

25 VIDEO CHALLENGE

CELEBRATING OUR ANNIVERSARY



We are celebrating our 25th anniversary in 2024, so it's the perfect time for a video challenge! The ask is simple: gather your team and film yourselves in the shape of the number 25. Small teams can use props if needed. Get creative: dance, groove, and have fun as you complete this challenge. Decorate your space before recording if desired.

Aim to keep your video between **30-60 seconds**. We are accepting submissions from **April 1-May 2, 2024**. These will be featured on social media, so stay tuned for the fun!

HOW TO CREATE YOUR VIDEO

Step 1 - Gather equipment

- Smartphone
- Tripod, if available

Step 2 - Adjust your camera settings

- Record in high-definition video (1920x1080)
- **If you have a Samsung:**
 - Open your camera.
 - Choose the camera you will use: front or rear. Face you camera the direction you choose.
 - Select the settings wheel in the top right
 - Select "video size."
 - Set to FHD 1920x1080. There are two 1920x1080 options. **Do not** select the one that says 60 fps.
- **If you have an iPhone:**
 - Open your settings.
 - Select "camera."
 - Select "record video."
 - Select 1080p HD at 30 fps.

Step 3 - Setup and Record

- Use landscape mode.
 - Make sure your shot is stable. If someone is holding the camera for you, please have them hold the camera as still as possible. Set up a tripod if you have one.
 - Do not zoom in. Instead, move the camera closer if needed.
 - Check your lighting. Make sure your area is fully lit.
 - Check your background. Make sure there are no patients in your shot or any information that could identify another person. This could include photos, documents, or personal information on a computer screen.
 - Record a few test shots. Adjust as needed.
- Then, record your final version!

Step 4 - Submit

- Upload your video via the QR code below or this link: <https://bit.ly/INFvideoupload> (case sensitive).

Questions? Email communications@infinityrehab.com.

