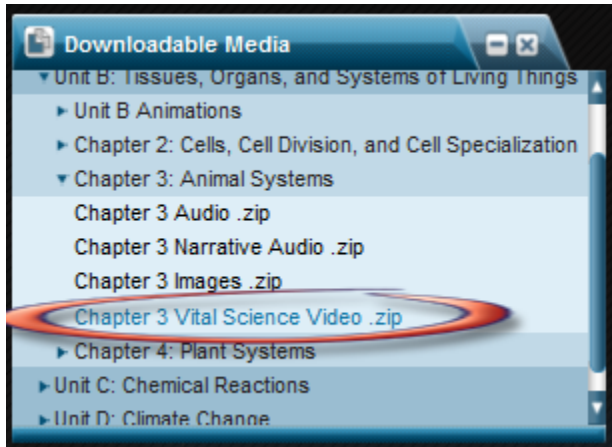


# Downloading and Playing *myNelson* Media Files

## *Instructions for Windows OS*

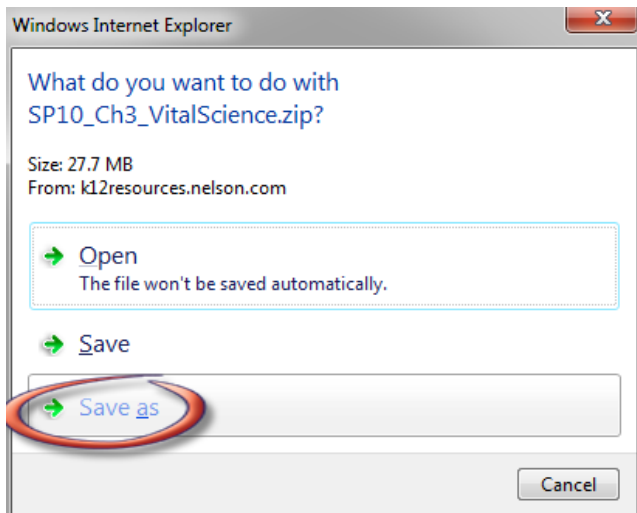
The instructions below are for downloading and playing audio and video files from the Downloadable Media zipped folders. We will use *Vital Science Video .zip* as an example.

1. Select a media file that you would like to download to your desktop. In this case, we have selected Chapter 3 Vital Science Video.zip to download.

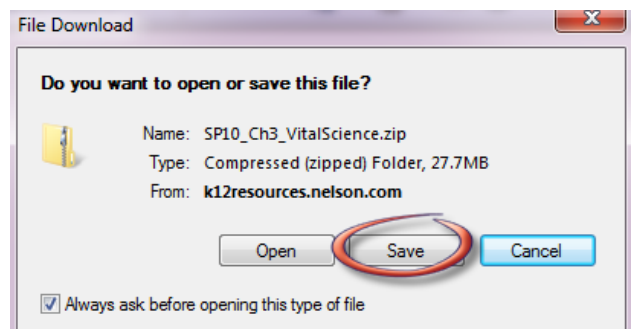


2. Save the downloadable media zipped folder onto your desktop:

For Internet Explorer 9: Select "Save As"



For Internet Explorer 8: Select "Save"

