



CUSTOMER PHOTO & VIDEO GUIDELINES

Pictures (and videos) are worth 1,000 words. Do you have images or videos to illustrate your story?

Photo & Video Tips:

- Good lighting is essential for clear, easy to see images – add lighting, use a flash or shoot with natural light, if possible.
- Take the photo or video at the person's eye level (vs. looking down on the user)
- Photos should be saved in TIF or JPG file formats. High resolution images (300 dpi) are best, but we suggest that images are submitted with no less than a medium resolution (150 dpi).
- Video clips should be no longer than 15 minutes.
- Include a brief description of the image or video.
- Your photos and videos must be uploaded as a single ZIP file.

Photo & Video Release:

- Be sure to read through and agree to the Bodypoint release terms and conditions via the Success Story submission page. They are currently available in 6 languages – English, Spanish, German, Dutch, French and Portuguese.
- If you are obtaining an image vs. taking an image, please verify you have the rights to use and share the image before submitting it.