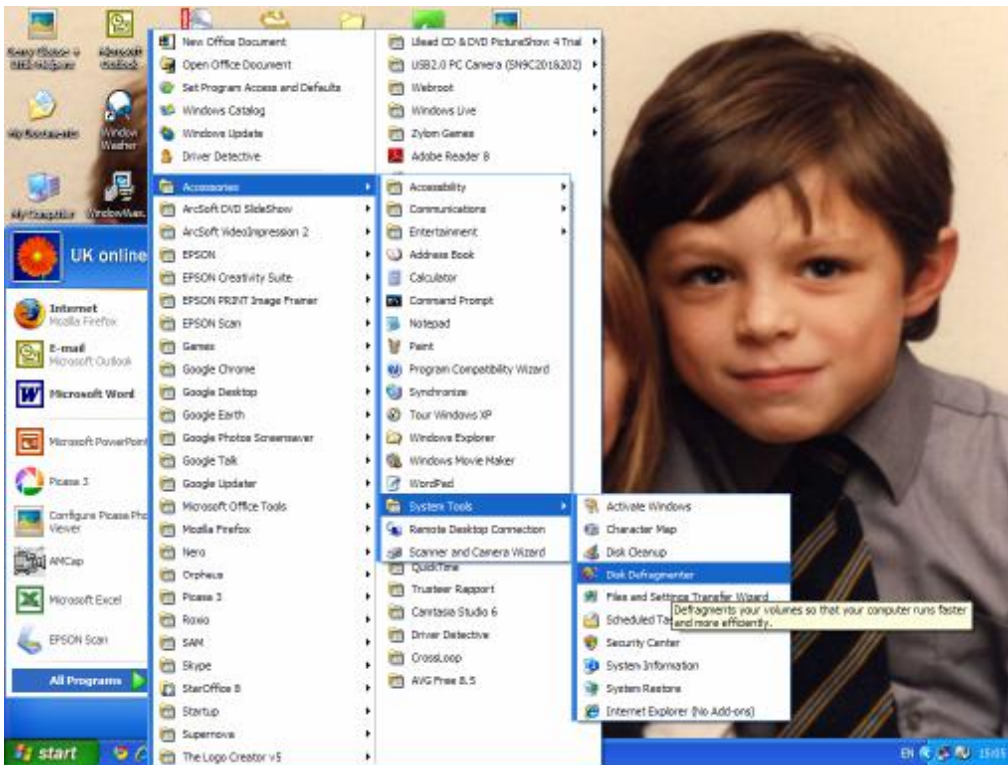
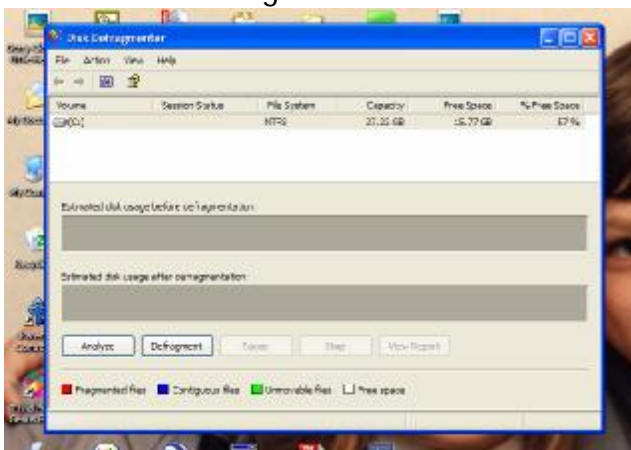


To Defragment the disc and help speed up your computer



1. Start
2. All programs
3. Accessories
4. System tools
5. Disc Defragmenter



6. Click Analyze
7. If it suggests you need to click Defragment
8. Go get a cup of tea and a sandwich – sit in the garden until it's done
9. The more often you do this the faster it will be.