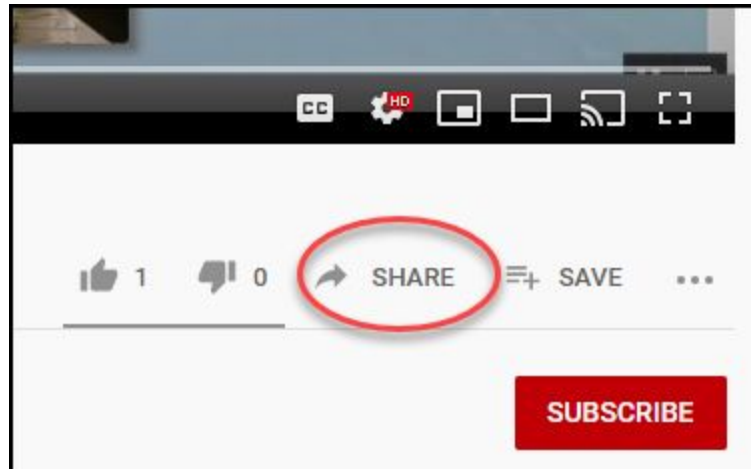




## How to Embed a YouTube Video

1. Go to YouTube and navigate to the video you would like to embed.
2. Click on the Share link just below the bottom right border of the video.



3. Click on the Embed (< >) option.

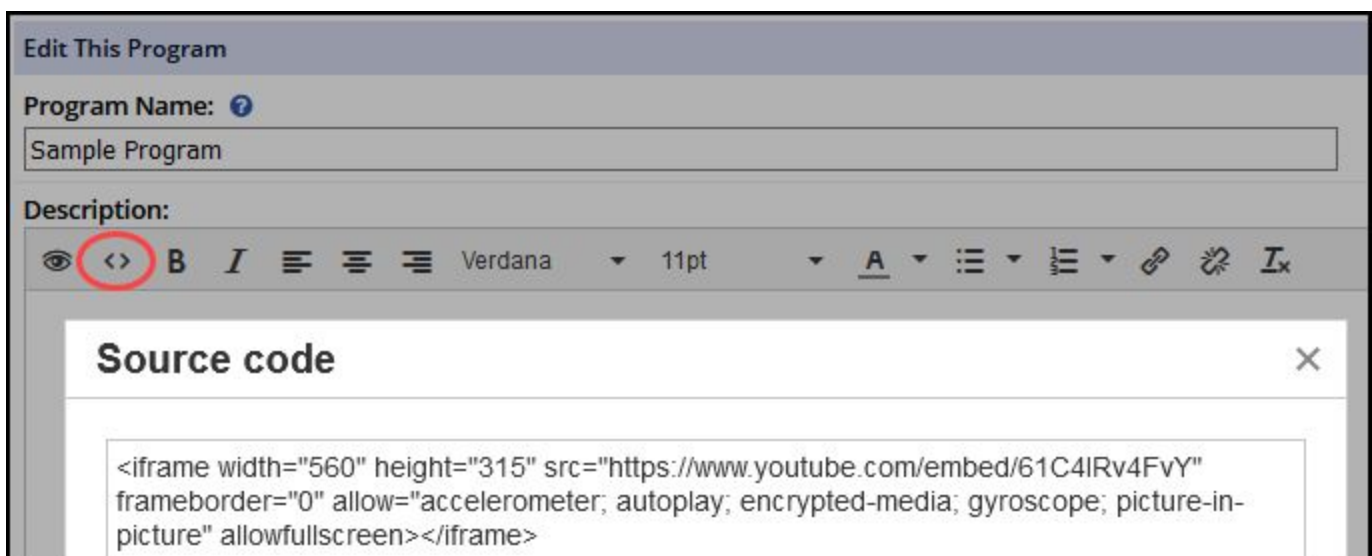


4. A window will appear with the HTML code for embedding the video. Highlight and copy the code that is displayed. Note: the code will always start with <iframe... and end with </iframe>.



5. On the MyRec.com Management page, navigate to the text editor where you would like to embed the video. This could be in the Program/Membership Info or Notes, Facility Notes, Home Page Announcements/Messages, etc.
6. Click on the source code (< >) icon to bring up a new source code window. Paste the HTML code that you copied into the source code window and then click 'Ok' at the bottom. If you already have content in the Description box, you will have to paste the code on the correct line in the source code to have it display properly (call MyRec.com support with any questions).

