Photoshop
Resizing images

With an image open, in Photoshop, pull down the Image menu, Image>Image Size
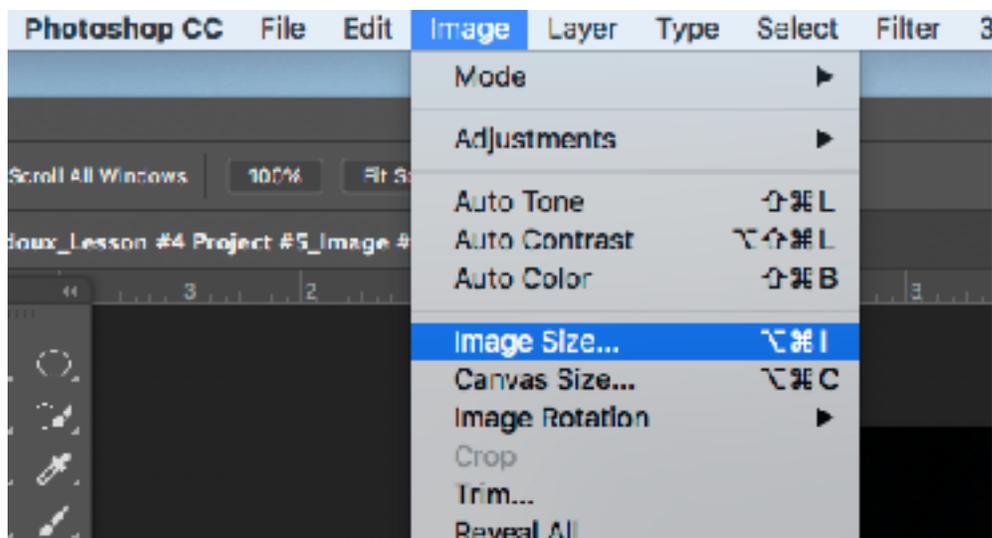
You will get this screen this screen:
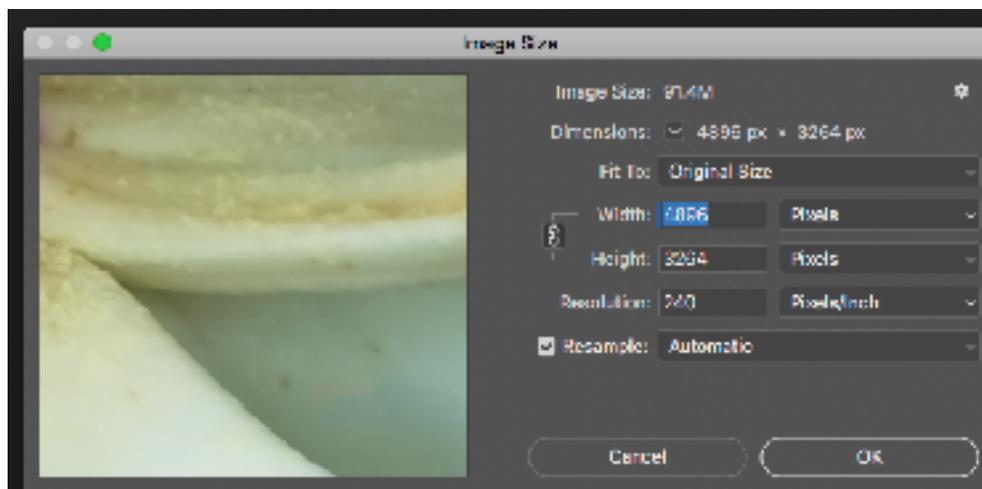
To resize the image, **first** change the resolution to 72 PPI. Next there's a link between the width and Height, click it and the link will turn on/off make sure the link has lines connecting the width & height(see below) this will maintain the aspect ratio of your image.

Now if your image is Landscape then change the width to 1024 pixels, if your image is Portrait, then change the Height to 1024 pixels. The other dimension and the file size are recalculated.

Make sure the resampling box is checked and chose either Automatic or Bicubic (smooth gradients).
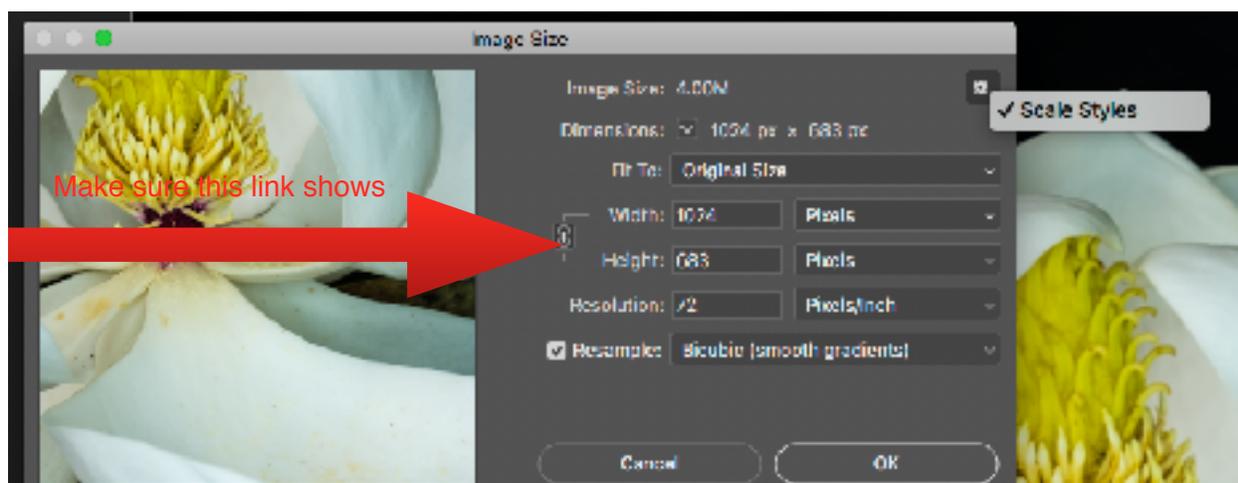
One last point, Click the gear and make sure the Scale Styles is checked, this will scale any styles used in your image.
Now click okay, the image now shows tiny. To bring this to 'Fit on Screen' hold down the Control/Command Key and tap the Zero "0" key.