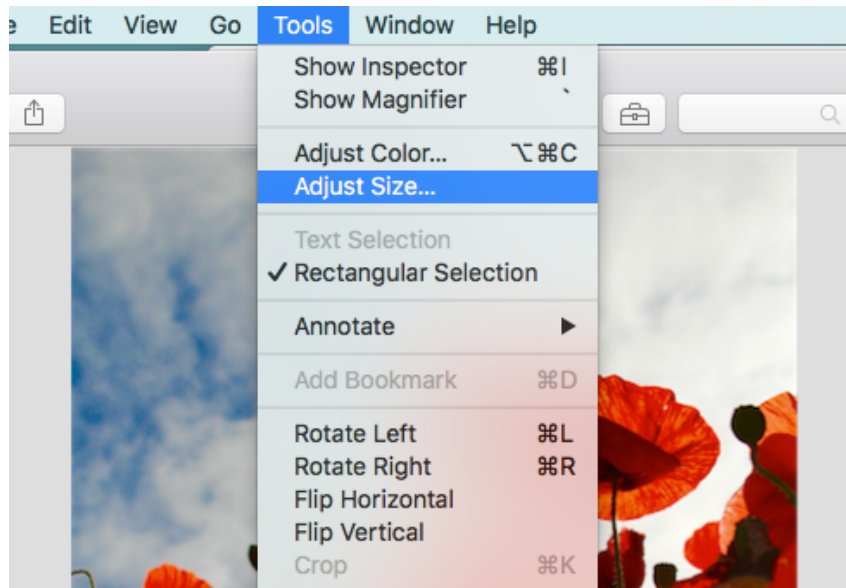


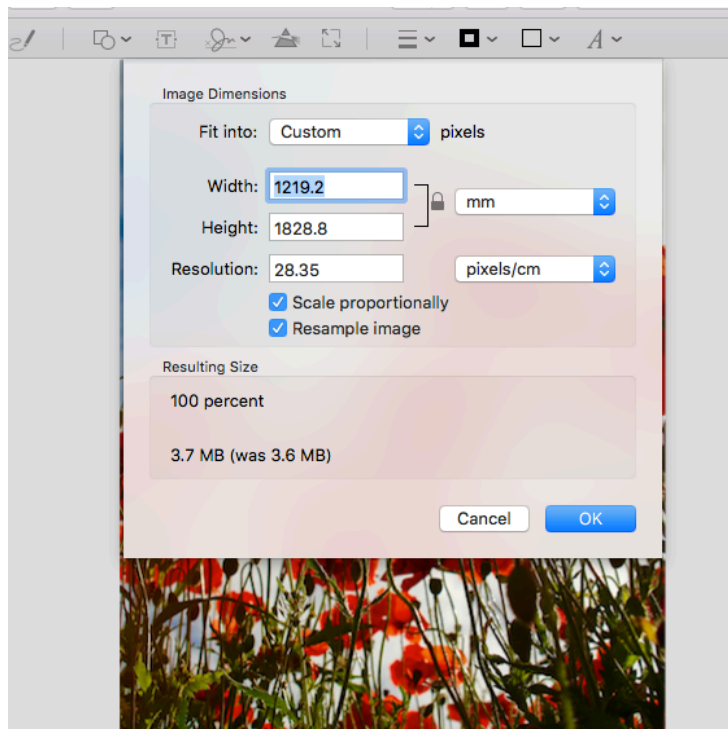
# How to change an images size but not quality on a Mac

Open the chosen image and click on Tools in the main menu bar

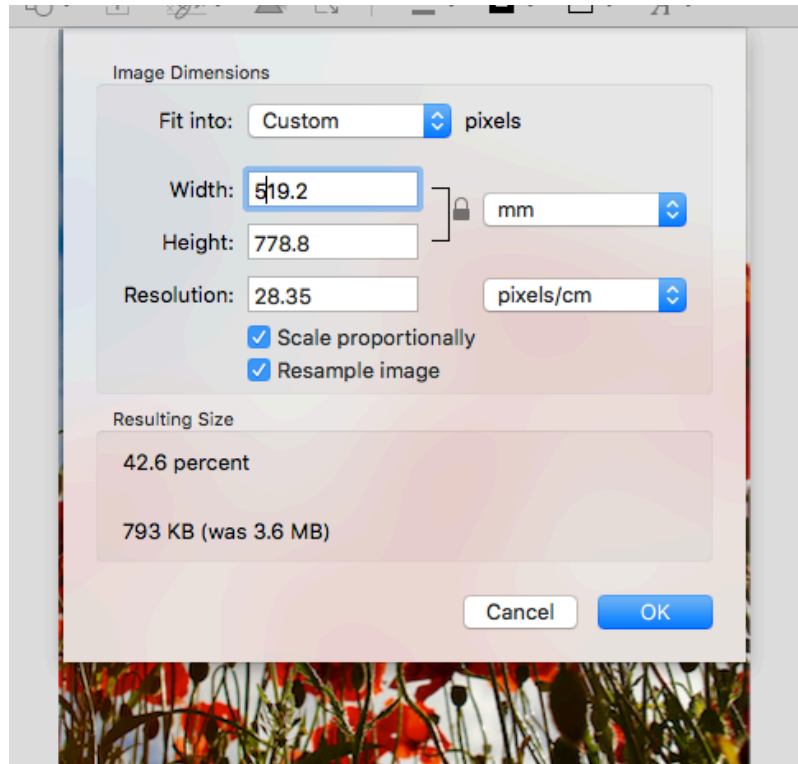
Then in the drop down menu click Adjust Size



You will have a small box appear a bit like this one



If you leave the padlock locked and, change the height, the width will adjust accordingly.



You can then check in the bottom section the size of the image, if it is under 1MB then that's ideal for uploading onto the website.

Click OK and the image will resize, you just need to save it.