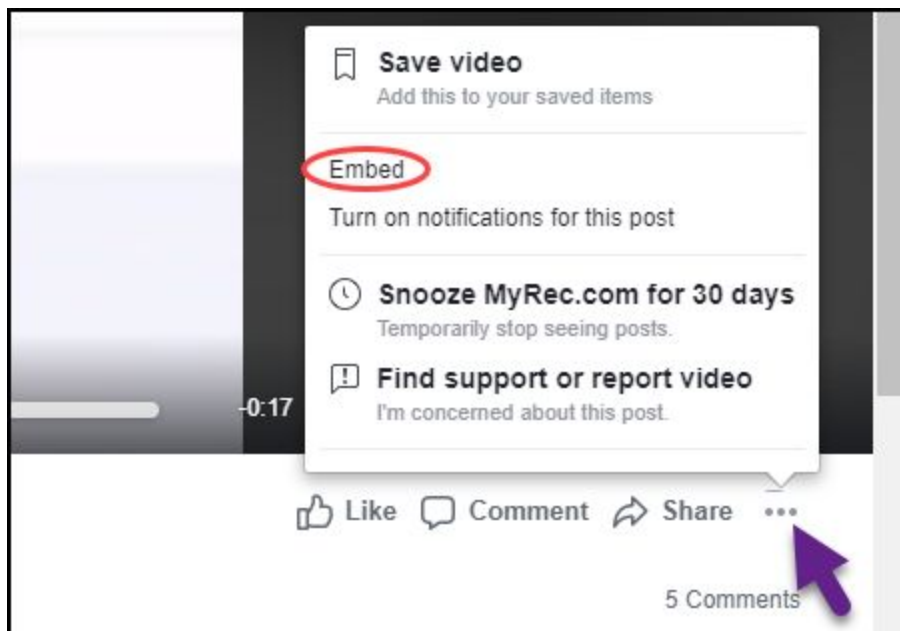
After clicking 'Ok', your video will appear in the text editor. Be sure to click Update at the bottom of the page to save your work.



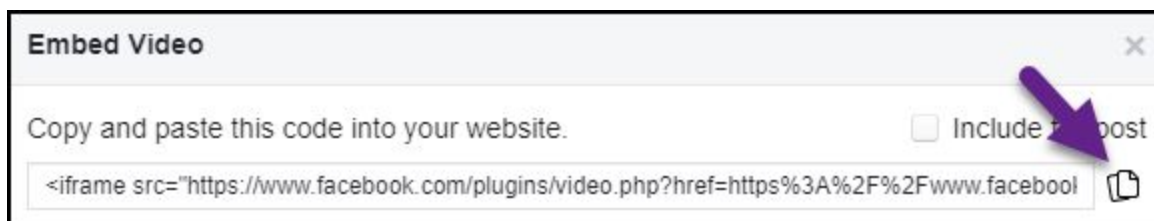


## How to Embed a Facebook Video

1. Go to Facebook and navigate to the video you would like to embed.
2. Click on the three dots just below the bottom right border of the video and select Embed. You can also click on the Share icon and then click Embed. If you do not see the option to Embed, refer to the alternate method on the next page.



3. A window will appear with the HTML code for embedding the video. Highlight and copy the entire HTML code or simply click the icon on the right side to copy to clipboard.



4. On the MyRec.com Management page, navigate to the text editor where you would like to embed the video. See page 2 step 6 for directions on updating the source code.



## Alternate Method to Embed a Facebook Video

1. Go to Facebook and navigate to the video you would like to embed.
2. If you do not see the three dots or the Share icon, simply copy the URL address for the video you are viewing. You can do this by right clicking on the video and selecting 'show video URL' and then copying it, or by copying the URL address directly from your browser.
3. Go to the following site: <https://developers.facebook.com/docs/plugins/embedded-video-player> and paste the URL in the Embedded Video Player Configurator section and click 'Get Code'.

**Embedded Video Player Configurator**

URL of video

The pixel width of the video

**Get Code**

4. A window will appear with two tabs at the top, JavaScript SDK and IFrame. Click on the IFrame tab and then copy the entire code.



JavaScript SDK

IFrame

Place this code wherever you want the plugin to appear on your page.

```
<iframe src="https://www.facebook.com/plugins/video.php?
href=https%3A%2F%2Fwww.facebook.com%2Ffacebook%2Fvideos%2F10153231379946729%2F&show_text=false&width=734&height=411&appId" width="734" height="411"
style="border:none;overflow:hidden" scrolling="no" frameborder="0"
allowTransparency="true" allow="encrypted-media" allowFullScreen="true"></iframe>
```

5. On the MyRec.com Management page, navigate to the text editor where you would like to embed the video. See page 2 step 6 for directions on updating the source code.