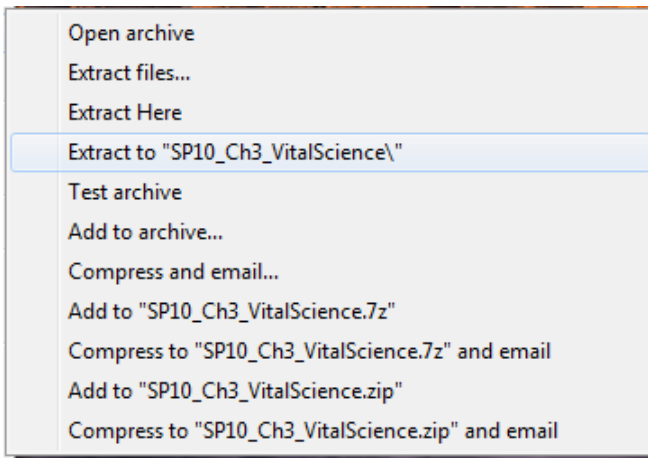


3. Locate the zipped media file that was downloaded or saved onto your desktop.

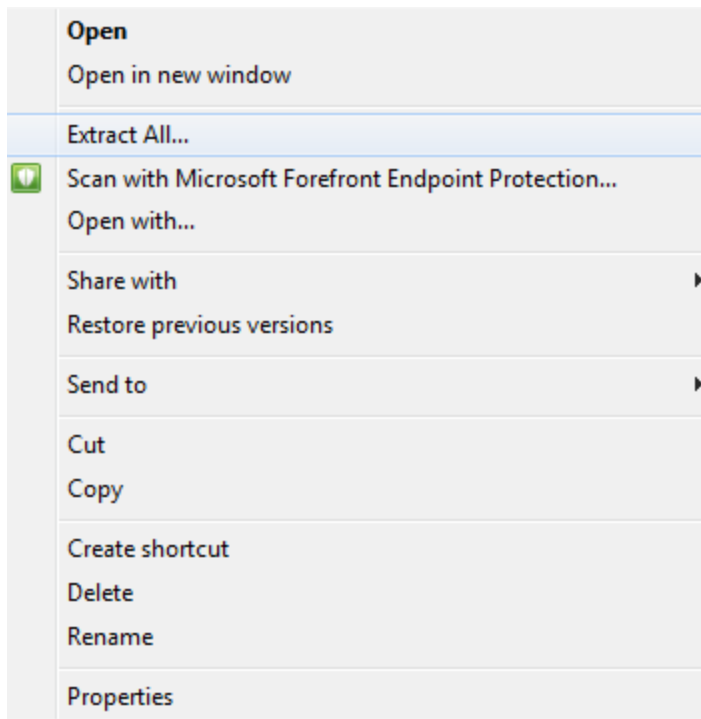


4. Right click on the zipped folder to extract the media files.

For Internet Explorer 9: Select “Extract files” or “Extract to <name of zipped folder>” to unzip the media files.



For Internet Explorer 8: Select “Extract All”



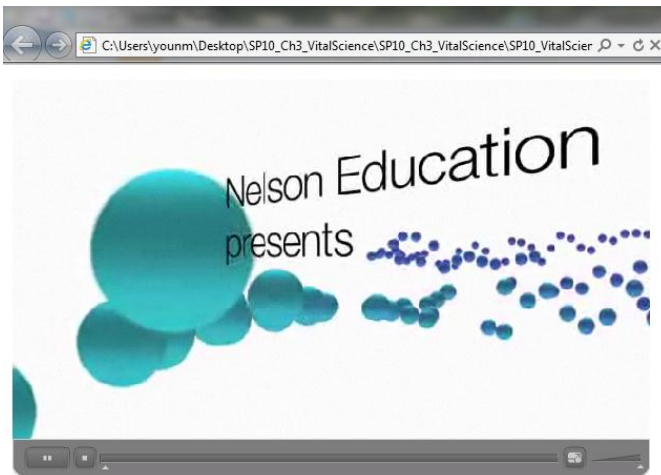
5. After extracting the files, open the folder SP10\_Ch3\_VitalScience.

Name	Date modified	Type	Size
_MACOSX	5/17/2010 9:20 AM	File folder	
SP10_Ch3_VitalScience	1/20/2012 3:54 PM	File folder	

6. Double-click on the HTML files in the folder or ones with the '.html' extension to play the videos. The other files in the folder are used by the HTML file to play the video or audio.

Name	Date modified	Type	Size
.DS_Store	5/17/2010 9:20 AM	DS_STORE File	7 KB
SP10_VitalScience_B3	5/17/2010 9:19 AM	HTML Document	10 KB
SP10_VitalScience_B3	5/17/2010 9:19 AM	Shockwave Flash ...	59 KB
SP10_VitalScience_B2	5/17/2010 9:19 AM	HTML Document	10 KB
SP10_VitalScience_B2	5/17/2010 9:19 AM	Shockwave Flash ...	59 KB
SP10_VitalScience_B1	5/17/2010 9:18 AM	HTML Document	10 KB
SP10_VitalScience_B1	5/17/2010 9:18 AM	Shockwave Flash ...	59 KB
SP10_VitalScience_B2.flv	1/27/2010 6:28 PM	FLV File	10,799 KB
SP10_VitalScience_B3.flv	1/27/2010 6:21 PM	FLV File	9,898 KB
SP10_VitalScience_B1.flv	1/27/2010 5:18 PM	FLV File	9,250 KB
SkinUnderPlayStopSeekFullVol	6/5/2009 1:35 AM	Shockwave Flash ...	7 KB

7. Depending on the version of the browser or flash player you have installed in your system, you might be prompted to download the latest version of flash or allow your browser to run scripts or Active controls. If the latter happens, please accept to run scripts or active controls. When prompted for the latest version of Adobe Flash Player, you can download it here: <http://get.adobe.com/flashplayer/>.
8. Congratulations – you should now be able to view or play the video!



For more questions on downloading media files,  
or if you are using a different web browser, contact:

**Nelson Technical Support**

[techsupport@nelson.com](mailto:techsupport@nelson.com)

1-888-632-9512, Option 2