

Fitness Levels

In order to make your body fat and body water readings more accurate, we have added "fitness level" to the data you program into the scale. People who are very athletic are of a different body type than the standard adult body type due to differences in muscle mass and body water levels. When you choose your fitness level, it is important to be honest: the more accurate the data you program, the more accurate your measurements will be. Also, progress one mode at a time (for instance, do not jump from fitness level 1 directly to level 3). And give yourself at least 2 months of consistent activity at one level before you change to the next.

- **Fitness Level 1**

Light or infrequent activity – for example, less than 20 minutes of light aerobic activity such as walking or light gardening – twice a week. Most people fall into this category.

- **Fitness Level 2**

Moderate physical activity – for about 30 minutes, three to five times per week (jogging, biking, tennis).

- **Fitness Level 3**

Strenuous physical activity – for about 60 minutes each time, five or more times a week (intensive workouts, construction work).

Most people should initially set the scale to fitness level 1. After two months, as you gradually make exercise a more integral part of your lifestyle, you can move to fitness level 2. As you continue to increase your activity level and consistently engage in vigorous physical activity, switch to fitness level 3.

Body Fat Ranges

You and your healthcare provider are the best judges of what a healthy body fat percentage is for your body. The body fat percentages below are offered as guidelines only.

Age	Females	Males
18 – 39	21 – 32%	8– 19%
40 – 59	23 – 33%	11– 21%
60 – 79	24 – 35%	13– 24%

Hydration/Body Water Ranges

If your body is properly hydrated, it will function more efficiently and help you feel good. By the time you get thirsty, your body is already starting to get dehydrated. It is important to monitor your hydration/body water percentage throughout the day since you continually lose fluids, even more so if you exercise or live in a warm climate. The guidelines below show recommended hydration percentages.

Women:	50 – 55%
Men:	60 – 65%
Children:	65 – 75%

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THINNER®

The Scale with Built-In Power

Instructions for use of Thinner® Bathroom Scales

Congratulations! By purchasing this Thinner 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.

INSTRUCTIONS FOR USE

Before Using Scale

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

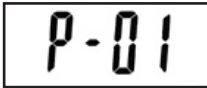
Customizing Your Thinner® Weight and Body Fat Monitor

Setting Data for Body Fat/Hydration Measurement

1. Tap center of scale platform with foot to activate digital display (display will flash).
2. Wait for "0.0" to appear in display window.
3. Press "SET" button. The scale is now ready to input your personal data.

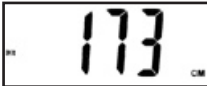
Enter User Number

- P-01 will flash in display window.
- Press UP or DOWN arrows to select your individual user number (Ten user numbers available: P-01 through P-10).
- When selected user number appears in display, press SET button to save user number.
- The scale is now ready for you to enter your height.



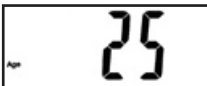
Set Height

- "Ht" (height) will flash in display window.
- Press UP or DOWN arrows to scroll to your height measurement.
- Press SET button to save height.
- The scale is now ready for you to enter your age.



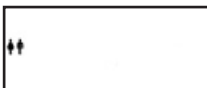
Set Age

- "Age" will flash in display window.
- Press UP or DOWN arrows to scroll to your age.
- Press SET button to save age.
- The scale is now ready for you to enter your gender.



Set Gender

- The gender icons will flash in display window.
- Press UP or DOWN arrows to select male or female icon.
- Press SET button to save gender.



Set Fitness Level

- "Fitness Level" will flash in display window.
- Press UP or DOWN arrows to scroll to your fitness level (refer to Fitness Levels section).
- Press SET button to save fitness level.



Your personal data has now been entered and stored. User number will display for 2 seconds, height for 2 seconds, age and fitness level for another 2 seconds each, to confirm the programming. If any of these data points were set incorrectly, just go through the customization steps (1–3) again. The scale is now ready for you to weigh yourself and read body fat and body water measurements.

Using Your Thinner® Body Fat Monitor

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.

1. Tap center of scale platform with foot to activate digital display (display will flash).
2. Wait for "0.0" to appear in display window.
3. Firmly press the USER button located below the display several times until your user number appears. Note: The scale will automatically scroll through your customized data, then "0.0" will be displayed.
4. Step onto the scale BAREFOOT.
5. Weight will be displayed for 3 seconds. Remain on scale without moving!
6. Display will flash "bf" and "%", followed by your body fat percentage.
7. Display will flash "H2O" and "%", followed by your body water percentage.
8. Display will cycle through your measurements again and then automatically turn off.

Using The Weight-Only Mode

For weight-only mode, no personal data entry is necessary.

1. Place scale on a flat, level surface.
2. Tap center of scale platform with foot to activate (display will flash).
3. Wait for "0.0" to appear in display window.
4. Step onto scale. Weight measurement will appear in display window.

Facts You Should Know

Your Thinner® scale is a precise measuring instrument that is most accurate when weighing a stationary object. To ensure readings that are 99% accurate, 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. The scale is an electronic instrument and should never be submerged in water. Clean with damp cloth and/or glass cleaner.

In the unlikely event that the scale battery malfunctions and needs to be replaced, lift the battery cover on the bottom of the scale and replace the old battery with a 3V lithium battery (CR2032). **Dispose of the old battery 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.**

LIMITED TEN YEAR WARRANTY

Conair will repair or replace, at our option, your appliance free of charge for 120 months from the date of purchase if the appliance is defective in workmanship or materials.

To obtain service under this warranty, return the defective product to the service center nearest you, together with your sales slip and \$5.00 for postage and handling. California residents need only provide proof of purchase and should call 1-800-3-CONAIR for shipping instructions. In the absence of a receipt, the warranty period shall be 120 months from the date of manufacture.

ANY IMPLIED WARRANTIES, OBLIGATIONS, OR LIABILITIES, INCLUDING BUT NOT LIMITED TO THE IMPLIED WARRANTY OF MERCHANTABILITY AND FITNESS FOR A PARTICULAR PURPOSE, SHALL BE LIMITED IN DURATION TO THE 120 MONTH DURATION OF THIS WARRANTY. Some states do not allow limitations on how long an implied warranty lasts, so the above limitations may not apply to you.

IN NO EVENT SHALL CONAIR BE LIABLE FOR ANY SPECIAL, INCIDENTAL, OR CONSEQUENTIAL DAMAGES FOR BREACH OF THIS OR ANY OTHER WARRANTY, EXPRESS OR IMPLIED, WHATSOEVER. Some states do not allow the exclusion or limitation of special, incidental, or consequential damages, so the above limitation may not apply to you. This warranty gives you specific legal rights, and you may also have other rights which vary from state to state.

Weight and Body Fat

How does it work?

While 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 if skin is cold and dry.
- As with weight, it is better to track trends over time than to use individual daily results, when your goal is to change body composition.
- Results may not be accurate for persons under 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 example, a person may weigh 200 pounds and 40% body fat (=80 pounds of body fat). He/She loses 20 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.
- 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.