# TANITA
### Monitoring Your Health

# BF-558/BF-559

## Body Fat Monitor/Scale

## GB Specifications
### BF-558/559

**Weight capacity**
21st 6lb (136kg) (300lb)

**Weight Increments**
0.2lb (0.1kg) (0.2lb)

**Body Fat Increments**
0.1%

**Power Supply**
4 AA batteries (included)

**Power Consumption**
60 mA maximum

**Measuring Current**
50 kHz 500µA

**These scales carry a 3-year guarantee.**

CE **This device features radio interference suppression in compliance with EC Regulation 89/336/EC.**

## D Spezifikationen
### BF-558/559

**Max. Gewichtsbelastung**
136 kg

**Gewichtseinteilung**
0,1 kg

**Einteilung der Körperfettanzeige**
0,1%

**Stromversorgung**
4 AA-Batterien (mitgeliefert)

**Stromverbrauch**
maximal 60 mA

**Messstrom**
50 kHz 500 µA

**Auf dieser Waage ist 3 Jahre Garantie.**

CE **Dieses Gerät ist funkentstört gemäß EC Bestimmung 89/336/EC.**

## F Caractéristiques
### BF-558/559

**Capacité de pesage maxi**
136 kg

**Graduation**
0,1 kg

**Précision du taux de graisse**
0,1 %

**Alimentation**
4 piles AA incluses

**Consommation d'énergie**
60 mA au maximum

**Courant émis**
50 kHz, 500 µA

**Ces balances sont garanties 3 ans.**

CE **Cet appareil est conforme à la directive européenne n° 89/336/CEE en vigueur et relative à la compatibilité électro-magnétique des dispositifs électroniques.**

## NL Specificaties
### BF-558/559

**Weegvermogen**
136 kg

**Weegincrement**
0,1 kg

**Lichaamsvetincrement**
0,1%

**Voeding**
4 AA batterijen (meegeleverd)

**Stroomverbruik**
60 mA maximum

**Meetstroom**
50 kHz 500 µA

**Op deze weegschaal wordt 3 jaar garantie verstrekt.**

CE **Dit apparaat beantwoordt aan de EEG voorschriften 89/336/EEG inzake radiostoringsonderdrukking.**

## I Dati tecnici
### BF-558/559

**Portata massima**
136 kg

**Incrementi di peso**
0,1 kg

**Incrementi di grasso corporeo**
0,1%

**Alimentazione**
4 batterie AA (incluse)

**Assorbimento**
60 mA massimo

**Corrente di misurazione**
50 kHz 500 µA

**Questa bilancia è fornita con una garanzia di 3 anni.**

CE **Questo apparecchio è dotato di soppressione di interferenza radio in conformità al Regolamento CE 89/336/EC.**

## E Especificaciones
### BF-558/559

**Capacidad de peso**
136 kg

**Incrementos de peso**
0,1 kg

**Incrementos de grasa corporal**
0,1%

**Alimentación**
4 pilas tamaño AA (incluidas)

**Consumo de energía**
Máximo de 60 mA

**Corriente de medición**
50 kHz 500 µA

**3 años de garantía.**

CE **Este aparato presenta supresión de radiointerferencias de acuerdo con el Reglamento 89/336/EC.**

## GB Instruction manual
Read this Instruction Manual carefully and keep it for future reference.

## D Bedienungsanleitung
Lesen Sie sich diese Bedienungsanleitung bitte sorgfältig durch und bewahren Sie sie zum späteren Nachschlagen auf.

## F Mode d'emploi
A lire attentivement et à garder en cas de besoin.

## NL Gebruiksaanwijzing
Deze handleiding aandachtig lezen en voor naslagdoeleinden bewaren.

## I Manuale di Istruzioni
Leggere attentamente questo manuale di istruzioni e conservarlo per consultazioni future.

## E Manual de instrucciones
Lea detenidamente este manual de instrucciones y guárdelo para futura referencia.

## GB Table of Contents

## D Inhaltsverzeichnis

## F Table des matières

## NL Inhoudsopgave

## I Indice

## E Índice de materias

# INTRODUCTION

Thank you for selecting a Tanita Body Fat Monitor/Scale. This model uses the BIA (Bioelectrical Impedance Analysis) technique, a state-of-the-art technology for body fat assessment.

