



**Basic How-To-Film-Yourself Tips:**

1. Always Record In Landscape Mode
2. Make Everyone & Everything Else Quiet
3. Avoid Filming Towards Bright Lights
4. Show What You Talk About

After you register for an interview at [www.morethanwalking.com](http://www.morethanwalking.com) we will call and email you to plan the interview and address any questions you have. If you are recording yourself or someone else, here are a few more tips you should review:

- Look directly at the camera and speak as if to a newly injured person watching.
- Set the camera on a stable surface that won't vibrate and that no one will touch.
- Silence phones and everything in the room (fans, air conditioner, pets, etc.)
- Include the question in each answer.

For example: "What was life like before your injury?"

- INCORRECT RESPONSE: "It was great..."
- CORRECT RESPONSE: "Life before my injury was great..."
- Be specific and share details from your experience in each answer.
- Make each response about 1 minute long.
- Upload finished videos at [www.morethanwalking.com/3-submit-videos.html](http://www.morethanwalking.com/3-submit-videos.html)

### **Interview Questions:**

1. Who are you and what is something you care deeply about or love doing, and why?
2. What was life like before your injury?
3. How and when did your injury occur?
4. What barriers did you face afterwards to get back to life? What helped you live again?
5. What have been your most surprising accomplishments since your injury?
6. What skill are you eager to learn next in life or for your independence?
7. Speaking directly to the camera as if to a newly injured person who is similar to you, what advice can you offer them?
8. Are there other goals in your life beyond walking again that are more important?