Customizing Your Body Analysis Monitor

This scale can be customized for up to 4 users. While this customization process is not difficult, it may be easiest to go through the instructions first before you go through the process of setting up the scale. Follow these simple instructions to get started:

1. Press the "User" button repeatedly until your user number shows on the display.
Weight and Body Fat

Weight loss is a normal part of a healthy life. While body fat has not been measured in every study, the method used is known as BMI (Body Mass Index). The BMI is calculated based on your height and weight, and it is a good indicator of body fat. Call 1-800-651-6000 or go to WeightWatchers.com to find a meeting near you.

BMI – What Is It?
BMI stands for Body Mass Index, a statistical term derived from height and weight. It is a common way to measure body fat and is calculated using the formula: BMI = (weight in kg / height in m^2). BMI is a useful tool in helping you understand your body fat percentage, but it is not always accurate for everyone. For example, athletes and bodybuilders may have a high BMI due to their muscle mass, while an overweight individual may have a lower BMI.

Body Water/Hydration Levels
Body fluid can be measured in many ways, the method used in your scale is bioelectrical impedance. This indirect method uses a multi-step, mathematical formula to estimate body fat. The scale estimates body fat using a measurement of the speed of the current. Based on this number, the scale estimates body fat using a multi-step, mathematical formula.

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

1. Set switch on the base of the scale to measure in pounds (lb) or kilograms (kg).
2. Set scale on floor. Surface must be level for accuracy and safety.
3. Place it gently onto floor surface, and store where it will be protected from impact. The scale is an electronic instrument and should never be submerged in water. Clean with damp cloth and/or glass cleaner.
4. Do not use the scale if the display shows “ERR”.
5. Should the weight on the scale exceed the scale’s capacity, you may see an error message “ERR”.

Bone Mass – What Is It?
Bone mass is a measure of the density of your bones. In the United States, bone density is measured using a DEXA (dual-energy X-ray absorptiometry) scan. The DEXA scan is a painless procedure that takes about 10 minutes and is recommended for men and women age 50 and older. The scan measures bone density and can be used to screen for osteoporosis.

Body Analysis Table

<table>
<thead>
<tr>
<th>Body Fat</th>
<th>BMI</th>
<th>Age</th>
<th>Male</th>
<th>Female</th>
</tr>
</thead>
<tbody>
<tr>
<td>5-10</td>
<td>18</td>
<td>20-25</td>
<td>15-20</td>
<td>15-20</td>
</tr>
<tr>
<td>11-15</td>
<td>20</td>
<td>25+</td>
<td>21-25</td>
<td>21-25</td>
</tr>
</tbody>
</table>

Make the most of it!

BMI above 25 is considered overweight. If you are at risk of being overweight or obese, you may want to consider a weight-loss program. If you are already on a weight-loss program, you may want to consult with a doctor or nutritionist to determine if you are losing weight at a healthy rate.

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Important Information Concerning Weight Management

Don’t Overdo It!

A popular yet misleading weight-loss method is to fast for a few hours or even days. While this may result in weight loss, it can also lead to dehydration and other health problems. The best way to lose weight is to make small, consistent changes in your diet and exercise routine.

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Using the Weight Only Mode

Before Using Scale

Body Water/Hydration Levels

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