothing but grief. So, assuming the system is not infected, **a computer that is more than four or five years old will definitely have the potential for issues.**

The other variable is whether the computer has a good graphics card, a slow graphics card, or built in graphics, which on older machines can again be problematic. If the speed of your processor can not keep up, the videos may stop playing or have other odd behavior. **Likewise, if you have a very old smart phone or a first generation iPad or tablet, you may have problems due to the old, slower hardware.**

**IF YOU HAVE TROUBLE ACCESSING YOUR CONTENT,
Scroll to page 3 and read the section: "What to do if you have problems"**

How to Access Your Content:

When you purchase the product, you will receive an email with your login credentials and an auto login link. **IF YOU DID NOT SEE THIS EMAIL, CHECK YOUR SPAM FOLDER. We will automatically send your login credentials a second time, 2 days after your purchase.** If you want to access your content from a mobile device, forward the email to that device and then click the direct LOGIN link so you do not have to type in the username and PW. This is the information you are looking for in that email. Click the blue link and you should be logged in automatically.

YOUR ACCESS INFORMATION:

If you click link below, you should be automatically logged into the members content area.

[Click Here to Access your Product.](#)

Your Login Credentials are:

Username: @gmail.com

Password: 

If you don't use the auto-login link, then you Login to Access your Content at this URL:

<http://www.anatbanielmethod.com/members/>

If you did not click the Auto Login Link or if that did not work for you, you will see the login box for members where you can enter your username and assigned password.

ONCE YOU ARE SUCCESSFULLY LOGGED IN, YOU WILL LOOK IN THE MEMBERS AREA AND SEE A WELCOME MESSAGE.

Below that will be links to Access the products you have purchased. If you have not purchased a specific product, then you might see a link to go learn about that product.

How To View Your Content:

First, read the text on the product page for important instructions. Each program consists of several videos which are presented in order. To view a particular program, Click the + sign or program name to expand that section:

- + NeuroMovement for Whole Body Fitness CLICK TO VIEW THIS PROGRAM
- + NeuroMovement for Better Balance
- + NeuroMovement for Healthy Dynamic Sitting
- + NeuroMovement for Better Breathing

Watching the Videos

When you expand a section, you will see the video player buttons. When you click a button, that will open the video player in a pop up layer. When you are done, click the X, or just click anywhere outside the player to close it. The exercises should be done in the order presented because they build upon each other. After you do the entire program, you could then come back and pick and choose certain videos to do again, if you want. But the best results happen when they are done in order.

The NeuroMovement for Whole Body fitness Lessons:

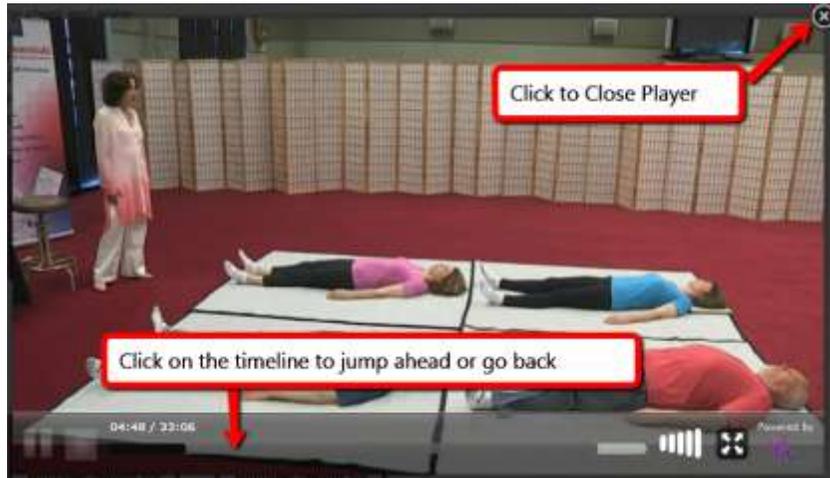
- Lesson 1: On Back Folding chest and spine
- Lesson 2: On Side Moving Arms and Legs
- Lesson 3: On back - Your Pelvis
- Lesson 4: On Belly - twisting to sitting
- Lesson 5: Side sitting - Head/Hip Connection
- Lesson 6: Whole Body Integration into easy swift movement

