

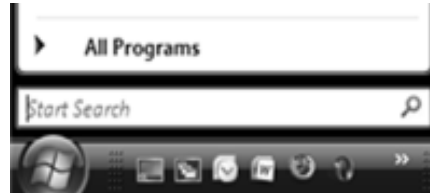
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Disk Clean Your Computer for Windows Vista

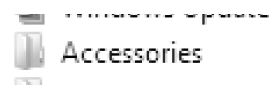
1 Click Start button



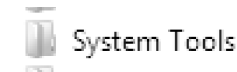
2 Click All Programs



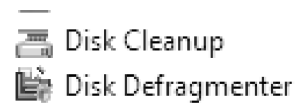
3 Click Accessories



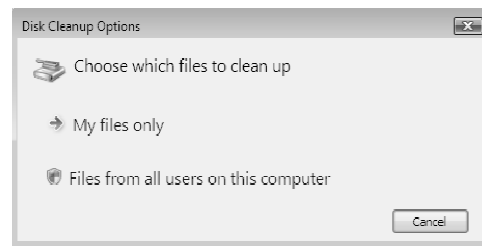
4 Click System Tools



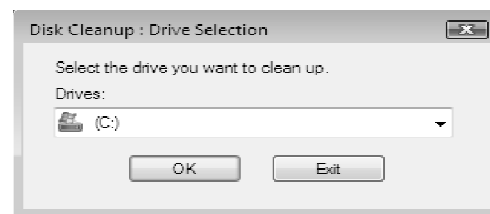
5 Click Disk Cleanup



6 Click Files from all users on the computer.
A permission window may appear.
Enter a password if necessary. Click Continue

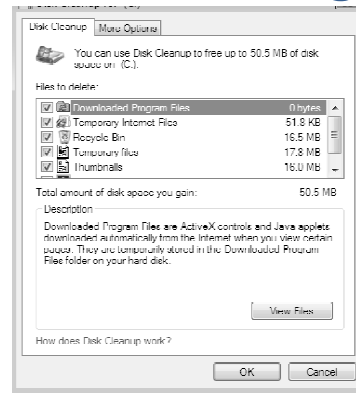


7 Click OK

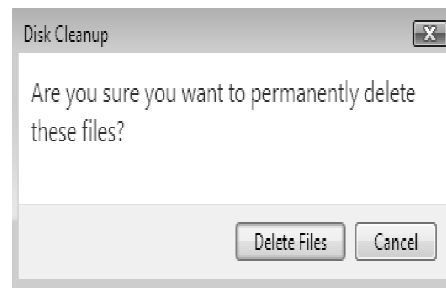


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- 8 Tick all the boxes &
Click OK

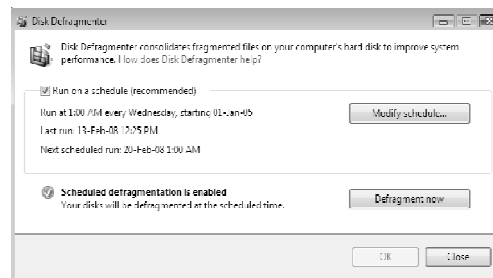


- 9 Click Delete Files



Defragment Your Computer for Windows Vista

- 1 Click Start button
- 2 Click All Programs
- 3 Click Accessories
- 4 Click System Tools
- 5 Click Disk Defragmenter
- 6 Click Defragment Now



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- 7 Defragmenter can take some time to run.
Click OK (When it has finished defragmenting.)

