Instructions from Youming.

----- Forwarded Message -----  
**From:** Youming Cate <ymcate@circle8media.com>  
**To:** Sherri Chien-Niclas <sniclas@sbcglobal.net>   
**Sent:** Wednesday, July 17, 2013 10:45 PM  
**Subject:** Re: Fw: WordPress Meeting Tomorrow 3:00PM

This is one page theme. The "Pages" section is only for the inner page. Most of the contents are in the Theme Options. Appearance>Theme Options

Header Settings - the top image. Change header image, remove the photo then upload a photo from your computer. The photo needs to be large, I used an 2000x1200px image, if you have photoshop or similar software, enlarge the photo, and change it  to black and white then use Filler>Filler Gallery to make a fresco effect. Add the statement in "Uber Statement". Don't worry about the code. I'll add the code for you after you add the statement.

Portfolio Settings - **Who is Tony Joneson**. Change "Here you can enter ...." a important sentence.. Add the content between <p> to </p>.

Service Settings - **About**. Same steps as above.

News Settings - **Blog**. You can add a statement here or take it out. Add Blog content using "Posts".

Team Settings - **Team**. You can add a statement here or take it out. Add Blog content using "Team".

Contact Setting - Write some thing between <p> to </p>. Change information for Contact address, phone number...

General Settings - On the Client Logos Title, you can write something, it shows on top of the nutrition image background.

Background Settings - if you want to change images: Remove the image and upload a new one from you computer. Needs to be a large image.

I thought I would show you when I meet you. That way I don't need to write a lot. Now you can change pages. Enjoy!

Youming

On Tue, Jul 16, 2013 at 11:12 PM, Sherri Chien-Niclas <[sniclas@sbcglobal.net](mailto:sniclas@sbcglobal.net)> wrote:

Daniel wants to change text, titles and pictures throughout the page...why can't we see any of those?  :)  
  
SC

**From:** Youming Cate <[ymcate@circle8media.com](mailto:ymcate@circle8media.com)>  
**To:** Sherri Chien-Niclas <[sniclas@sbcglobal.net](mailto:sniclas@sbcglobal.net)>   
**Sent:** Tuesday, July 16, 2013 10:22 PM  
**Subject:** Re: Fw: WordPress Meeting Tomorrow 3:00PM

Login in movetrainwin/wp-admin.

admin: Sherri

Pass: circle8888!

Two place you can change right now. One is Blog:

go to "Post", change the blog title and content.(when you change content, stay in "Visual". The "Text" is HTML). If you want to change photo. You need to upload the photo to media first. Go back to Edit Post, remove the photo from Feature Image, then select the photo from Media.

Change Team content:

go to "Team",  change Team title and content. If you want to change photo. The step same as above.

Finish these first. then I'll tell you how to change the others.

Let me know if you have questions.

Youming