**Note:** Read this Instruction Manual carefully and keep it handy for future reference.

## ⚠ Safety Precautions

- **Persons with implanted medical equipment, such as a pacemaker, should not use the Body Fat Monitor feature on this Tanita Body Fat Monitor/Scale. This Body Fat Monitor/Scale passes a low-level electrical signal through the body, which may interfere with the operation of a pacemaker.**

- The Tanita Body Fat Monitor/Scales are intended for home use only. This unit is not intended for professional use in hospitals or other medical facilities; it is not equipped with the quality standards required for heavy usage experienced under professional conditions.

- Do not use this unit on slippery surfaces such as wet floors.

**Note:** Body fat percentage estimates will vary with the amount of water in the body, and can be affected by dehydration or overhydration due to such factors as alcohol consumption, menstruation, illness, intense exercise, etc.

## Important Notes for Users

This Tanita Body Fat Monitor/Scale is intended for adults and children (age 7-17) with inactive to moderately active lifestyles and adults with athletic body types.

**Tanita defines "athlete" as a person involved in intense physical activity of approximately 10 hours per week and who has a resting heart rate of approximately 60 beats per minute or less. Tanita's athlete definition includes "lifetime of fitness" individuals who have been fit for years but currently exercise less than 10 hours per week.**

**The body fat monitor function is not intended for pregnant women, professional athletes or bodybuilders.**

Recorded data may be lost if the unit is used incorrectly or is exposed to electrical power surges. Tanita takes no responsibility for any kind of loss caused by the loss of recorded data.

Tanita takes no responsibility for any kind of damage or loss caused by these units, or any kind of claim made by a third person.

**Guide to Using this Manual:**

Owners of the BF-559 should watch for text highlighted in blue. These items of text describe the additional features of your scale.
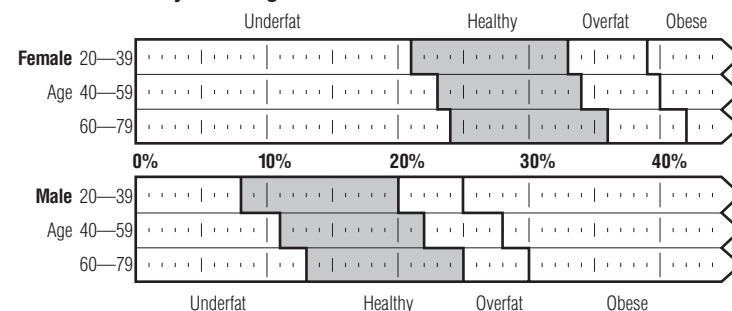Owners of the BF-558 should disregard the highlighted text.

# PRINCIPLES OF ESTIMATING BODY FAT PERCENTAGE

Tanita Body Fat Monitor/Scales allow you to measure your body fat percentage at home as easily as you measure your weight.

## What is Body Fat Percentage?

Body fat percentage is the percentage of fat in your body. Too much body fat has been linked to conditions such as high blood pressure, heart disease, diabetes, cancer, and other disabling conditions.

**Body Fat Ranges** for Standard Adults[1,2]

| | | Underfat | Healthy | Overfat | Obese |
|---|---|---|---|---|---|
| Female | 20—39 | | | | |
| Age | 40—59 | | | | |
| | 60—79 | | | | |
| | | 0% 10% 20% 30% 40% | | | |
| Male | 20—39 | | | | |
| Age | 40—59 | | | | |
| | 60—79 | | | | |
| | | Underfat | Healthy | Overfat | Obese |

[1] Based on NIH/WHO BMI Guidelines.

