Exporting From After Effects
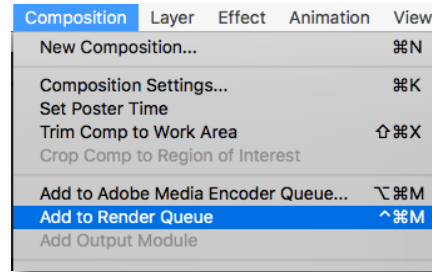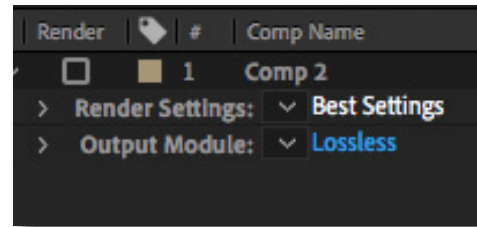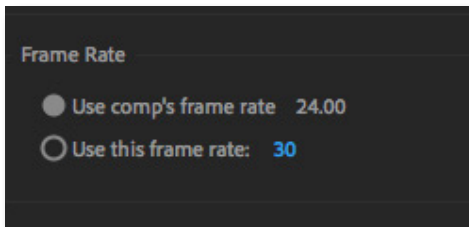
Go to Composition > Add to Render Queue

The Render Queue is along the bottom of the application...
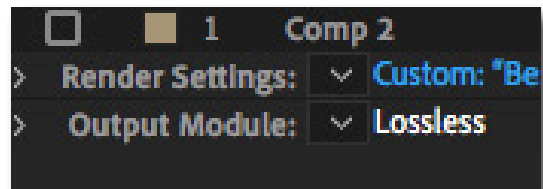Click on the blue letters that read "Best Settings"

Set the following:

Quality: Best
Resolution: Full

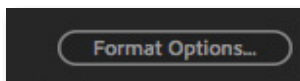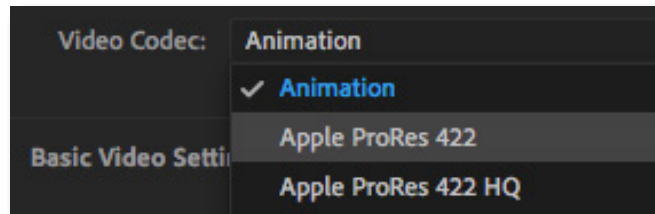Frame Rate - Use comp's frame rate 24.00

Click Ok

Click the blue letters next to Output Module (Lossless)
Set the format to Quicktime

Click on

Set the following:
Video Codec: Apple Prores 422
Quality: 100

Click Ok

From the Render Queue, click "not yet specified" next to "Output To."
Name your file, select a location to save it to, click Save

On the far right of the Render Queue, click Render