



Body Fat Precision Electronic Scale

Model 8991BU

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Body Fat Precision Electronic Scale

This Weight Watchers scale uses the latest technology for successful weight management.

Features :

- Large $1\frac{1}{4}$ " / 33mm LCD display
- Coloured bars indicate low, normal or high body analysis readings
- Monitors BMI (body mass index) Body fat and Body Water
- Maximum capacity 23st 8lb / 150kg / 330lb
- Measures body weight in $3\frac{1}{2}$ oz / 100g increments
- 10 person memory
- 5 Fitness levels
- Choice of measurement in stone / kg / lb
- Sturdy, impact resistant platform
- Long-life battery included
- Contains optional carpet feet for use on carpets
- 10 year guarantee

2 WAYS TO USE THIS SCALE

There are 2 ways of using this scale, all with body weight readings.

1- Weight only

You can use this scale for **weight only**. No programming is needed.

2- Weight, BMI, body fat & body water

You can also get **body analysis** information; BMI (body mass index), body fat and body water readings.

Please refer to the body analysis table towards the end of this booklet.

SET UP YOUR SCALE FOR USE

IMPORTANT! BEFORE USE:

Remove the isolator tab from the battery compartment.

- Open the battery compartment on the underside of the scale.
- Gently pull out the battery isolator tab.
- Check the battery has not been dislodged.
- Close the battery compartment.
- Your scale is now ready for use.

- The scale is set to (St) stones and pounds.
- For (Kg) kilos or (Lb) pounds, move the switch on the underside of the scale.
- Place the scale on a flat, level surface for accurate operation and safety.
- For more accurate results on carpets, use the carpet feet - simply push them onto the scale's regular feet. Inaccuracies may occur on carpets with pile in excess of 10mm.
- On hard floors do not use the carpet feet.

INSTRUCTIONS FOR USE

1 - Weight only

- Press the scale briefly in the centre to turn it on.



- **IMPORTANT!** Wait for '0: 0' to display.



- Step on to the scale.


- 9.9 1.4 ST LB

- ## PROGRAMMING YOUR SCALE
- For weight and body analysis

This scale can be programmed for up to **10** users.

BMI and fitness levels are linked, especially if you have excess weight. The BMI / Fitness Level feature adjusts the scale's calculation to account for this.

1 2 3 4 5
LESS FIT MORE FIT



L2 is the level used for those who are overweight (BMI 25-30)

L3 is the level used for those with a healthy weight and is often selected at the start of a training/weight loss programme. Most people fall into this category. Activities for those using this level are characterised by :

- low level aerobics
- limited physical activity : less than 2 times/week
- less than 20 minutes per activity

L4 is used by people at a healthy weight who have improved overall wellness and fitness :

- moderate daily exercise : 20 minute workouts, 5 times/week
- activities : cycling, jogging, brisk walking, raking leaves, tennis, aerobics

L5 is used by highly active individuals at a healthy weight whose workouts are based both on endurance and strength over an extended period of time :

- daily workouts to include the activities below
- 5-10 minute warm up; several 20-30 minute workouts per week dedicated to muscular strength (often weight lifting), muscular endurance (push ups, sit-ups, weight training for all major muscle groups), cardio respiratory endurance (jogging, swimming, skipping, rowing, racquetball); 10-12 minutes of stretching; 5-10 minute cool down

PROGRAMMING

- Press the scale briefly in the centre to turn it on.



- **IMPORTANT!** Wait for '0: 0' to display.




- P-01

-
- A digital display showing the time 4:11 and the unit Ht. The display is black with white digits and text. The time 4:11 is shown in a large, stylized font. The unit Ht is shown in a smaller font to the left of the time. There are three small white squares below the time display.





- Age 20


- Press  or  numbers quickly.

- Press  to accept the age.

- Figures appear.






- Press  or  to change between male and female.

- Press  to accept the gender.

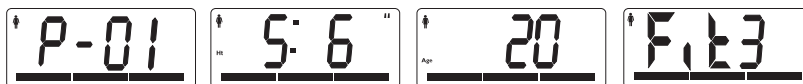
- Fitness level 1 appears.



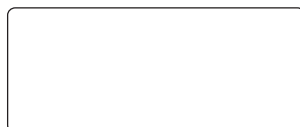
- Press  or  to change the fitness level.

- Press  to accept the fitness level.

- The scale displays your details, e.g.



- The scale turns off.



The scale is now programmed and ready for use.

INSTRUCTIONS FOR USE

3-Body analysis

IMPORTANT

To get body analysis information, you **MUST** be **BAREFOOT** – bare skin must touch the **oval metal plates** – position your feet as shown.



INTERPRETING THE DISPLAY

A coloured bar interprets the body analysis reading:

YELLOW = low

GREEN = normal

RED = high

e.g. the reading is normal



— The green bar here indicates the reading is normal

Please also refer to the body analysis table towards the end of this booklet.


HOW TO USE

- Press the scale briefly in the centre to turn it on.



