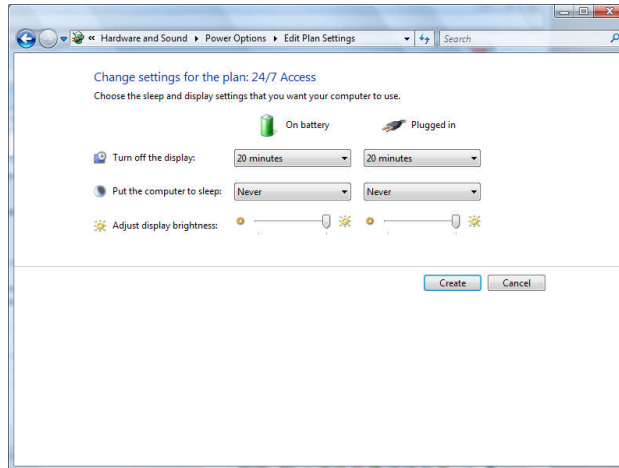


Basic Windows Configurations (Vista)

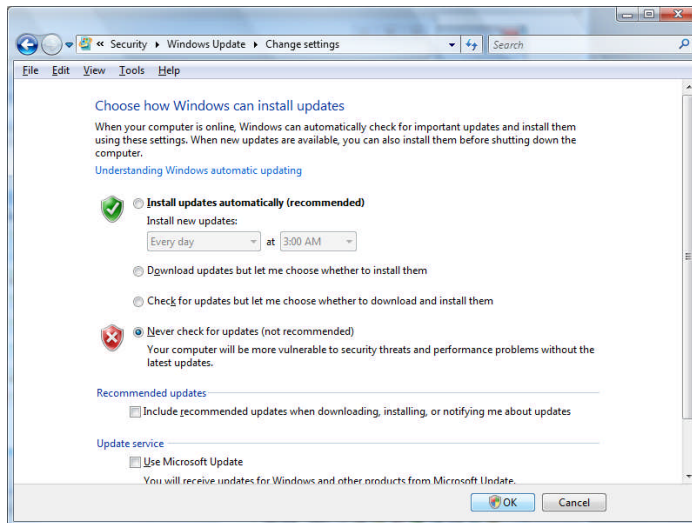
In order to keep the computer that runs your access system running without interruptions, it is necessary to perform a few configurations to Windows. Below you will find a check list of the required configurations.

- Make sure that you set screen savers to *none*.
- Check your *power scheme* - make sure it's set to *always on*, *turn off monitor* can be set to 20 minutes, and *turn off hard disk* must be set to *never*.
- *System standby* should also be set to *never*.



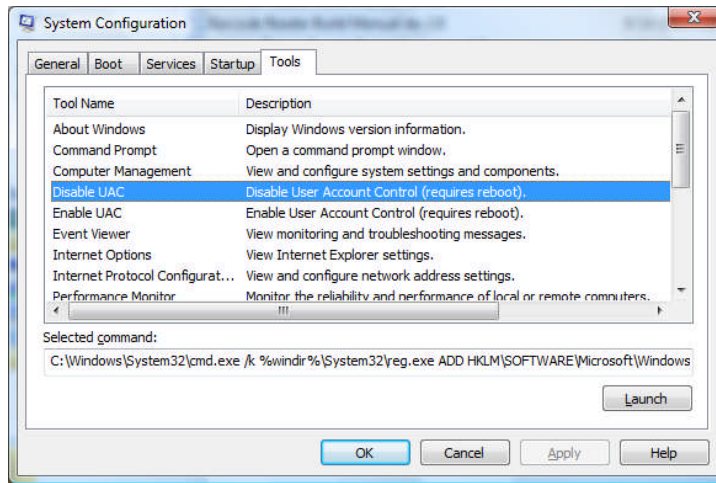
- It is highly recommended that *Automatic Windows Updates* be turned off. Upon disabling Automatic Updates, Windows will display an alert message

"Your computer may be at risk". To disable this alert, open Windows Security Center and under "Change the way windows alerts me", uncheck the Windows Update option.



- Disable "Windows Defender" automatic updates by entering Windows Defender. Under *Tools* select *Options* and uncheck "Automatically scan my computer".
- Misc. software auto updates such as Java and Logitech should also be disabled for more reliable operation of your access system.

- **User Access Control (UAC):** We highly recommend that you stop this service to ensure reliable operation of your access system. You can disable the “UAC” service by launching msconfig from the *Run* prompt found in your *Start* menu. Once the “System configuration utility” has opened, click on the “Tools” tab and scroll to “Disable UAC”, then click Launch. Exit the configuration utility and restart your computer.



- Set your Windows theme to *Classic* view. By doing so, you will be dedicating more of your computer’s resources to the management of your fitness management processes, rather than the system appearance.

Note: In general, we advise *against* using Windows Vista. The most reliable systems use Windows XP Pro as an operating system; however some fitness management software companies now support Vista. Verify that your fitness management software is compatible with Windows Vista before purchasing a Vista PC.