



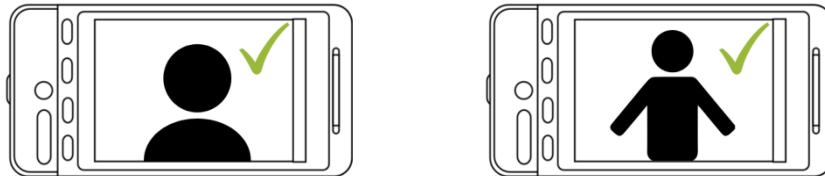
*Supporting scientific research,  
educational resources,  
and community service for the  
massage therapy profession*

## Tips for Shooting Video

- Video should be in landscape (not portrait) orientation- especially when using a cell phone.



- Use a tripod or prop the phone or video camera up on a table or stack of books so that it is held completely still. **Camera should be at eye-level with the subject of the video.** The subject should fill the majority of the frame. The subject should be centered horizontally, with the head in the upper half and eyes above the midline.



- Take a look at the scene you have framed. Remove any unnecessary objects in the background; stacks of paper, garbage bins etc. Any object that does not tell the story you are seeking to portray will distract and should be removed from the frame.
- No light sources should be visible in the frame. Lamps and windows behind your subject will cause them to appear darker. Subject should be lit from the front, with bright lighting behind and to the sides of the camera if possible.
- Make sure the audio recording settings on your recording device are turned on and up all the way. Make sure that audio input holes are not blocked during recording. Turn off all fans, air conditioners, etc.

***Thank you for submitting video to the Massage Therapy Foundation! Your videos provide valuable exposure for your organization and help to demonstrate the real impact of MTF's Community Service Grant program.***