

## How to Zoom

- You will be invited to the Zoom Exercise session via a URL link, it will automatically prompt to download the app when you click on the URL link
- You do not need an account just the zoom 'Meeting ID' which will be provided ahead of time to you

## Using a PC

- Visit <https://zoom.us/>
- Click 'Join A Meeting'
- Enter 'Meeting ID' and Password (These will be provided ahead of time to you)
- Enter preferred name (This will be visible to all users)
- Choose 'Computer Audio'
- Click Microphone icon at lower left corner to mute
- Click 'Start Video' icon at lower left corner to stop/start video sharing of yourself

## Video Resource Setup for PC

<https://www.youtube.com/watch?v=kh50kVaIdAY>

## Using a Phone

- You will be invited to the Zoom Exercise session via a URL link, it will automatically prompt to download the app when you click on the URL link
- Please Download the App
- Click 'Join A Meeting'
- Enter 'Meeting ID' and Password (These will be provided ahead of time to you)
- Enter preferred name (This will be visible to all users)
- Choose 'Call using Internet Audio'
- Click Microphone icon at lower left corner to mute
- Click 'Start Video' icon at lower left corner to stop/start video sharing of yourself

## Video Resource Setup for iPhone and Androids

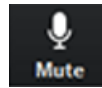
<https://www.youtube.com/watch?v=GEQLjLYhuJQ>

## Additional Tools to Know



Attendees have access to these features:

**Mute / Unmute:** Mute and unmute your microphone.



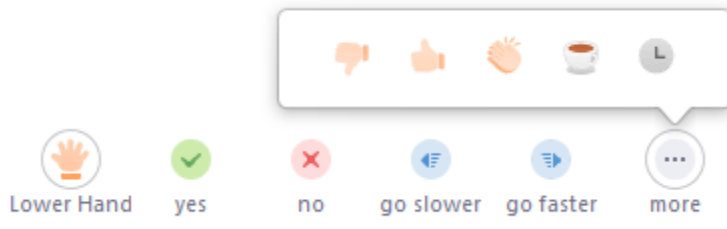
**Start Video / Stop Video:** Turns your camera on or off. (This icon shows the video is stopped)



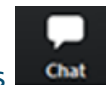
**Participants:** See who's currently in the meeting You can also access to these options:



- **Rename:** Hover over your name and click **Rename** to change your screen name displayed to other participants.
- [Non-verbal feedback](#) icons (if enabled by the host): Places an icon beside your name to quickly notify the host.



**Chat:** Access the chat window to chat with the participants



**Leave Meeting:** Leave the meeting while it continues for the other participants.



## Making an Account

Sign up is free. <https://zoom.us/signup>

If you prefer you can use your Google or Facebook Account information to sign in rather than making a new account

Simply click the link below and follow the prompts

<https://zoom.us/signin>