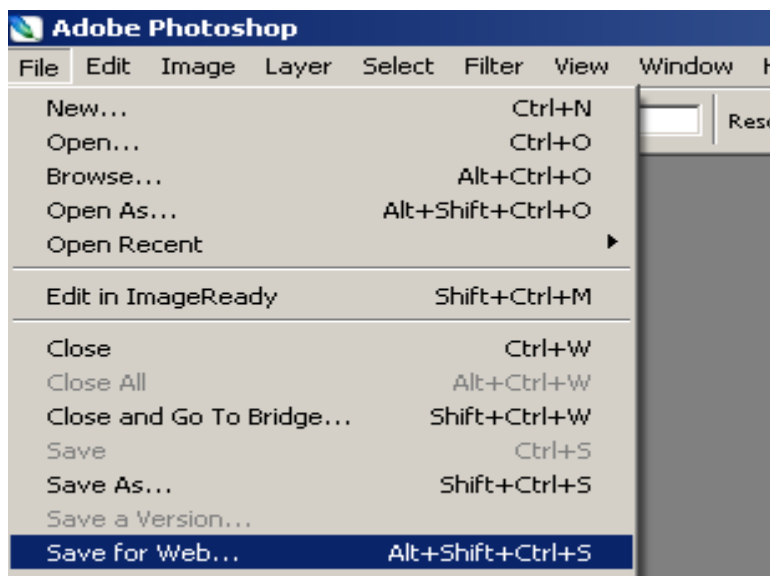
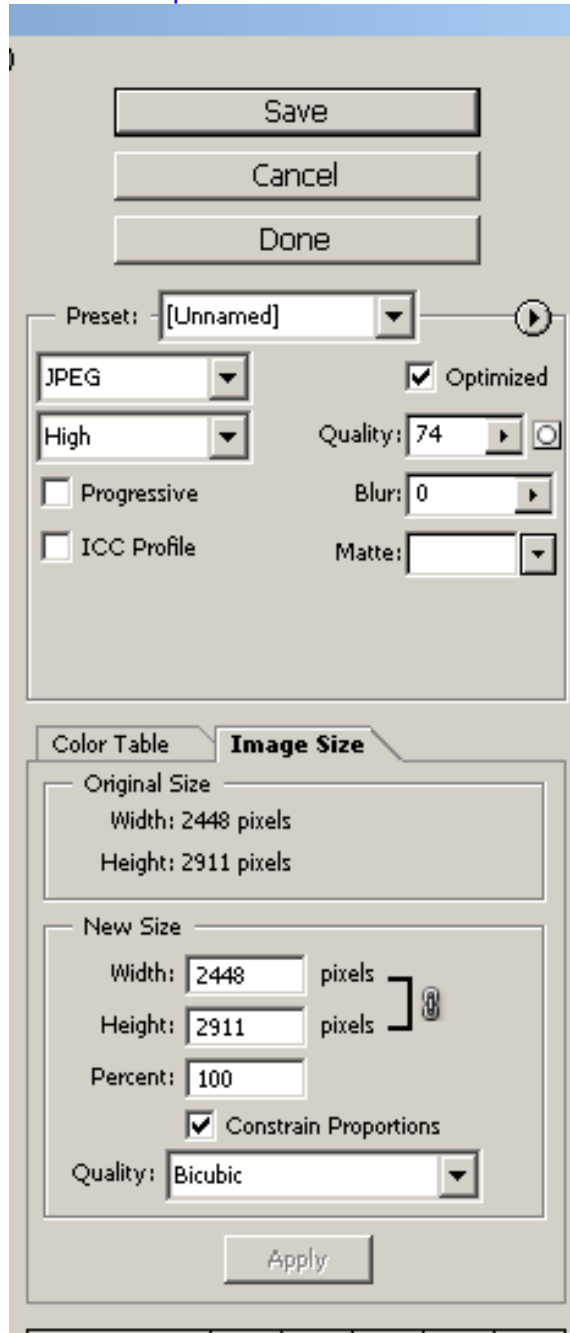


Open your image in Photoshop
Select – 'File' then 'Save for Web...'



There are 3 parameters here that can reduce filesize:



- 1 – ensure JPEG is selected (GIF is good for 'limited colour images' NO GOOD for photos)
- 2 – select 'High' for quality (should be quality = 60, a good compromise for quality VS filesize)
- 3 – 'Image Size' can be reduced to around 500 for my use (by checking 'Constrain Proportions' the shape of your picture will be preserved)

'Apply' these & select 'Save'