[2] As reported by Gallagher, et al, at NY Obesity Research Center.

To determine the percentage of body fat that is appropriate for your body, consult your physician.

## The BIA Method

Tanita's patented "foot-pad" design send a safe, low-level electrical signal through the body to determine its composition.

Tanita Body Fat Monitor/Scales use the BIA (Bioelectrical Impedance Analysis) technique. In this method, a safe, low-level electrical signal is passed through the body. It is difficult for the signal to flow through fat in the human body, but easy to flow through moisture in the muscle and other body tissues. The difficulty with which a signal flows through a substance is called impedance. So the more resistance, or impedance, the signal encounters, the higher the body fat reading.
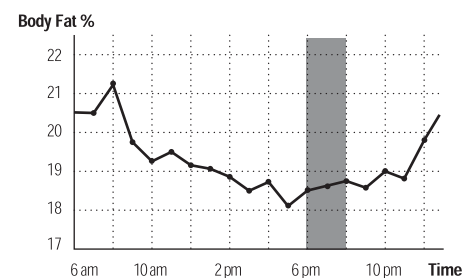
## Body Fat Percentage Fluctuations in a Day

**Body Fat %**

| | | | | | |
|---|---|---|---|---|---|
| 22 | | | | | |
| 21 | | | | | |
| 20 | | | | | |
| 19 | | | | | |
| 18 | | | | | |
| 17 | | | | | |
| 6 am | 10 am | 2 pm | 6 pm | 10 pm | **Time** |

Hydration levels in the body may affect body fat readings. Readings are usually highest in the early waking hours, since the body tends to be dehydrated after a long night's sleep. For the most accurate reading, a person should take a body fat percentage reading at a consistent time of day under consistent conditions.

Besides this basic cycle of fluctuations in the daily body fat readings, variations may be caused by hydration changes in the body due to eating, drinking, menstruation, illness, exercising, and bathing. Daily body fat readings are unique to each person, and depend upon one's lifestyle, job and activities.

The graph on the left shows an example of daily body fat percentage fluctuations.

# FEATURES AND FUNCTIONS

## Measuring Platform

1. Display Screen
2. Ball-of-Foot Electrodes
3. Set Button
4. Arrow (Select) Buttons
5. Heel Electrodes
6. Personal Keys
7. Weight-Only Key
   Use for weight measurement only.

1.
2.
3.
4.
5.
6.
7.
6.

Height
Athlete
Male
Female

Daily Calorie Intake (DCI)
Recall Indicators
Body Fat Range Indicators
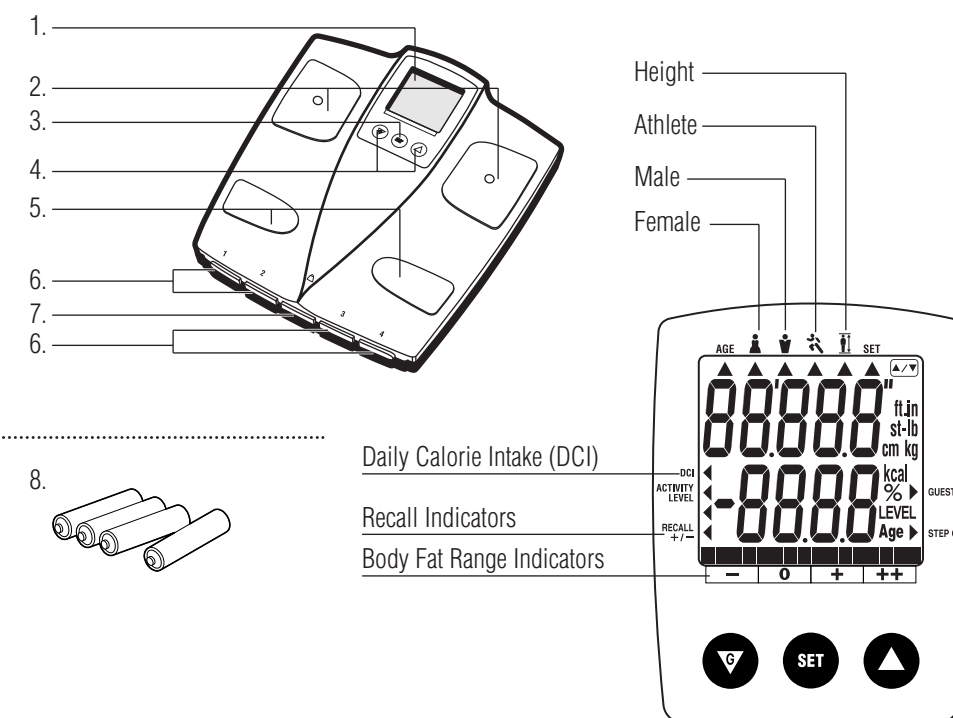
## Accessories

