

# LEGEND FITNESS®

# FILETYPE INFO

## SOME BASIC INFO REGARDING VARIOUS TYPES OF FILES, INCLUDING BEST USAGE.



### JPEG

A common file format for pixel-based images (see page two). JPEGs can be quite large in file size at higher resolutions, but JPEGs can be compressed with a slight reduction in picture quality. Other drawbacks include the fact that JPEGs cannot support having a transparent background, so some sort of background (usually white) must be included in the image.

**File extension:** .jpg or .jpeg

**Can be opened with:** Nearly any standard photo viewer on any computer.

**Best used for:** Print publications or web (where the lack of transparency is not an issue).



### PNG

This file is also used for pixel-based images, but it does very well when compressed. PNG files can also be saved with a transparent background. As a result, this image format is very popular for pictures or images found on websites.

**File extension:** .png

**Can be opened with:** Nearly any standard photo viewer or web browser on any computer.

**Best used for:** Web, especially when transparency is required.



### PDF

This versatile file format was created to make documents and images viewable on any computer via Adobe Acrobat or other free PDF viewer software. Some PDFs are documents with editable text, some are images composed of pixels, and still others are vector-based images (see page two). Exactly which type of PDF you are working with will be evident once opened. This file format compresses very well, and (depending on how the file was created) can support transparent backgrounds.

**File extension:** .pdf

**Can be opened with:** Nearly any standard PDF viewer or web browser on any computer. Can also be opened in Adobe Photoshop and Adobe Illustrator.

**Best used for:** Multiple uses, but especially good for documents that need to be tracked or signed.



### EPS

This file format is for vector-based images. Illustrating software is usually needed to view and edit this file type. This is usually the preferred file format for companies that deal with logos, t-shirt printing, vinyl graphics, and embroidery.

**File extension:** .eps (.ai files are interchangeable with EPS, but are specific to Adobe Illustrator.)

**Can be opened with:** Adobe Illustrator, Adobe Photoshop, and other specialized programs.

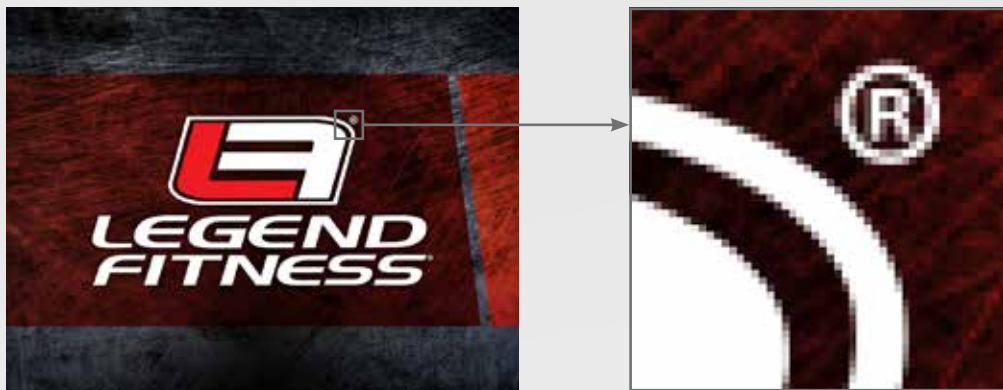
**Best used for:** Print publications where transparency is required, large-scale print publications, or creating other file formats and sizes (if the user has a program that can read the EPS file).

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## THE DIFFERENCE BETWEEN PIXEL-BASED IMAGES AND VECTOR-BASED IMAGES.

Pixel-based images are actually composed of thousands of tiny dots. This allows for a lot of tiny details and color variations, which makes this is the preferred format for photographs and other realistic images.

The drawback of pixel-based images is that file sizes for big pictures or high resolution images can get very large and not suitable for email unless the file is somehow compressed (using image-editing software). Conversely, if a small picture or a low-resolution image needs to be increased in size, the quality suffers the more the image is “blown up”.



Vector-based images are not composed of tiny dots, but rather layers of shapes. For example, a letter in a pixel-based image is a bunch of tiny dots in the shape of a letter, but a letter in a vector-based image is a letter-shaped geometric outline filled with a color. These images can be increased in size without any negative effects on image quality, and the file sizes are quite small relative to pixel images.

The drawback of vector-based images is that they are better used for simpler graphics (such as logos, t-shirt designs, etc.) than incredibly complex images like photographs.

