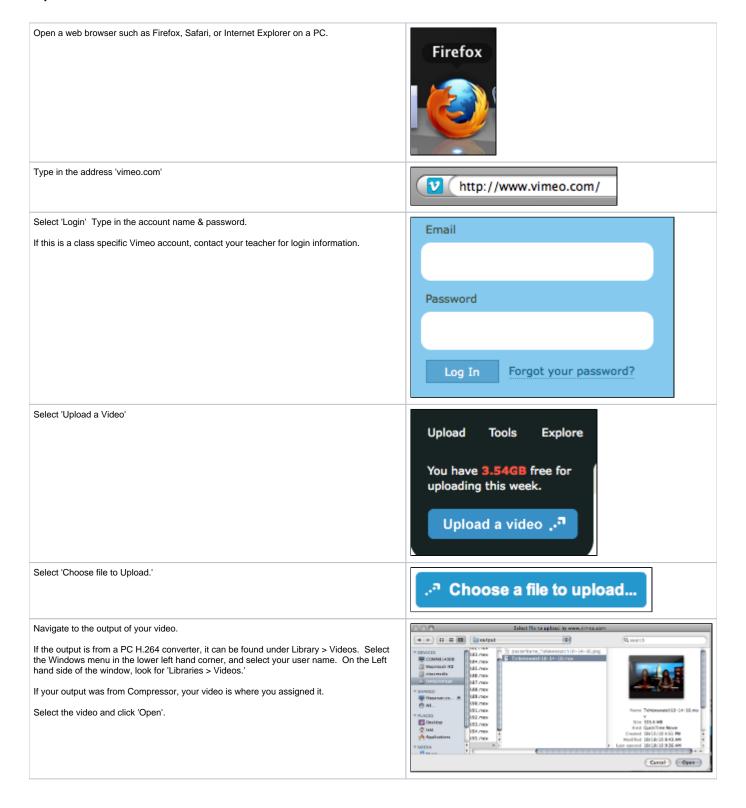
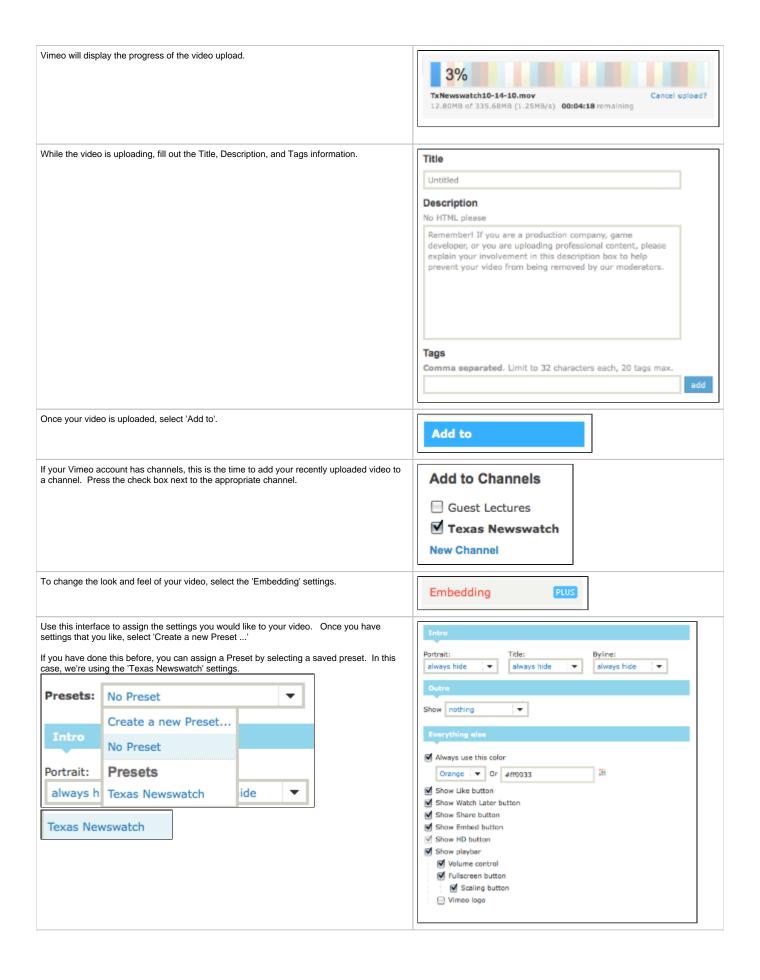
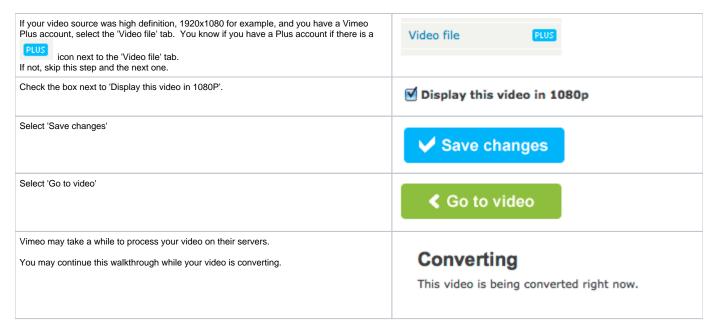
Upload a video to Vimeo

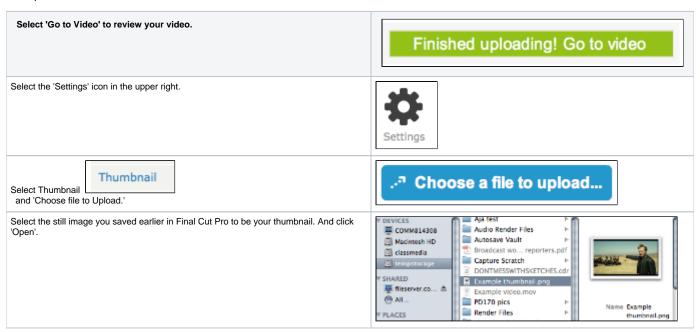
Upload a video to Vimeo







Now upload that still frame to Vimeo.



Optional: 4) Include the Vimeo video in a blog.

This walkthrough will use the TexasNewswatch blog using a Wordpress interface as the example, however this workflow applies to posting any Vimeohosted video to a blog.

