

Customizing Your Body Analysis Monitor

This scale can be customized for up to 4 users. While the customization process is not difficult, it may be easiest to read all the instructions first to familiarize yourself with them. Then keep the instruction manual handy as you go through the process step by step.

Buttons: USER, SET, Up and Down arrows

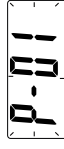
1. To set your user data

Tap the scale to turn it on and wait until "0.0" appears.



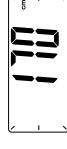
2. Setting the user number

Press the "SET" button. The number "P-01" will appear and blink. Use the Up/Down button to select a user number (P-01 to P-04). Press SET to confirm.



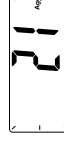
3. Setting the height

Next the unit or symbol light up. If switch is set to lb, default is height in inches; if switch is set to kg, default is height in cm). Press the up or down arrows to adjust the height. Pressing and holding either the up or the down arrow will advance numbers quickly. Press SET to accept the height. Scale enters the age setting mode.



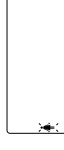
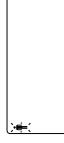
4. Setting the age

AGE appears and the default age 25 flashes. Press the up or down arrows to adjust the age and press SET to confirm. The scale enters the gender setting mode.



5. Setting the gender

A gender icon flashes. Press the up or down arrows to choose between male and female gender.



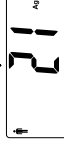
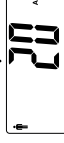
6. Displaying and storing data

Once gender is set, data storage is complete. Scale will display your stored data: User number, Height and Age will each show for a few seconds.

7. The scale will turn off automatically. It is now ready for use.

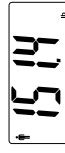
Body Analysis

- Operate the scale on a secure flat floor. Tap the scale to turn it on, and wait till "0.0" appears. Press the "User" button repeatedly until your user number shows on the display.
- Stored data for your user number appears (User number, Height, and Age) then the scale displays "0.0".

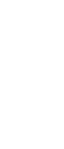


- Step on the scale barefoot with your feet aligned on the electrodes (metal strips) on both the sides of platform. Note: you must be barefoot in order for the scale to read your body analysis measurements.

4. Your current weight will be displayed for a few seconds.



5. Next, the display will show your body fat weight.



6. Then the display will show your body fat percentage.



7. Next, the display shows your body water percentage.



8. Then, the display shows your bone mass value.



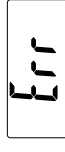
9. Finally, the display shows your Body Mass Index (BMI) score.



10. Display turns off automatically.

NOTES
If you step on the scale before "0.0" appears, the scale will not function properly.

Scale will show "Err" if there is improper foot contact in the body analysis mode, for instance, when you stand on the scale with socks or shoes on. Hard or dry skin can prevent you making proper contact with electrodes on the surface of the scale. Try applying a small amount of moisturizer to your feet before using the scale.



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Weight
Watchers

Scales by CONAIR

Instructions
for use of
Glass Body
Analysis Scale

Congratulations! By purchasing this Weight Watchers® Scale, you've made the first step toward taking control of your weight. To get the greatest benefit from your purchase, please read this entire brochure before using your scale.

Model WW707

Weight and Body Fat

How does it work?

Body fat can be measured in many ways, the method used in your scale is bioelectrical impedance. This indirect method of determining body fat starts when a safe and very low electrical current is sent through the lower half of the body. The electrical current flows more quickly through water and muscle than it will through bone and fat. The scale measures the speed of the current. Based on this number, the scale estimates body fat using a multi-step, mathematical formula.

Is it accurate?