Watch all videos in the order presented for best results



Understanding the Video Timeline:

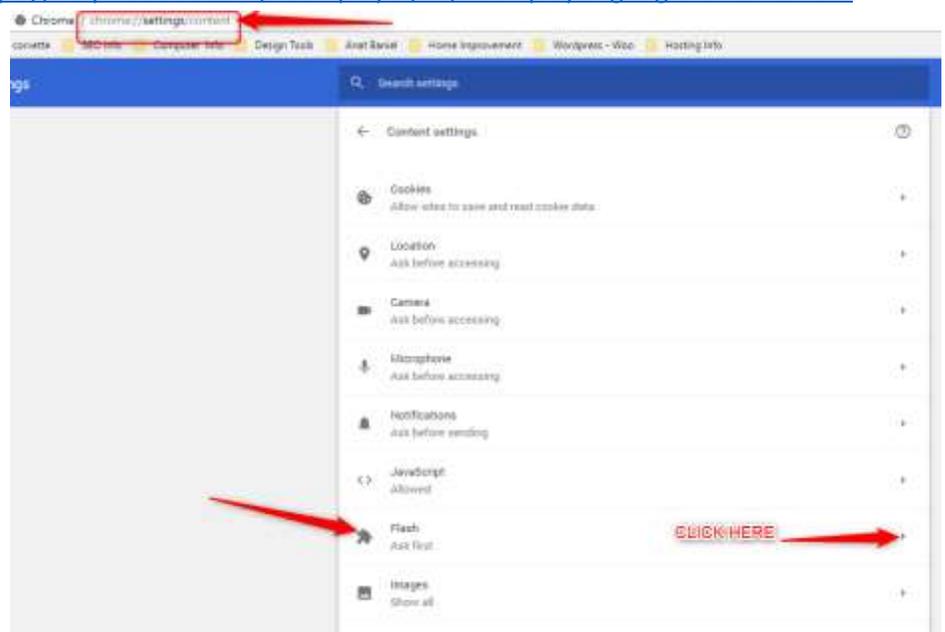
Once you begin to play a video, you may have to wait a little while for the files to download, especially on mobile devices. Once the video is playing, you can jump to any point in the video, (forwards or backwards), simply by dragging the timeline indicator or (depending on the device) clicking on the timeline.



