1. To set your user data

- Tap the scale to turn it on and wait until "0.0" appears.
- Step on the scale barefoot with your feet aligned on the electrodes (metal strips) on both sides of the platform. Note: you must be barefoot in order for the scale to read your body analysis measurements.

2. Setting the user number

- Operate the scale on a secure flat floor. Tap the scale sharply and firmly and wait till "0.0" appears. Press the user button to switch to body analysis mode and then press the user button repeatedly until your user number shows on display.

3. Setting the height

- The inch or cm symbol lights up (if switch is set to lb, default is height in inches; if switch is set to KG, default is height in centimeters). Use the up or down arrow to adjust the number. The scale will display your stored data: User number, Height and Age will each show for a few seconds.

4. Setting the age

- Choose the user mode on the back panel. If the user number appears (User number, Height, and Age is still in the memory) the display will show your body fat percentage.
- "AGE" appears and the default age "25" fl ashes. 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

- "G" for male or "F" for female. Press the up or down arrows to choose between male and female gender. Press SET to confirm.
- "COLOR INFO:
- "NOTES"
- "LIMITED TEN YEAR WARRANTY"

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Weight and Body Fat

How does it work?

A surefire way to get overly concerned with your weight is to weigh yourself too often. We generally recommend weighing yourself at least once a week. However, there is no one 'correct' weight, so make sure you are weighing under the same circumstances each time. When learning how to use your scale, this information is particularly helpful. Always maintain a normal daily routine of eating and exercising. When plotted over time, you will obtain a clear picture of any trend your weight is following.

Always keep in mind that you know your body best. The following ranges of body fat and BMI can serve as guides, but they are not a substitute for medical advice.

Is it accurate?

Measurements of body fat tend to fluctuate a lot more than simple weighing, and different methods of estimating body fat may produce different results. Even with the same scale the numbers will vary because:

-  Weight loss tends to produce substantial, continuous, and unpredictable changes in body fat percentage. How much fat is lost depends on a variety of factors, including the size and composition of the individual body fat mass.

So don't get too caught up with a single number. Track trends over time than to use individual daily results.

•  Results may not be accurate for persons under the age of 16, or persons with an elevated body temperature, diabetes or other health conditions.

Female

20-29 <8.2% 8.2-10% 10.1%+

30-39 <9.4 9.4-12 12.1+

40-49 <10.6 10.6-13 13.1+

50-59 <12 12-14 14.1+

Male

20-29 <7.6% 7.6-8.4% 8.5%+

30-39 <8.8 8.8-10 10.1+

40-49 <10.0 10.0-12 12.1+

50-59 <11.2 11.2-13 13.1+

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

When you lose weight, both the numerator (pounds of body fat) and denominator (total body weight) go down, so when it’s a small weight loss and your body fat is not changing, the body fat percentage will remain the same.

When You’re Losing Weight

Bone is a living, growing tissue. During youth, your body makes new bone tissue faster than it breaks down older bone. In fact, bone density reaches peak levels in the late 20s. Bone loss begins with menopause, when women generally lose bone at a rate of 0.5% to 1% per year. This rate of bone loss continues until age 50, and then decreases to 0.1% to 0.2% per year.

Bone Mass – What is it?

Bone mass refers to the amount of bone in your body. The more bone you have, the better your chances are of maintaining healthy bone density as you age. This is particularly important if you’re at risk of osteoporosis. Since age is the leading risk factor, strength training and weight-bearing exercise are essential as you age.

Bone Mass Table

<table>
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Bone Water

Water makes up 30% to 40% of your body weight. Your body’s water content is always changing as you are being hydrated. Measure the amount of water in the body of fat, and muscle are essential for the body to function. Water is a component of all body cells, and is the primary component of body weight. It is also important for the body to maintain hydration levels. The scale may report the hydration level in the form of a percentage.

Fluid levels may be measured in certain situations, such as following exercise, after menstruation, etc., when measuring body fat is not appropriate. Using the scale in these instances may provide inaccurate results. Hydration may not be at normal levels during these times.

The hydration level is measured by using Bioelectric Impedance Analysis (BIA). The same analysis that is used to measure body fat is used to measure hydration levels. The scale uses this information to calculate the percentage of water in the body. This will give you a clear picture of any trend your weight is following.

Bone density

Bone density refers to the amount of bone in your body. The more bone you have, the better your chances are of maintaining healthy bone density as you age. This is particularly important if you’re at risk of osteoporosis. Since age is the leading risk factor, strength training and weight-bearing exercise are essential as you age.

Bone Density Table

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Bone to Weight Ratio

This ratio is used to determine the relationship between the two. It is calculated by dividing the bone mass by the total body weight.

Bone to Weight Ratio Table

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To minimize the loss of lean tissue, include regular physical activity, especially strength training, in your weight-loss plan.

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 avoid moving. See the user manual for details on scale use and care.

Additional Information

-  The scale is an electronic instrument and should never be submerged in water. Clean with a damp cloth and/or glass cleaner.

-  Should the weight on the scale exceed the scale's capacity, you may see an error message "ERR". If this happens, do not put any force on the scale. 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 avoid moving. See the user manual for details on scale use and care.

-  Dispose of the old battery properly.

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

-  Press the on/off button to turn the scale on/off. Press the on/off button to turn the scale on/off. The scale will beep when the weight reading is stable. The weight reading will then appear on the display. The weight reading will then appear on the display.

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