Measurements of body fat tend to fluctuate a lot more than simple weighing, and different methods of estimating body fat yield very different results. Just as different scales give different results, different body fat analyzers can provide very different body fat estimates. Even with the same scale the numbers will vary because:

- Weight loss tends to produce substantial, continuous, and unpredictable changes in body water content. Because body fat analysis is determined by water content in the body, results can vary considerably from day to day.
- Hydration status affects body fat results. If you've just worked out, there is less water for the electrical current to flow through. This may result in a higher body fat result. In the same way, if you measure your body fat after drinking a lot of fluid, it may appear that body fat is lower than it really is.
- Skin temperature can have an influence also. Measuring body fat in warm humid weather when skin is moist will yield a different result than in cold and dry.
- As with weight, when your goal is to lose weight, body composition is better to track trends over time than to use a scale for updates unless the age of 16, or persons with an elevated body temperature, diabetes or other health conditions.

What you need to know!

- Percent body fat refers to the number of pounds of fat divided by your total body weight and multiplied by 100.
- During weight loss, percent body fat doesn't appear to be reduced as quickly as expected because total weight loss and total body fat are decreasing at the same time (for a more detailed explanation, see next section).
- Weight loss in the form of body fat and lean tissue (muscle) is common, and is normal.
- To minimize the loss of lean tissue, include regular physical activity, especially strength training, in your weight-loss plan.

Why do I lose weight but my body fat percentage doesn't change much?

Most body fat monitors show body fat as a percentage only. This body fat monitor, in fact, is the only one that also shows the actual number of body fat pounds in your body. Why is that important? When you lose weight, both the numerator (pounds of body fat) and denominator (total body weight) go down, so when it's calculated as a body fat percentage, the number can be small. For example, a person may weigh 200 pounds and have 40% body fat (= 80 pounds of body fat). He/She loses 20 pounds; but the body fat has only dropped 4% to 38%. That 4% of body fat was 16 pounds of fat – a very significant amount! So do not be overly concerned if you do not see the percentage change quickly as you are losing weight: monitor the absolute number of body fat pounds lost. Remember, to minimize the loss of lean tissue, include regular physical activity, especially strength training, in your weight-loss plan.

Body Analysis Table

Always keep in mind that you know your body best. The following ranges of body fat, BMI, body water and bone mass are offered as guides.

	low	on target	high
BMI	<20	20-25	25+
Body Fat			
age	%	%	%
Male	20-29 <13%	13-23%	23.1%+
	30-39 <14	14-24	24.1+
	40-49 <15	15-25	25.1+
	50-59 <16	16-26	26.1+
	60-69 <17	17-27	27.1+
Female	20-29 <18	18-28	28.1+
	30-39 <19	19-29	29.1+
	40-49 <20	20-30	30.1+
	50-59 <21	21-31	31.1+
	60-69 <22	22-32	32.1+
Body Water			
age	%	%	%
Male	20-69 <50%	50-65%	65%+
Female	20-69 <45	45-60	60+
Bone Mass			
age	%	%	%
Male	20-29 <7.6%	7.6-8.4%	8.5%+
	30-39 <7.4	7.4-8.2	8.3+
	40-49 <7.0	7-7.8	7.9+
	50-59 <6.6	6.6-7.4	7.5+
	60-69 <6.3	6.3-7.1	7.2+
Female	20-29 <6.2%	6.2-7%	7.1%+
	30-39 <6.0	6-6.8	6.9+
	40-49 <5.6	5.6-6.4	6.5+
	50-59 <5.2	5.2-6	6.1+
	60-69 <4.9	4.9-5.7	5.8+

Make the most of it!

To maximize the most of the body analysis feature by:

- Taking the same time and not day to day.
- Using the same scale as much as possible.
- Being extra-consistent in the time of day, day of the week, time before or after body and fluid consumption, before or after exercise, etc., when measuring body composition.

While a scale/body fat monitor can be a useful tool on your weight-loss journey, it's not in and of itself a program for losing weight. Studies show that people lose three times more weight on Weight Watchers than they do on their own.*

Come to a meeting and learn from us the best way to lose and maintain weight. Call 1-800-651-6000 or go to WeightWatchers.com to find a meeting near you.