8. AA-Size Batteries (4)

8.
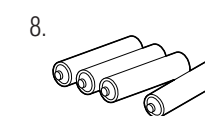
# PREPARATIONS BEFORE USE

## ⚠ Inserting the Batteries

Open the battery cover on the back of the measuring platform. Insert the supplied AA-batteries as indicated.

**Note:** Be sure that the polarity of the batteries is set properly. If the batteries are incorrectly positioned the fluid may leak and damage floors. If you do not intend to use this unit for a long period of time, it is advisable to remove the batteries before storage.

Open as shown.

Direction of the batteries.
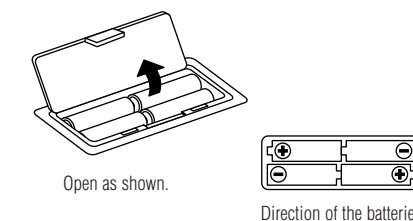
## ⚠ Positioning the Monitor

Place the measuring platform on a hard, flat surface where there is minimal vibration to ensure safe and accurate measurement.

**Note:** To avoid possible injury, do not step on the edge of the platform.

## Handling Tips

This monitor is a precision instrument utilizing state-of-the-art technology. To keep the unit in the best condition, follow these instructions carefully:

• Do not attempt to disassemble the measuring platform.
• Store the unit horizontally, and place it so that the Personal keys will not be pressed accidentally.
• Avoid excessive impact or vibration to the unit.
• Place the unit in an area free from direct sunlight, heating equipment, high humidity, or extreme temperature change.
• Never submerge in water. Use alcohol to clean the electrodes and glass cleaner (applied to a cloth first) to keep them shiny; avoid soaps.

# USEFUL FEATURES

- Tanita Body Fat Monitor/Scales allow you to measure both weight and body fat percentage simultaneously and easily, simply by stepping on a scale.

- Your Body Fat Monitor/Scale can be set for Children (age 7-17), Athlete or Standard Adults, Male or Female, increasing the accuracy of the measurements.

- Personal data (Female/Male, Athlete/Standard Adult, Age, Height, Activity Level) can be pre-set and stored in memory for up to four people.

- The BF-558 includes a Recall feature that compares your previous weight reading to the current one being taken and displays the difference to help you track your results.

- The BF-559's Recall feature compares both your previous body weight and body fat percentage to the current readings.

- Healthy Range Indicator automatically displays where your body fat percentage falls within the Body Fat Ranges chart (p.2).

- Daily Calorie Intake (DCI) is an estimate of how many calories you can consume within the next 24 hours to manage your current weight.

- Guest feature allows you to take readings without reprogramming one of the Personal keys.

- Weight-only Key provides quick weight readings.

- The unit emits a helpful "beep" when activated, and also at various stages in the programming and measuring process.  Listen for these sounds which will prompt you to step on the unit, look at your readings, or confirm a setting.

