Shortcuts for resizing movies

ragging a movie's Size Box allows you to show the movie at any size and shape.

To preserve the movie's normal shape while you resize it:

Keep Movie Shape: Shift-Drag Size Box

You'll find that movies may play slower when you have resized them. Sizes that are even multiples of the movie's normal size will play better. You may choose to resize to half, three-quarters, normal, or double size:

Find Best Sizes: Option-Drag Size Box