Important Information Concerning Weight Management

Your scale is the best tool for monitoring weight. While not the only measure of weight loss, scales are the most popular method used to gauge weight-loss success. A scale measures the sum of your total body weight, which includes bone, muscle, fat, and water.

Body weight fluctuates during the day, and from day to day,

- Salt and carbohydrate intake can affect the body's water retention.
- Large meal foods weight and can cause water retention.
- Dehydration, such as in sickle cell anemia, or fluid intake can result in weight loss.
- Muscle is also a factor: Heavy-duty resistance training can build muscle, which can affect weight.
- The menstrual cycle can cause temporary weight gains and losses.

When You're Losing Weight

It's important not to put too much stock in the exact number on the scale, because it can and will vary. This is especially true when you're dieting. Small weight gains and losses are common as your body adjusts to fewer calories and more exercise. Your scale is a valuable tool when used to track weight over a period of weeks and months. Be aware that different scales often give different results. The scale at your doctor's office may show one weight, and your scale at home another. **So don't get too caught up with a single number.**

Don't Overdo It!

A surefire way to get overly concerned with your weight is to weigh yourself too often. We generally recommend weighing yourself no more than once a week when you're dieting. Though it's hard to stick to this pattern, it's the best way to prevent unnecessary concern with normal weight fluctuations, which are unrelated to your weight-loss efforts. Regardless of your weighing habits, it's important that you're consistent.

Here are 5 rules for effectively monitoring your weight – weigh yourself:

- Once a week, on the same day of the week.
- At the same time of day.
- Wearing the same clothes.
- Using the same scale.

To keep track of your weight, record only one number for the week. This will give you a clear picture of any trend your weight is following.

When You're Maintaining Weight

Fluctuations in day-to-day weight tend to be smaller when weight is stable, so a more frequent weigh-in pattern is helpful. To maintain a stable weight:

- Weigh yourself more often than once a week.
- Use the "5-pound rule" – research shows that people who keep weight within a 5-pound range are more likely to maintain a healthy body weight over the long term.

Facts You Should Know

Your Weight Watchers scale is a precise measuring instrument that is most accurate when weighing a stationary object. To ensure accurate readings, always try to stand on the same area of the scale platform and **DO NOT MOVE**. Should the weight on the scale exceed the scale's capacity, you may see an error message "ERR".

Electronic sensors are sensitive. Be careful not to drop or jar the scale. Place it gently onto floor surface, and store where it will be protected from impact. Clean with damp cloth and/or glass cleaner.

The scale is an electronic instrument and should never be submerged in water. In the event that the scale batteries need to be replaced, (display shows "Lo"), open the battery cover on the bottom of the scale and replace the old batteries with two new 3V lithium batteries. **Dispose of the old batteries properly. Do not attempt to open the scale or to remove any components. Servicing should be done by qualified technicians only. See warranty information below.**

Before Using Scale

Precautions for Use

CAUTION! Use of this device by persons with any electrical implant such as a heart pacemaker, or by pregnant women, is not recommended. Please consult your physician should you have any questions about the use of this product in relation to any condition you may have, or treatment you may be receiving.

1. Set switch on the base of the scale to measure in pounds (lb) or kilograms (kg).
2. Step on scale on floor. Surface must be level for accurate operation and safety.

Using the Weight Only Mode

Instructions for customizing your Weight Watchers Body Analysis scale are below. However, the scale does not need to be programmed to operate as a simple weight scale.

1. Tap the scale with your foot to turn it on. The display will light up.
2. Wait until all digits light for several seconds and "0.0" appears.



3. Step on the scale and stand still to measure your weight.



4. The weight reading stays lit for several seconds. Then the scale will shut off automatically.

*Heath S. et al. Weight loss with self-help compared to a structured commercial program: a randomized controlled trial. JAMA. 2005; 294(14): 1726-1736.