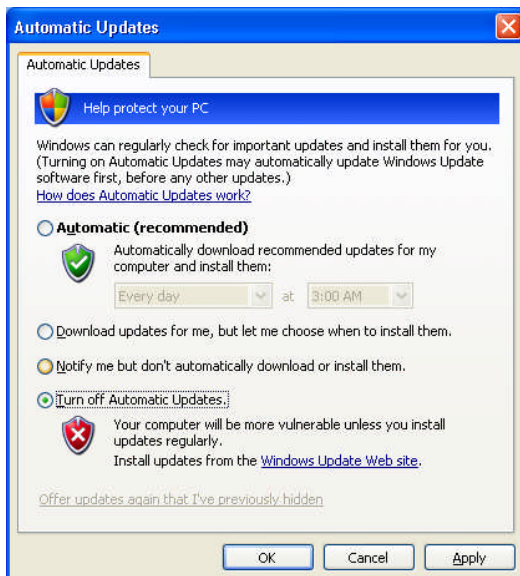
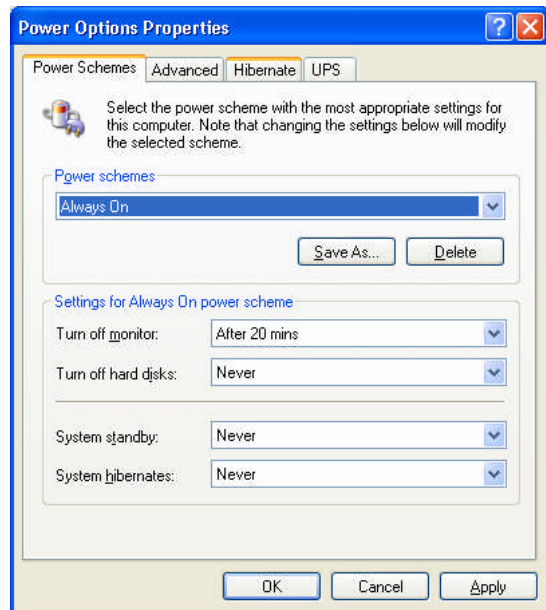


Basic Windows Configurations (XP)

In order to keep your access computer running without interruptions, it is recommended that you perform a several configurations to Windows. Many of these configurations are found in the Control Panel. Below you will find a check list of the recommended 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**, but **turn off hard disk** should 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 the 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.



- Miscellaneous software automatic updates such as Java and Logitech should be disabled for more reliable operation of your access system.

Spectrum Fitness Services recommends against using Windows Vista. We have experienced the most reliably running systems when users use Windows XP Pro as the operating system.