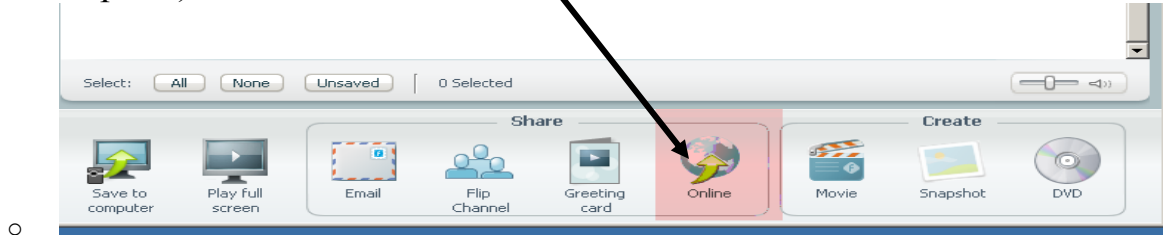
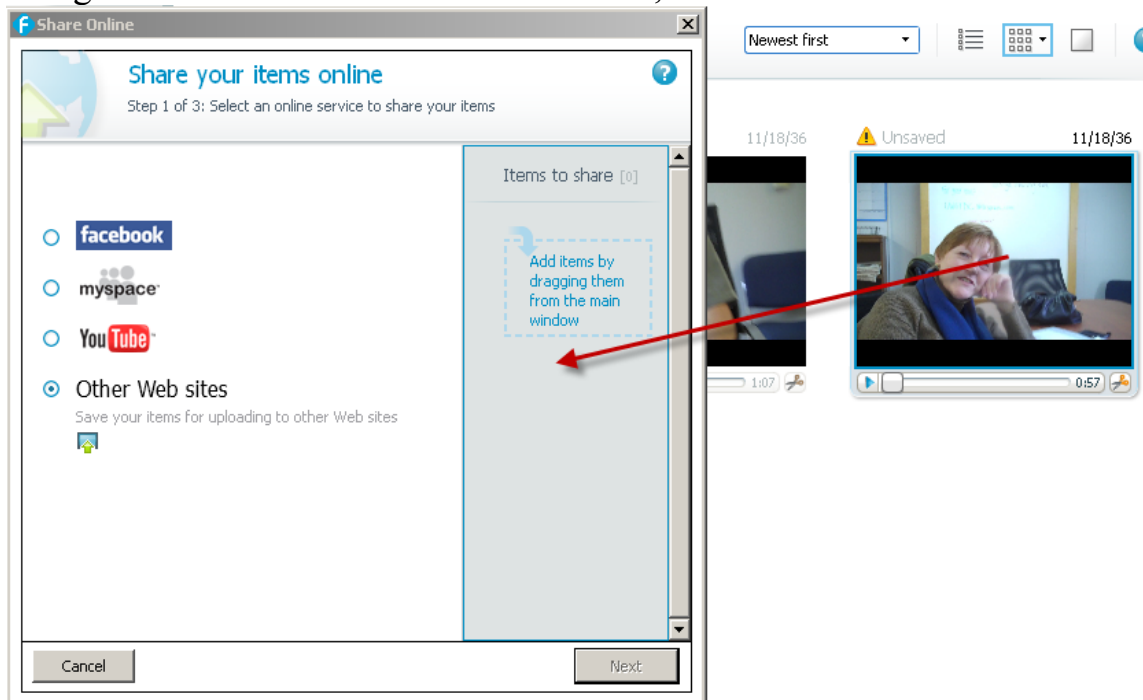


# Compressing Your Flip Videos

1. In the Flip-video program, choose "Online" (after inserting your camera in your computer)



2. Next window- choose "Other Web Sites"
3. "Drag" the desired video over to this screen, click "Next"



4. Click "Other" once again and click "Next"
5. Click "Go"
6. This will create a folder on your computer called "Items for uploading \*\*date\*\*" on your desktop
7. The video inside this folder will be much smaller than the original- for example, your video was around 60mb before- but 11mb after
8. You can then upload this video to VAT, HTML server, Blog, etc.