

READ ME!

This file contains late breaking news about the Mayo Clinic Sports Health and Fitness disk for Windows.

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## **Hardware and Software Requirements**

A personal computer using a 486 25 MHz or better  
4 MB of RAM  
7 MB or more permanent swap space  
Microsoft Windows 3.1 or higher  
Double speed CD-ROM drive  
256 color VGA card or better (640 x 480 mode) with OM-1 MPEG acceleration  
16 bit Sound card  
Hard Disk  
Mouse

### Screen Resolution

Sports Health and Fitness requires a minimum setting of 640 x 480 x 8 bit (256 color) screen resolution. The program will not operate properly in lower screen resolutions and is optimized for playback at 640 x 480.

### CD-ROM Drive

For best performance, a double speed CD-ROM drive is recommended. The program will run using a single speed drive, but the result will be a slower run time and lower quality.

### Sound Card

Sports Health and Fitness requires Windows compatible sound cards.

### Set-Up Instructions

- Start Windows, if it is not already running.
- Insert the Sports Health and Fitness CD into the CD-ROM

drive.

- In your Program Manager, click on FILE, then choose RUN.
- In the command line, type D:\SETUP and press ENTER. (If necessary, replace D with the letter that represents your CD-ROM drive.)

The Sports Health and Fitness set-up program creates an IVI Publishing program group and a Sports Health and Fitness icon for running the program.

To Run Sports Health and Fitness

Make sure the Sports Health and Fitness CD is in your CD-ROM drive.

Double-click on the Sports Health and Fitness icon to run the program.

## **NAVIGATION**

### **Inside Sports Health and Fitness**

There are three different sections to use Sports Health and Fitness. The "Reference" mode lets you read about sports, health, and fitness. The "Survey" walks you through the Mayo Clinic fitness test. The "Journal" mode allows you to review your fitness test results and record your progress.

### **Troubleshooting**

Sports Health and Fitness won't install or run properly. Make sure that your computer meets the minimum system requirements. Also, make sure you have at least 8MB of RAM and that your hard disk has at least 8MB of free space.

Sports Health and Fitness does not display properly. Make sure you have a VGA card capable of running in 640 x 480 mode with 256 colors. Also, make sure that you have the proper display driver for that mode installed.

Sound and video are not synchronized properly. Make sure you are running Sports Health and Fitness on a 486, 25 MHz or better IBM compatible computer with at least 8MB of RAM. Also, make sure that you do not have any other programs running under Windows while you are running the Sports Health and Fitness program. If the problem persists, re-install Video For Windows.

Sports Health and Fitness is unable to load your user log. Make sure that the file "IVIPUB.INI" (found in your \WINDOWS directory) contains the following lines:

```
[SPHF]
user_path= <any valid drive path>
```

Example:

[SPHF]  
user\_path=C:\IV\SPHF\

For Customer Support, Please Call:  
1-800-754-1484