

# TAKE FIVE

MACINTOSH AND WINDOWS USER'S GUIDE

TECHNICAL SUPPORT: (914) 591-5500

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## **REGISTRATION AND SOFTWARE SUPPORT**

Please fill out and return the enclosed warranty card. This registers your copy of the software and helps us keep you informed about updates and other software you may be interested in.

If you ever have problems with Voyager software, please call us at (914) 591-5500.

## **TECHNICAL REQUIREMENTS – MACINTOSH**

- Any color Macintosh (25-MHz 68030 or better recommended)
- System 7
- 3000K of free RAM
- 13-inch (640×480 resolution) color monitor
- QuickTime-compatible CD-ROM drive (double-speed recommended)

## **SETTING UP – MACINTOSH**

Before you can use this product, you must make sure that the QuickTime extension is installed.

## **Installing the QuickTime Extension**

If the QuickTime (1.6.1 or later) extension isn't already installed on your Macintosh, follow these steps:

1. Drag QuickTime to the System Folder on your hard drive and drop it. The Macintosh will guide you through the rest of the installation.
2. Restart your Macintosh.

## **LAUNCHING TAKE FIVE – MACINTOSH**

To launch *Take Five*, insert the CD and double-click the Take Five icon.

## **TECHNICAL REQUIREMENTS – WINDOWS**

- 486SX-25 or higher processor
- 640×480 256-color display (accelerator recommended)
- 4 MB RAM (8 MB recommended)
- MPC2-compatible CD-ROM drive and sound card with speakers or headphones
- Microsoft Windows 3.1, MS-DOS 5.0 or later

## **SETTING UP – WINDOWS**

You can install the software using Program Manager or File Manager. No matter which method you use, the installer will add a Take Five icon to the Voyager group in Program Manager.

### **Installing the Software from File Manager**

1. Insert the CD into your CD-ROM drive according to the drive manufacturer's instructions.
2. From within the Windows File Manager, click on the drive icon for your CD-ROM drive to display the disc's files.
3. Double-click on the INSTALL.EXE file to run the installer program.

4. Follow the directions in the installer's dialog boxes to complete the installation.

### **Installing the Software from Program Manager**

1. Choose Run from the File menu.
2. Type *d:\install.exe*, where *d:* is your CD-ROM drive.
3. Click OK.
4. Follow the directions in the installer's dialog boxes to complete the installation.

### **Launching *Take Five***

To launch *Take Five*, double-click the Take Five icon in the Voyager Group.

## **GETTING STARTED**

### **Contents of *Take Five***

*Take Five* contains four sections:

- **Visual Vacation** presents landscape photographs accompanied by the soothing music of your choice.
- **Music of the Spheres** surrounds you with a variety of sound environments, from ocean waves to Mozart.
- **The Mind's Eye** leads you through guided imagery to help relax your body and mind.
- **Stretch Yourself** uses QuickTime movies to show almost 50 different stretching exercises for various parts of your body.

### **Navigation**

To go from section to section, click the color for each section on the stopwatch in the corner.

### **Getting Help**

Within each section, click Section Guide for further information on how to use the different features.