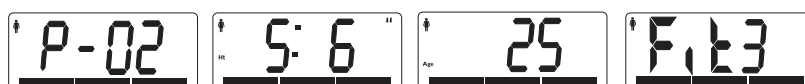
- Wait for “0: 0” to appear.



- Press  until your number appears, e.g. P-02.



- The scale displays your details.



- Then “0: 0”.



- Step onto the scale **BAREFOOT** – **bare skin** must touch the **oval metal plates** – position your feet as shown.



- Your CURRENT WEIGHT displays.



- Your BODY MASS INDEX (b) appears.



- Your BODY FAT (bF) weight appears.



- Your BODY FAT (bF) percentage appears.



- Your BODY WATER (H2O) percentage appears



- The scale turns off.



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 analysers 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 exercised, 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, when your goal is to change body composition it is better to 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.

What you need to know!

- Percent body fat refers to the weight 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 minimise 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 scales or monitors show body fat as a percentage only.

This body fat scale shows you not only a percentage but the actual weight of body fat (in fact, this is the measurement you see after your weight is displayed). Why is that important? When you lose weight, both the weight of body fat and 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 14st 4lb / 90.8kg / 200 pounds and have 40% body fat (= 5st 10lb / 36.3kg / 80 pounds of body fat).

He/She loses 1st 6lb / 9.08kg / 20 pounds, but the body fat has only dropped 4% to 36%. That 4% of body fat was 1st 2lb / 7.26kg / 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 weight of body fat lost. Remember, to minimise the loss of lean tissue, include regular physical activity, especially strength training, in your weight-loss plan.

About BMI

BMI stands for Body Mass Index, a statistical term derived from height and weight. It is closely linked to body fat and health. Over 50 organisations, including the UK Government and the World Health Organisation, have adopted BMI guidelines. BMI is inversely related to fitness, meaning that the higher your BMI, the less likely you are to be fit. Every time your body fat scale reads your weight and calculates your body fat, it also calculates your BMI. Along with your weight and your body fat measurements, the BMI reading gives you one more tool to monitor your health and fitness.

Body Water / Hydration Levels

General health standards indicate that one should consume approximately 8 glasses of water per day from food and liquids to maintain a healthy level of hydration.

Maintaining a good hydration level will help improve your overall health and general feeling of well-being. If your hydration levels are lower than average, you should increase your water intake accordingly.

Body water/hydration level – how is it measured?

The hydration level is measured by using Bioelectric Impedance Analysis (BIA). The same analysis that is used to calculate your body fat is used to calculate your hydration level. Taking into consideration a user's age and gender, a calculation is made that determines the percentage of water.

Please note: It is not recommended to take the hydration measurements in certain situations, such as following exercise, after drinking a glass of water, or directly prior to, during or shortly after menstrual cycles. Hydration may not be at normal levels during these times.

	Gender	Age	Yellow	Green	Red
BMI :			15-19.9	20-25	25.1 +
Body fat :	Female :	10-19	5-22%	22.1-27	27.1-50%
		20-29	5-23%	23.1-28	28.1-50%
		30-39	5-24%	24.1-29	29.1-50%
		40-49	5-25%	25.1-30	30.1-50%
		50-59	5-26%	26.1-31	31.1-50%
		60-69	5-27%	27.1-32	32.1-50%
		70-100	5-28%	28.1-33	33.1-50%
	Male :	10-19	5-17%	17.1-22	22.1-50%
		20-29	5-18%	18.1-23	23.1-50%
		30-39	5-19%	19.1-24	24.1-50%
		40-49	5-20%	20.1-25	25.1-50%
		50-59	5-21%	21.1-26	26.1-50%
		60-69	5-22%	22.1-27	27.1-50%
		70-100	5-23%	23.1-28	28.1-50%
Water :	Male :	10-100	43-49.9%	50-65	65.1-75%
	Female :	10-100	43-44.9%	45-60	60.1-75%

Make the most of it!

To summarise, make the most of the body analysis feature by:

- Tracking change over 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 food 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 itself a program for losing weight. Studies show that people lose three times more weight on Weight Watchers than they do on their own.*

* Heska S et al. JAMA.2003; 289(14), 1792.

Come to a meeting and learn from us the best way to lose and maintain weight. Call 08457-123-000 or go to www.weightwatchers.co.uk 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, depending on a variety of factors.

- Salt and carbohydrate intake can affect the body's water retention.
- A large meal adds weight and can cause water retention.
- Dehydration from exercise, illness, or low 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 sure 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
- In the same place
- 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.

FREQUENTLY ASKED QUESTIONS

Please note : The diagrams in this instruction book are as they appear in the 'St' setting. The number configuration changes for 'Kg' or 'Lb' settings. To change the scale from 'St' (stones and pounds) to 'Kg' (kilos) or 'Lb' (pounds), move the switch on the underside of the scale.

Q: The scale shows "Err".

A1: Make sure to wait for "0: 0" before stepping onto the scale ("0.0" for Kg or Lb settings).

A2: "Err" displays if you exceed the maximum weight capacity of the scale – check the "FEATURES" section.

