Setting the gender/activity mode
3. Next, the scale will enter the body analysis mode. The display will show “0” until proper contact with electrodes on the surface of the scale. Customizing Your Body Analysis Monitor
1. Press SET button. Default gender icon will flash. Press the Up or Down button to choose between female, male, female athlete and male athlete modes. In order to choose the male/female athlete setting, press SET when both the correct gender icon and athlete icon flash. Choose the athlete setting (regular gender icon plus athlete icon) if you are between 0 and 7 months from the date of purchase if the appliance is defective in workmanship or material. Please register this product at: www.conair.com/registration

Setting the body analysis mode
2. Press SET button to confirm selection. The scale will display the user data for a few seconds and then will enter into body analysis mode and “0.0” will appear on the display. If you do not want to do body analysis at this time, the scale will turn off automatically after 10 seconds.

Body Analysis
4. Update the menu on a remote fat font. “Age” for new to 10 and new to 11/2” screen. Press the UP button to increase or decrease the number. The scale will display “0” on the display. If you do not want to update the number, press the SET button to confirm your user number appears (User number, Height, and Age) then the scale displays “0.0.” Setting the height
7. Use the arrow keys to select your Bone Mass.
8. Use the arrow keys to select your Muscles Mass.
9. Use the arrow keys to select your Bone Mass.

Notes:
- Ensure contact with electrodes is not broken. If broken, the display will show “0” for a few seconds and then will turn off automatically.
- Ensure the scale is turned off before any adjustment.
- Ensure proper contact with electrodes by using electrodes on the surface of the scale. If not in proper contact, the display will show “0” for a few seconds and then will turn off automatically.

LIMITED TEN YEAR WARRANTY
Conair will repair or replace, at our option, your appliance free of charge for 10 years from date of purchase (the “Warranty Period”) at the factory to the extent that the appliance is defective in material or workmanship. To obtain warranty service on this warranty period, you must provide a copy of your sales receipt. To obtain warranty service, you must provide a copy of your sales receipt together with your appliance and this warranty. The warranty period shall be 120 months from the date of manufacture. Some states do not allow the exclusion or limitation of incidental or consequential damages, so the above limitation may not apply to you. This warranty gives you specific legal rights, and you may have other rights which may vary from state to state. Spanish translation available on our website: www.conairscales.com

Instructions for use of Weight Watchers bathroom scale
Congratulations! By purchasing this Weight Watchers Scale, you are taking the first step toward taking control of your weight. To get the greatest benefit from the scale, read the instructions below carefully before using the scale. For information on how to use the scale and the scale’s features, please visit the website: www.weightwatchers.com/scale.
Weight and Body Fat

BMI — What Is It?

BMI stands for Body Mass Index, a simple ratio derived from height and weight. It is a widely recognized method to measure body fat. To determine BMI, divide weight (in kilograms) by the square of height (in meters). If a scale/body fat monitor can calculate BMI, it will do so automatically. For example, if a person weighs 160 pounds and is 5 feet 10 inches tall, the calculation will yield a BMI of 25. This BMI means the person is overweight. BMI can vary because:

•  Your gender, age, and skeletal structure (men have more muscle mass than women)
•  Your body composition
•  Decline in muscle mass as you age
•  Differences in bone density

Body Water/Hydration Levels

Water makes up about 60% of your body weight. Much of this water is found in muscles, bones, and bone tissues. The water we consume is stored in our cells and can be quickly depleted if we do not drink enough water. A small increase in body temperature can also result in a decrease in body fluid. It is not recommended to take hydration measurements in the bath or shower, or when skin is moist. Taking hydration measurements in the sweltering heat or when skin is dry can result in higher readings. Taking hydration measurements in a cold environment can result in lower readings. If skin is hot and dry or cold and dry, hydration levels may be lower or higher than normal.

Body Composition — What Is It?

Body composition is the ratio of muscle and fat to the body's total weight. Body composition is an indicator of physical activity, especially strength training. The more muscle you have, the more your BMI will be raised. BMI is not the best measure of body fat. If you're consistent.

Bone Mass — What Is It?