## Switching the Weight Mode
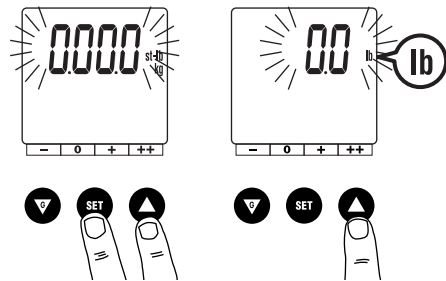
Your Body Fat Monitor/Scale can measure weight in three different modes: st-lb (British stone-pounds), kg (kilograms), or lb (pounds).  The default setting (the setting at which Tanita products are shipped) is st-lb.  If you would like to change that setting, or if at any point another setting has been inadvertently entered, follow these steps:

Press the Set and Up buttons simultaneously.  Release the buttons, the display will flash.  Press the Up button to cycle through each weight mode until just the mode that you require is displayed.  Then press the Set button.  The unit will beep twice in short succession, and the display screen will flash to confirm your selection and store it in memory.

**Note:** If weight mode is set to pounds or stone-pounds, the height programming mode will be automatically set to feet and inches.  Similarly, if kilograms is selected, height will be automatically set to centimetres.

## Automatic Shut-Down Function

The automatic shut-down function shuts off the power automatically in the following cases:

- If you interrupt the measurement process.  The power will shut down automatically within 10 to 20 seconds, depending upon the type of operation.

- If an extraordinary weight is applied to the platform.

- If you make a mistake during measurement or a key or button operation.

- During programming, if you do not touch any of the keys or buttons within 60 seconds.

- After you have completed the measuring process.

**Note:** If the power shuts off automatically, repeat the steps from "Setting and Storing Data in Memory" (p.5).

# HOW TO MEASURE BODY FAT PERCENTAGE

## Setting and Storing Data in Memory
The body fat monitoring function can be operated only if data has been pre-programmed into the unit.

## 1. Turn on the Power
Press the Set button to turn on the unit (once programmed, tapping a Personal Key turns on the unit.)  The unit will beep to confirm activation, the Personal Key numbers (1, 2, 3, 4) will be displayed, an arrow icon will appear in the upper right corner, and the display will flash.

**Note:** If you don't operate the unit for sixty seconds after the unit has been turned on, the unit will turn off automatically.
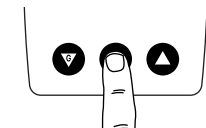
**Note:** [▲/▼] will appear in the upper right hand corner indicating when the Up/Down buttons should be used during programming.

## 2. Select a Personal Key Number
Press the Up button to select a Personal Key (pressing once will activate key number 1, pressing twice will activate key number 2, etc.).  Once you reach the Personal Key number you wish to use, press the Set button.  (During programming, the unit will beep once each time you press the Set button.)
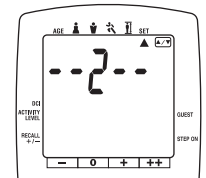
## 3. Set Age
The display defaults to Age 30 (range of user age is between 7-99).  Arrow icon appears in the upper left corner to indicate Age setting.  Use the Up/Down buttons to scroll through numbers.  When you reach your age, press the Set button.  The unit will beep once to confirm.
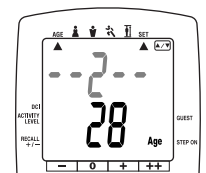
## 4. Select Female or Male
Use the Up/Down buttons to scroll through Female ( 👤 ) or Male ( 👤 ), Female/Athlete and Male/Athlete settings, then press the Set button.  The unit will beep once to confirm.
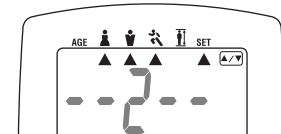
## 5. Specify the Height
The display defaults to 5' 7.0" (170cm) (range of user is from 3' 4.0" – 7' 3.0" or 100cm – 220cm).  Use the Up/Down buttons to specify Height and then press the Set button.  The unit will beep once to confirm.
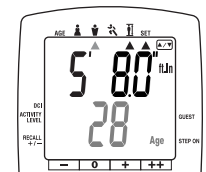
## 6. Select Activity Level
To use the DCI (Daily Calorie Intake) feature properly, you need to set the Activity Level.  Use the Up button to specify Activity Level.  Press the Set button to confirm.