A3: If "Err" displays after the body weight reading, instead of body analysis readings, check that you are **BAREFOOT** – **bare skin** must touch the **oval metal plates**; no socks, tights, stockings, shoes or slippers. Check your feet are positioned correctly.



A4: If "Err" displays after the body weight reading, instead of body analysis readings and your feet are bare, check the condition of the skin on your feet. Hard or dry skin on your feet can prevent proper contact being made with the electrodes in the **oval metal plates**. If your skin is very dry, try applying a small amount of moisturiser to your feet and **allow to dry thoroughly** before using the scale, to avoid slipping.

A5: Check you have entered all your details correctly when programming the scale.

A6: If you have tried all the above and the scale is still not working correctly, for further advice, contact the Conair Customer Care Line on: 0870 5 133191 (09:00 to 17:00 Monday to Friday) or alternatively email your enquiry to ukinfo@conair.com

Q: Will I get accurate results on carpet?

A: When using the scale on carpet, attach the carpet feet. Inaccuracies may occur with carpet pile longer than 10mm. Do not use carpet feet when the scale is on hard floors

Q: Is my scale accurate? / I get different readings when I get on and off the scale several times.

A1: Make sure the scale is on a flat, level surface for accurate operation and safety.

A2: Attach the carpet feet securely only for use on carpets. Do not use them on hard floors.

A3: This 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's platform and **DO NOT MOVE**.

A4: It's important not get on and off the scale repeatedly. As the scale is so accurate, even a slight change in your position will cause a different reading and the scale will round up or down to the nearest increment, further adding to the difference.

A5: Do not keep moving the scale to a new location, as this can cause different readings. Try to keep it in the same place.

A6: It is best to measure yourself using the same scale, as results can vary between scales due to manufacturing tolerances.

SAFETY CAUTIONS

- **Use of this appliance is not recommended for people wearing an electronic implant (heart pacemaker, etc). Also, it will not work accurately for pregnant women.**
- Do not immerse in water or any other liquid.
- Keep the scale out of the reach of children.
- Do not drop the scale as this may damage the sensors.
- To clean the scale, use a damp cloth without using a cleaning product. Make sure water does not penetrate inside the appliance.
- Do not place anything on the surface of the scale.
- Always inspect the appliance before use for noticeable signs of damage.

- Do not use if damaged, or if the appliance has been dropped.
- In the event of damage, contact the Conair Customer Care Line (refer to “UK After Sales Service” for further information).
- This appliance complies with the requirements of Directives 89/336/EEC (Electrical Compatibility) and 73/23/EEC (Electrical Safety of Domestic Appliances), amended by Directive 93/68/EEC (CE marking).
- The battery should be removed for safe disposal at the end of its life.
- When the battery has run down, it should be disposed of at a recycling centre to safeguard the environment. If the battery leaks, avoid touching it and dispose of it at a recycling centre.
- This scale is designed for home use only and is not suitable for professional purposes.

REPLACEMENT OF THE BATTERY

Your Weight Watchers Scale is provided with a battery that can be replaced by a battery of the same type: 3V-CR2032.

To replace the battery:

- When the battery is low, the display will show ‘Lo’ for a few seconds.
- The battery compartment is located on the underside of the scale.
- Turn the scale over. Remove the battery cover by using a coin and turning in an anti-clockwise direction.
- Remove the battery. When the battery has run down, it should be disposed of at a recycling centre to safeguard the environment. If the battery leaks, avoid touching it and dispose of it at a recycling centre.
- Replace with a new battery of the same type. Position the battery with the side marked “+” facing upwards.
- To close the battery compartment, position the lugs of the battery cover with the corresponding grooves in the compartment and turn in a clockwise direction.

GUARANTEE

Your Weight Watchers Scale is guaranteed for a period of 10 years. (This guarantee does not include the battery/batteries).

This guarantee covers defects under normal use from date of purchase and ceases to be valid in the event of alteration or repair by unauthorised persons. If the appliance does not perform satisfactorily due to defects

in materials or manufacture, it will be repaired or replaced through the Conair UK After Sales Service. Conair reserve the right to amend terms and specifications without prior notice.

This guarantee in no way affects your statutory rights.

UK AFTER SALES SERVICE

For further advice on using the appliance, contact the Conair Customer Care Line on 0870 5 133191 (09:00 to 17:00 Monday to Friday) or alternatively email your enquiry to: ukinfo@conair.com

In Guarantee

Return the product to the Conair Service Centre at the following address:

Conair Service Centre
PO Box 506
Wigan
WN1 9AA

Enclose your name and address, together with proof of purchase and details of the fault. Conair will either repair or replace the product as appropriate.

Out of Guarantee

Contact the Conair Customer Care Line on 0870 5 133191 (09:00 to 17:00 Monday to Friday) or alternatively email your enquiry to ukinfo@conair.com for details of the standard repair or replacement charge. If you wish to proceed with the repair or replacement, return the product to the Conair Service Centre at the following address:

Conair Service Centre
PO Box 506
Wigan
WN1 9AA

Enclose your name and address, together with details of the fault and cheque made payable to The Conair Group Ltd.