Bone is a living, growing tissue. During youth, your body makes new bone as old bone is broken down. This process is called bone remodeling. Bone remodeling is a normal part of life. But it's a long and very slow process. If you don't get enough calcium, your bones will weaken. When bones are weaker, they are more likely to break. Bone remodeling is a slow process.

What You Need to Know!

•  Water makes up about 60% of your body weight. Much of this water is found in muscles, bones, and bone tissues. The water we consume is stored in our cells and can be quickly depleted if we do not drink enough water. A small increase in body temperature can also result in a decrease in body fluid. It is not recommended to take hydration measurements in the bath or shower, or when skin is moist. Taking hydration measurements in the sweltering heat or when skin is dry can result in higher readings. Taking hydration measurements in a cold environment can result in lower readings. If skin is hot and dry or cold and dry, hydration levels may be lower or higher than normal.

Body Water

Body Water/Hydration Levels

Water makes up about 60% of your body weight. Much of this water is found in muscles, bones, and bone tissues. The water we consume is stored in our cells and can be quickly depleted if we do not drink enough water. A small increase in body temperature can also result in a decrease in body fluid. It is not recommended to take hydration measurements in the bath or shower, or when skin is moist. Taking hydration measurements in the sweltering heat or when skin is dry can result in higher readings. Taking hydration measurements in a cold environment can result in lower readings. If skin is hot and dry or cold and dry, hydration levels may be lower or higher than normal.

Bone Mass — What Is It?

Bone is a living, growing tissue. During youth, your body makes new bone as old bone is broken down. This process is called bone remodeling. Bone remodeling is a normal part of life. But it's a long and very slow process. If you don't get enough calcium, your bones will weaken. When bones are weaker, they are more likely to break. Bone remodeling is a slow process.

What You Need to Know!

•  Water makes up about 60% of your body weight. Much of this water is found in muscles, bones, and bone tissues. The water we consume is stored in our cells and can be quickly depleted if we do not drink enough water. A small increase in body temperature can also result in a decrease in body fluid. It is not recommended to take hydration measurements in the bath or shower, or when skin is moist. Taking hydration measurements in the sweltering heat or when skin is dry can result in higher readings. Taking hydration measurements in a cold environment can result in lower readings. If skin is hot and dry or cold and dry, hydration levels may be lower or higher than normal.

Dosage for Use

•  Yes, you may get results concerning your weight and body fat you may not like. One way you can counteract these is by using a scale and monitoring your weight. Another way is to consult your doctor or diabetes educator.

•  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. Whether your weight is high or low, it's important that it's not a pattern of weight loss.

•  If you're consistent.

•  Low than high

•  If you're consistent.

•  To keep track of your weight, record only one number for the week.

•  If you're consistent.

•  In the same place

•  In the same place

•  In the same place

•  In the same place

•  By pregnant women, is not recommended.

•  Body water/hydration level — how is it measured?

•  Water makes up about 60% of your body weight. Much of this water is found in muscles, bones, and bone tissues. The water we consume is stored in our cells and can be quickly depleted if we do not drink enough water. A small increase in body temperature can also result in a decrease in body fluid. It is not recommended to take hydration measurements in the bath or shower, or when skin is moist. Taking hydration measurements in the sweltering heat or when skin is dry can result in higher readings. Taking hydration measurements in a cold environment can result in lower readings. If skin is hot and dry or cold and dry, hydration levels may be lower or higher than normal.

•  Bone mass — what is it?

•  Bone is a living, growing tissue. During youth, your body makes new bone as old bone is broken down. This process is called bone remodeling. Bone remodeling is a normal part of life. But it's a long and very slow process. If you don't get enough calcium, your bones will weaken. When bones are weaker, they are more likely to break. Bone remodeling is a slow process.

•  Why is the bone mass how do you measure bone mass?

•  Bone is a living, growing tissue. During youth, your body makes new bone as old bone is broken down. This process is called bone remodeling. Bone remodeling is a normal part of life. But it's a long and very slow process. If you don't get enough calcium, your bones will weaken. When bones are weaker, they are more likely to break. Bone remodeling is a slow process.

•  Facts you should know!

•  Facts you should know!

•  Facts you should know!