

1. Open the Start Menu
2. Click on My Computer
3. Right Click your C: drive or your hard drive image.
4. Scroll down to the "Properties" Click
5. In the Properties Menus, Open the "Tools" menu.
6. Choose Defragment Now.
7. In the Disk Deframenter menu. Click on "Defragment"

Defragmenting your hard disc can take up to several hours to few minutes depending on how much of the disc is taken up and the number of programs installed