

Welcome to MINDGYM!

Installing MINDGYM on Windows:

To install MINDGYM on Windows 3.1 or Windows 95, select "Run" from the Program Manager's "File" menu (for Windows 3.1) or from the "Start" menu (for Windows 95). The Run dialog appears. In the dialog's text field, enter:

D:\INSTALL.EXE

where D: is the name of your CD-ROM drive. Follow the instructions as they appear on your screen. Note that the MINDGYM installer launches installers for QuickTime, Video for Windows and WinG as necessary. Follow the instructions for these installers as they appear on your screen.

Installation Note 1 (Windows 3.1 only): When the Video for Windows installer finishes, it asks if you want to restart Windows. Select 'Don't Restart Now'. You will be prompted again to restart your computer once the MINDGYM installer has finished installing. If you have installed Video for Windows select 'OK' to restart your computer. If you have previously installed Video for Windows select 'Cancel' to continue.

Keyboard shortcuts:

To move between environments press 'c' for The Changing Room, 'g' for The Games Room, 'p' for The Pool of Ideas, 's' for the Spy Simulator and 't' for The Think Tank.

(Note that these shortcuts work only within the environments. In The Changing Room, these shortcuts are only enabled once you have completed the initial Mental Fitness Assessment.)

To exit from a game or activity before completion press the escape key.

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