Level 1 = Inactive lifestyles (little or no exercise)

Level 2 = Moderately active lifestyles (occasional, low intensity exercise)

Level 3 = Active lifestyles (exercise regularly)

Level 4 = Adult involved in intense physical activity (see p.1. for Tanita's definition of Athlete)

**Note:**  If the Personal Key is set in Athlete Mode, it will automatically set the Activity Level to Level 4.

The unit will beep twice and the display will flash all data (Male/Female, Athlete or Standard Adult, Age, Height, and Activity Level) three times to confirm the programming.  The power will then shut down automatically.
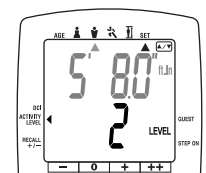
**Note:** As you enter data or while the display flashes the personal settings, check for mistakes, such as an incorrect height setting, etc.  If you find that you have made a mistake, tap the Weight-Only Key while the display is flashing.  The unit will automatically shut off and cancel any data that you entered at that time.

### Getting Accurate Readings

To ensure accuracy, readings should be taken without clothing and under consistent conditions of hydration. If you do not undress, always remove your socks or stockings, and be sure the soles of your feet are clean before stepping on the measuring platform.

Be sure that your heels are correctly aligned with the electrodes on the measuring platform. Don't worry if your feet appear too large for the unit – accurate readings can still be obtained if your toes overhang the platform.

It is best to take readings at the same time of day. Try to wait about three hours after rising, eating, or hard exercise before taking measurements. While readings taken under other conditions may not have the same absolute values, they are accurate for determining the percentage of change as long as the readings are taken in a consistent manner. To monitor progress, compare weight and body fat percentage taken under the same conditions over a period of time.

**Note:** An accurate reading will not be possible if the soles of your feet are not clean, or if your knees are bent or you are in a sitting position.

Heels centred on electrodes   Toes may overhang measuring platform

## TAKING WEIGHT AND BODY FAT READINGS
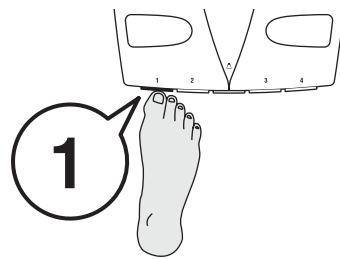
After programming your personal data you are ready to take a reading.

### Select Personal Key

Using your toe, tap your pre-programmed Personal key. (Release the key within 3 seconds or the display will show "Error".) The unit will beep and the display will show the programmed data. The unit will beep again and the display will show "0.0". Now step onto the platform.

**Note:** If you step onto the platform before "0.0" appears the display will show "Error" and you will not obtain a reading. Furthermore, if you do not step onto the measuring platform within about 60 seconds after "0.0" appears, the power is shut-off automatically.

### Get Your Readings

Your weight will be shown first. Continue to stand erect on the platform. The numbers 5, 4, 3, 2, 1 will appear on the display and fade away starting with 5. When 1 fades away, the display will show both your weight and body fat percentage. The body fat range icons will flash alternately for a few seconds and your body fat range will appear. The unit will then display a suggested DCI (Daily Calorie Intake) value.
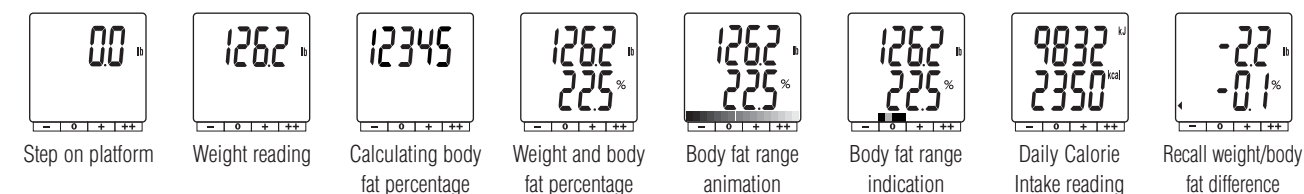
**BF-558:** The Recall feature will automatically display the numerical difference between your current weight reading and the previous one. For example, if your previous reading was 9st 4lb and you lost one pound making your current weight 9st 3lb, the difference would be shown as -1lb.

