

Prepping your video for PDFs, InDesign or the web

- It's recommended to keep animated GIFs to around 5 frames per second (5 fps) if your overall video or animation is longer than a few seconds.
- For photorealistic video or animations with lighting effects, video codecs will give you better quality than GIFs, but the resulting file sizes will be larger.
- Acrobat can play the H.264 codec without help from an external player; so if you're able, export your video using this codec.

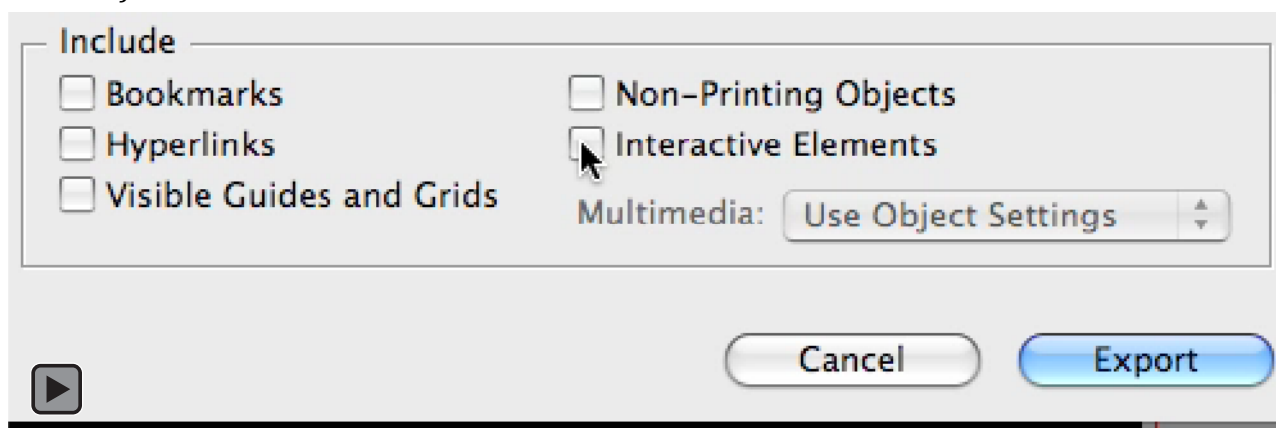
Placing a video into your InDesign document

- Use File>Place and navigate to your video file.
- Click in your InDesign document to place the video. (If you drag out a bounding box, you might accidentally change the aspect ratio of your video).

Exporting your multimedia InDesign document to PDF

- Use File>Export
- Choose Adobe PDF from the format dropdown menu
- In the export dialog box, set the PDF quality. 'Smallest File Size' is usually best for online or email-able PDFs
- In the export dialog box, look for the 'Include' section
- Check the 'Interactive Elements' checkbox and choose from Link All (if your document will be able to access the file externally) or Embed All (if you need to make a self-contained multimedia PDF)

Click for video



Loop your video in your PDF

- From Adobe Acrobat, click on the Multimedia dropdown menu and choose the Video tool.
- Use Tools>Advanced Editing>Select Object Tool
- Double-click your video.
- In the Multimedia Properties box, go to the 'Settings' tab. Your video will be referred to as a 'rendition'. Click on the option to 'Edit Rendition'
- In the Rendition Settings box, go to the 'Playback Settings' tab.
- Check the 'Repeat' checkbox.

Click for video