WHAT TO DO IF YOU HAVE PROBLEMS

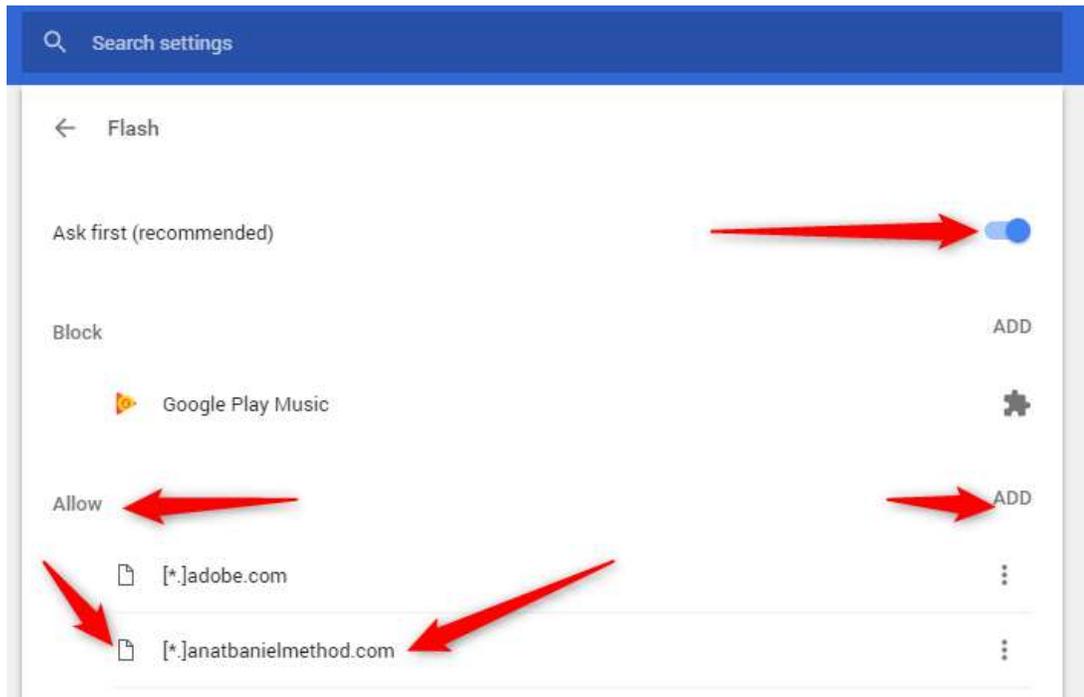
- **Try a different Browser:** Chrome and Firefox are generally the best browsers to use. Internet Explorer and Safari are the worst. If you have trouble, try using a different browser. Chrome is generally the best choice.
- **If viewing on a Computer, Make Sure that you have the latest version of the FLASH Video player installed.** Flash is a free program from Adobe and most browsers block content if you don't have the latest version. Go to <https://get.adobe.com/flashplayer/> to get the latest version. PLEASE NOTE that the Chrome Browser has an integrated version of the Flash Player built in which should update automatically. More info about that can be found here: <https://helpx.adobe.com/flash-player/kb/flash-player-google-chrome.html>
- **If you are using the Chrome Browser, configure it allow Flash Video on the ABM Site as follows:**

- In the Address bar of Chrome, type this:



chrome://settings/content

- Scroll down that settings page to see the section about FLASH:
- Click the little arrow in the Flash section to see the options available, click on the ADD link across from the ALLOW section and add the following: `[*].janatbanielmethod.com`



- **Visit this Adobe help page to confirm that the Flash Player is properly working on your computer:** <https://helpx.adobe.com/flash-player.html> (Scroll down to their step 5 and if you see clouds moving in the sky above the little tree, then it is working. If it is not, follow their steps on that page to get it working.) **YOU MUST HAVE FLASH VIDEO PLAYER WORKING TO VIEW THE VIDEOS.**
- **If you are able to login to the members dashboard and go to content pages, but the videos won't play, Clear the Cache and Cookies on your Browser. Then Reboot your Computer.** Here is how to clear the cache on chrome: <https://support.google.com/accounts/answer/32050?hl=en>
- **Check Your Internet Connection Speed:** The free website www.speedtest.net will tell you your upload and download speed of your connection. If you get a value under 1Mbps, you will have trouble, and the only answer is to watch on a faster connection. Remember to test the speed when you are having the problem as your internet speed can vary widely depending on how many other customers share your internet service node.
- **Watch on a Tablet or Smart Phone:** If you have an iPad, android tablet or iOS or Android smart phone, you may have better results watching on those if you have an old computer.
WARNING: Watching video consumes a lot of bandwidth, so make sure your mobile device is on a wifi connection to avoid large data charges from your cellular company.
- **Make Sure Your Computer is Not Infected with Malware:** Some good free spyware checkers include www.superantispyware.com and www.malwarebytes.org

We hope these guidelines help you have a smooth viewing experience.

**IF YOU STILL HAVE TROUBLE ACCESSING YOUR CONTENT,
EMAIL support@anatbanielmethod.com for more assistance.**