



Streaming Video Programs

Access Instructions and User Tips

IF YOU HAVE ANY TROUBLE PLEASE READ THIS CAREFULLY

How to Access Your Content:

When you purchase the product, you will receive an email with your login credentials and the login URL. **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.

You Login to Access your Content at this URL:

<http://www.anatbanielmethod.com/members/member-login/>

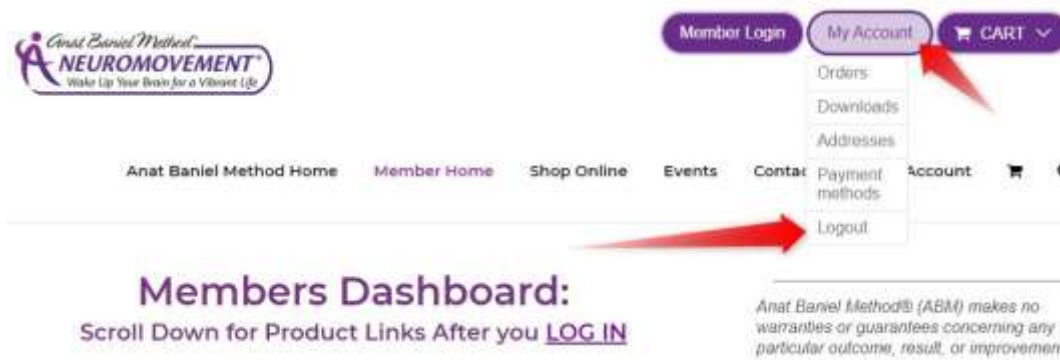
Your Username is the email address you used when you registered or purchased.

(Always use the same email address to avoid creating duplicate accounts.)

ONCE YOU ARE SUCCESSFULLY LOGGED IN, YOU SHOULD BE AUTOMATICALLY REDIRECTED TO THE MEMBER HOME PAGE. If you still see the MY ACCOUNT page which shows links for Orders, Downloads, etc, then **CLICK the MEMBER HOME link** in the Main Navigation Bar at the top of the page.

IF YOU HAVE TROUBLE ACCESSING YOUR CONTENT:

Our system only checks to see what products you have access to when you first Log In. So, **if you are not seeing a new product in your Member Home page, you need to LOG OUT, and then Log Back In.** The Log Out Link is in the drop down menu under the MY ACCOUNT button at the top right corner of the page.



[CLICK HERE to see a short video on how to log out, log back in and use an incognito window.](#)

<https://youtu.be/p0qKoXLDZcE>

WHAT TO DO IF YOU HAVE STILL PROBLEMS AFTER WATCHING THE VIDEO ABOVE

- **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 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.superantispymware.com and www.malwarebytes.org

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

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:**

A list of four programs, each with a purple plus sign icon to its left. The first item, "NeuroMovement for Whole Body Fitness", is highlighted with a red rectangular box. A red arrow points from this box to the plus sign icon. The other items are "NeuroMovement for Better Balance", "NeuroMovement for Healthy Dynamic Sitting", and "NeuroMovement for Better Breathing".

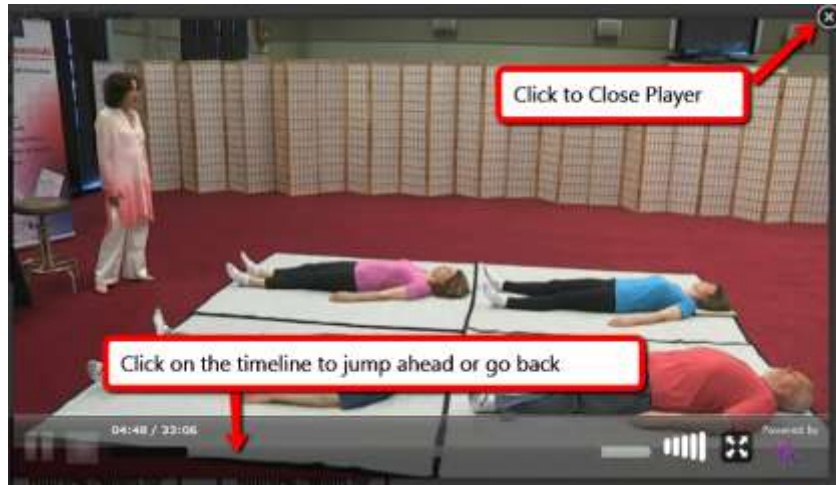
Watching the Videos

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.

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.





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. **Likewise, if you have a very old computer, smart phone or a first generation iPad or tablet, you may have problems due to the old, slower hardware.**

IF YOU STILL HAVE TROUBLE ACCESSING YOUR CONTENT,

Fill out the support request at

<https://www.anatbanielmethod.com/support>