**Note:** Even if you step off the platform after all the results are displayed, the alternating display of body fat percentage and body weight will be repeated five times. If you stay on the platform after all results are displayed, the alternating display of body fat percentage and body weight will be repeated for 30 seconds. The unit will then shut down automatically.
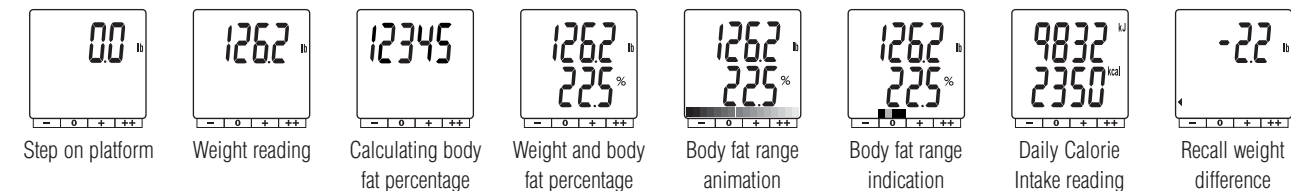
**BF-559:** To use the Recall feature, press the Up button while the display is flashing alternately between the weight/body fat and DCI readings. The Recall feature will then display the numerical difference between your current weight and body fat readings and the previous ones. For example, if your previous reading was 9st 4lb with 22.5% body fat and you lost one pound and 0.1% body fat, your current reading would be 9st 3lb with 22.4% body fat, the difference would be shown as −1 lb/-0.1%.

This unit will store your results automatically to calculate the difference between the next reading and the current one.

Step on platform | Weight reading | Calculating body fat percentage | Weight and body fat percentage | Body fat range animation | Body fat range indication | Daily Calorie Intake reading | Recall weight difference

Step on platform | Weight reading | Calculating body fat percentage | Weight and body fat percentage | Body fat range animation | Body fat range indication | Daily Calorie Intake reading | Recall weight/body fat difference

## UNDERSTANDING YOUR READINGS

### Healthy Range Indicator (Standard Adults only*)

Your body fat monitor/scale automatically compares your body fat reading to the Healthy Body Fat Range chart.

Following your body fat percentage reading, four black squares will appear along the bottom of the display, identifying where you fall within the Body Fat Ranges for your age and gender, as well as telling you where in that range your percentage falls (i.e. low, middle or high end). For example, if you are a female, age 20-39 and your reading is 22.5%, the squares will appear above the Green (0) or Healthy Range area, and the square on the left (or low) end will appear highlighted. For more about the Healthy Range, see page 2. (Range of user age is between 20-79)

**Yellow (-):** Underfat; below the healthy body fat range. Increased risk for health problems.
**Green (0):** Healthy; within the healthy body fat percentage range for your age/gender.
**Orange (+):** Overfat; above the healthy range. Increased risk for health problems.
**Red (++):** Obese; high above the healthy body fat range. Greatly increased risk of obesity-related health problems.

**\*Athletes may have a lower body fat range based on their particular sport or activity.**

| − | 0 | + | ++ |
|---|---|---|---|
| Under | Healthy | Over | Obese |

### Daily Calorie Intake

Having pre-programmed your personal information, your body fat monitor/scale can estimate how many calories you can consume within the next 24 hours to maintain your current weight.

