



# HOW TO CREATE YOUR OWN WALK TO CURE DIABETES VIDEO

Looking for a new and fun way to give your JDRF Walk to Cure Diabetes fundraising efforts a boost? You can create your own Walk to Cure Diabetes Fundraising Video to share with family, friends, and colleagues using some family photos, our easy-to-follow script, and your computer's own video editing program. Here are 10 easy steps to help you make your own video for the JDRF Walk to Cure Diabetes.

## GET INSPIRED!

### Step 1

View other [JDRF Walk to Cure Diabetes videos](#) made by people just like you! Visit YouTube and search for JDRF Walk to Cure Diabetes to view other videos and get some inspiration.

## GETTING STARTED AND MAKING YOUR VIDEO

### Step 2

Review the suggested Walk to Cure Diabetes video script (below) and craft the message to most effectively tell your story. Example: If you are not on a pump, change the sentence that talks about wearing an insulin pump to taking so many insulin injections throughout the day.

### Step 3

Gather the photos listed in the left-hand column of the video script. Make sure the photos are saved in an easily identifiable folder that will be simple to find and access while you are editing the movie (a folder named "John's Walk Video" on your computer's desktop, for example).

### Step 4

Photos can be uploaded to your Walk Video Folder on your computer's desktop through your camera's memory card, a CD, or physically scanned through your home printer/scanner. (If you do not have a scanner, your local Walgreens or other local photo processing retailer can scan them for a small fee).

To import photos from a memory card or CD, you need to insert the memory card or CD with the photos and drag them into the Walk Video folder you created, or you can move images already saved on your computer into that folder by locating them and clicking "Copy," and then opening your folder and clicking "Paste." They should then appear in the folder.

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## Step 5

Locate your computer's video editing program. Windows Movie Maker comes pre-installed on most Windows operating systems. iMovie comes pre-installed on most Mac operating systems. FinalCut Pro (Mac), Adobe Premiere (PC), and Avid (PC) are other video editing programs that can be purchased by a user. On a PC, click on the "Start" button on the bottom panel, navigate to "Programs," and look for "Windows Movie Maker." On a Mac, look for iMovie in your Mac's dock or in the Applications Folder of your hard drive.

Once you are finished editing your program, please make sure the movie is saved as one of the following formats: .WMV, .AVI, .MOV, or .MPG files.

## Step 6

There are dozens of Windows Movie Maker and iMovie how-to videos available on YouTube. You can also visit the [Microsoft](#) and [Apple](#) websites for helpful tips and tricks for making your own movie.

## Step 7

A word of caution about music rights and YouTube: Recently, a number of JDRF Walk Fundraising Videos were pulled from, or had the music removed from, their YouTube postings. Others have been allowed to remain, in exchange for allowing an ad for a download of the song to be superimposed over the video. JDRF has secured the rights to the following songs that have been written specifically about type 1 diabetes (T1D), and these can be used without restriction: [Promise to Remember Me](#), [There Will Come a Day](#), and [The Future is Now](#).

## Step 8

Once you are happy with your finished product, you are ready to show the world! Save it in your documents. Log on to [YouTube](#). If you do not have an existing YouTube account, stop to create one. If you have never before uploaded a video to YouTube, you will need to follow the steps to confirm your email address before proceeding. It will only take a few minutes. Then simply click "Upload Video."

## Step 9

Be sure to create a title such as "John's Team Walk to Cure Diabetes." Then provide a description for the video, such as "JDRF Walk to Cure Diabetes." Next, in the box tags, be sure to include any words that are related to the video. Examples are diabetes, type 1 diabetes, T1D, type 1, walk, jdrf, juvenile, the name of the person with diabetes, the team name, etc. These are the words used when someone searches for a topic of a video. Under "Video Category," select "People and Blogs." Lastly, click "Upload Video" on the bottom, browse to where your video is stored in your documents, and open.

## SHARE YOUR VIDEO AND FUNDRAISE FOR JDRF

## Step 10

Now that your video has been uploaded to YouTube, you can view it by clicking on "My Account" at the top of the main YouTube page and then clicking "My Videos" under the "Videos" section on the right side of the page. When you click on your video, you will be able to view the URL. The URL is the Web address that you can provide to your supporters so they can go directly to the page where your video is displayed.

**Tip:** Instead of having people search for your video, provide your video's personal URL in your email to friends and family.

Send out the video link to everyone you know! Then ask them to pass it along to everyone they know!

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## JDRF Walk to Cure Diabetes Sample Script

Slide	Photo Description	Text to Insert Over the Photo
1	Single photo of person with type 1 diabetes (T1D)	Hi, I'm (person's name).
2	Photo of person with T1D	I'm your typical adult/kid/teen...trying to live a typical life!
3	Photo of person with T1D around the time of diagnosis	However...on (date of diagnosis) I didn't have such a typical day.
4	Single photo of person with T1D	I was diagnosed with type 1 diabetes (T1D) and my life was changed forever.
5	Single photo of person with T1D	It is a disease that children and adults never outgrow and can never forget about.
6	Photo of person with T1D checking his/her blood sugar	I have to check my blood sugar [FILL IN NUMBER] of times a day.
7	Photo of pump/pump site	I also have to wear an insulin pump which serves as my life support. OR I have to give myself [FILL IN NUMBER] number of insulin injections a day just to stay alive.
8	Photo of person with T1D checking his/her blood sugar with food next to the meter on the table	Before I can even think about eating, I have to check my blood sugar.
9	A photo of the person with T1D balancing (standing on a swim raft, standing on one foot, skateboarding)	It's a constant balancing act.
10	Photo of person with T1D happy and smiling	Sometimes you win and your vigilance has paid off.
11	Photo of person with T1D sad, frustrated, or not feeling well	Other times you don't...despite all that hard work. There are no guarantees.
12	Photo of person with T1D sleeping with meter in the picture or taking a finger prick while sleeping	Type 1 diabetes never sleeps.
13	Photo of person with T1D on vacation or playing while testing his/her blood sugar or with pump visible	Type 1 diabetes never takes a vacation.
14	Photo of person with T1D treating low blood sugar or photo of diabetic's supplies	Every day is a battle with a disease you can treat, but never completely control.
15	Single photo of person with T1D	The road ahead for people living with T1D is long and uncertain...but you can help!
16	Single photo of person with T1D	JDRF is the leading global organization focused on T1D research. I am walking in the JDRF Walk to Cure Diabetes to support the mission to improve the lives of every person living with the disease.
17	Walk to Cure Diabetes team photo or photo of person with diabetes with friends and family	To donate or join my team, (team name), go to <a href="http://walk.jdrf.org">walk.jdrf.org</a> .
18	Final photo—person with T1D during a life-defining moment—marriage, graduation, pregnancy, or a childhood-defining moment	JDRF will not rest until T1D is fully conquered. Please join me in the global movement to cure, better treat, and prevent T1D.

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