

Instructions for best results when capturing walking with video

Finding the right spot

- Find an uncluttered place (e.g. no shoes on the ground, pizza boxes, furniture, etc...)
- Make sure there is a relatively flat path, approximately 10m / 30ft long
- Make sure feet are visible (i.e. no tall grass)
- Look for an area with even lighting. Avoid strong backlight
- Look for an area with minimal background distractions (uniform or distant background)

Setting up to capture the video

- Hold camera vertically (portrait mode)
- Hold the camera about 1.5m / 5ft off the ground
- Stand approximately 3-4m / 10-13ft from subject - note subject should take up about 2/3 of the frame
- As subject walks, rotate camera about vertical axis to keep subject centered in frame
- For best results the subject should be wearing shorts or form-fitting pants (e.g. yoga pants, running tights, etc...) and a short-sleeved or sleeveless top

Capturing the video

- Ask the subject to walk in their comfortable/usual manner
- Ask the subject to proceed back and forth four times (two laps)
- Start capturing video AFTER subject begins walking
- Stop capturing video BEFORE subject stops walking
- Alternatively, edit your video so that it starts and stops with the subject walking