

Aging Mastered Mini Class Submissions

Creating a Mini Class

We are creating mini classes to guide our community to good health and well-being amidst the Covid-19 health crisis. While there is an abundance of information related to Covid-19 already, we are curating content related to all other aspects of healthy living during this pandemic.

Topics may include, but are not limited to:

- Immunity
- Relationships
- Loneliness
- Physical activity and movement
- Supplements
- Nutrition
- Stress
- Anxiety
- Mindfulness
- Sleep
- Inflammation
- Purpose
- Maintaining other aspects of health as it relates to your practice

Mini Class Guidelines

In the intro please **greet the audience and state your name and profession** prior to starting your lesson.

After finishing your last thought, if applicable, please end the lesson with a recap, actionable takeaways, or a summary.

Recording

Computer:

Apple: Please use Photo Booth. You can activate video recording by clicking the film strip icon on the bottom left.

Your shot should be in landscape by default. If the camera seems vertical, please contact us at info@agingmastered.com.

Mobile Phone/Tablet: please turn the device horizontally to activate landscape mode.

Location

In any setting that is well-lit and appropriate for your message.

Ensure there is no background noise and sufficient lighting.

Positioning

If applicable, please have some distance between the camera and yourself. Preferably enough room to see the mid abdomen area and up.

Please position the top of the camera frame just above the top of the head.

Thank you!