Therefore, if you would like to lose weight, consume less calories than the amount shown.

### Recall Feature

By automatically storing your results, the Recall feature can show you the difference between your current reading and your previous one. This feature is potentially helpful to users on a diet and/or exercise programme.

## PROGRAMMING THE GUEST MODE

The Guest mode allows you to use the monitor without losing the information already assigned to a Personal Key.

To programme the Guest mode, press the Down button marked with a "G". An arrow points to Guest on the display screen. Then follow steps 3 through 6 in "Setting and Storing Data" (p.5.) Next follow the directions for "Taking Weight and Body Fat Readings" (p.7) from step 3 onward.
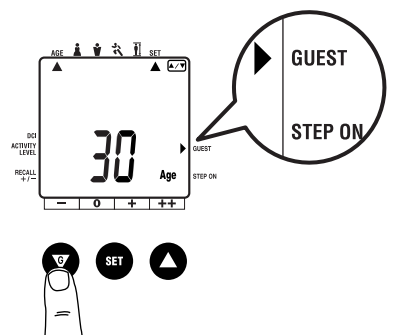
## TAKING WEIGHT MEASUREMENT ONLY

### Select Weight-Only Key

Using your toe, tap the Weight-only key. After 2 or 3 seconds, "0.0" will appear in the display and the unit will beep. When "0.0" appears in the display, step onto the platform. The body weight value will appear. If you remain on the platform, the display will flash for about 30 seconds, and then the power will automatically turn off. If you step off the platform, the weight will continue to show for about 5 seconds, then "0.0" will appear and the unit will shut off automatically.
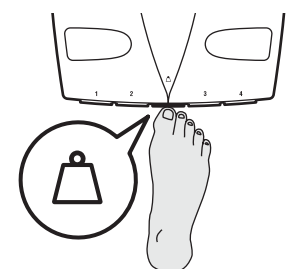
# REPLACING THE BATTERIES

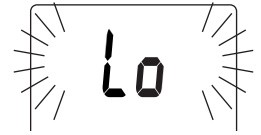When the batteries run low, the "Lo" message will appear on the display window.  When this message appears, be sure to replace the batteries immediately, since weak batteries will affect the accuracy of your measurements.  Change all the batteries at the same time with new AA-size batteries.  The unit comes with trial batteries – their service life may be short.

**Note:** Your settings will not be erased from the memory when you remove the batteries.

# TROUBLESHOOTING

### If the following problems occur…then…

## "Lo" appears on the display, or all data appears and immediately disappears.

Batteries are low.  Replace batteries immediately.

## The display shows "-----" and goes off when a Personal Key is pressed.

No data (Adult/Child/Athlete, Male/Female, Age, Height, Activity Level, Athlete/Standard Adult) has been stored in the memory for that key.  Pre-programme with personal data (p.5).

## The display reads "Error" or "-----" appears or the power shuts off while measuring.

Be sure that you have selected the correct user mode (Male/Female, Age, Height, Activity Level, Athlete/Standard Adult).  Make sure socks or stockings are removed, and the soles of your feet are clean and properly aligned with the guides on the measuring platform.  Consider whether or not you have selected the correct Personal Key and make sure that you wait for "0.0" to appear before stepping on the platform.  Step off and repeat steps on p.6.

### "E1" appears while measuring.

Reading cannot be obtained if the weight capacity (21st 6lb/136 kg/300lb) is exceeded, or the weight difference values detected are more than the unit's limit value (+/- 9st 0.0lb, +/- 57.0kg or +/- 126.0lb).

**Note:** If body fat percentage is more than 75%, readings cannot be obtained from the unit.

## The body fat percentage measurement does not appear after the weight is measured.

Vibration will interfere with measurement of the fat percentage.  Be sure to stand erect and still on the measuring platform.  Do not bend your knees.  Be sure that shoes and socks are removed and check foot alignment.  Step off and repeat steps on p.6.

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