

TANITA
Monitoring Your Health

BF-574/BF-576

Body Fat Monitor / Scale



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.

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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.

Tanita UK Ltd.

The Barn, Philpots Close, Yiewsley,
Middlesex, UB7 7RY UK
Tel: +44 (0)1895 438577
Fax: +44 (0)1895 438511
www.tanita.co.uk

Tanita Corporation

14-2, 1-Chome, Maeno-Cho
Itabashi-Ku, Tokyo, Japan 174-8630
Tel: +81(0)-3-3968-2123
Fax: +81(0)-3-3967-3766
www.tanita.co.jp
ISO 9001 Certified

Tanita Europe GmbH

Dresdener Strasse 25
D-71065 Sindelfingen
Germany
Tel: +49 (0)-7031-6189-6
Fax: +49 (0)-7031-6189-71
www.tanita.de

Tanita Corporation of America Inc.

2625 South Clearbrook Drive
Arlington Heights, IL 60005 USA
Tel: +1-847-640-9241
Fax: +1-847-640-9261
www.tanita.com

Tanita France S.A.

Villa Labrouste
68 Boulevard Bourdon
92200 Neuilly-Sur-Seine France
Tel: +33 (0)-1-55-24-99-99
Fax: +33(0)-1-55-24-98-68
www.tanita.fr

Tanita Health Equipment H.K. Ltd.

Unit 301-303 3/F Wing On Plaza
62 Mody Road, Tsimshatsui East
Kowloon, Hong Kong
Tel: +852 2838 7111
Fax: +852 2838 8667

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INTRODUCTION

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

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.

▲ Safety Precautions

- Persons with **implanted electronic 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.

Important Notes for Users

BF-574/576 is intended for adults and children (ages 7-17) with inactive to moderately active lifestyles and adults with athletic body types.

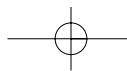
Tanita defines "athlete" as a person involved in intense physical activity of approximately 10 hours per week and who has a resting heart rate of approximately 60 beats per minute or less. Tanita's athlete definition includes "lifetime of fitness" individuals who have been fit for years but currently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

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.

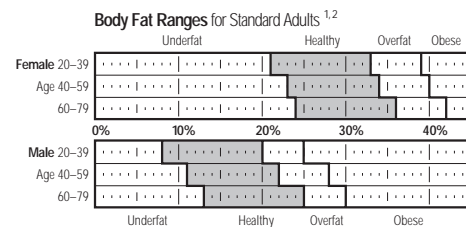


PRINCIPLES OF ESTIMATING BODY FAT PERCENTAGE

Tanita Body Fat Monitor/Scales allow you to **determine** 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.



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 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.



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

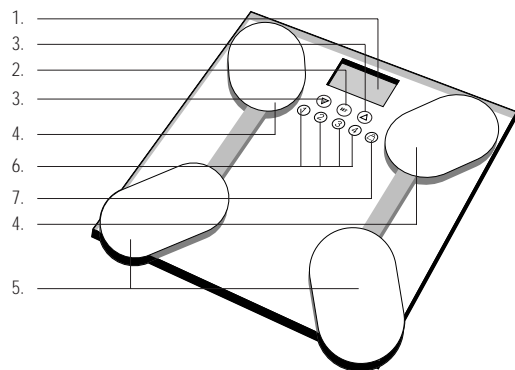
Body Fat Percentage Fluctuations in a Day

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.

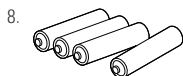


FEATURES AND FUNCTIONS



Measuring Platform

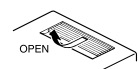
1. Display Screen
2. Set Button
3. Arrow (Select) Buttons
4. Ball-of-Foot Electrodes
5. Heel Electrodes
6. Personal Keys
7. Weight-Only Key



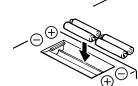
Accessories

8. AA-Size Batteries (4)

PREPARATIONS BEFORE USE



Open as shown.



Direction of the batteries.

▲ 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.

Please note that since the batteries were inserted at the factory, their energy levels may have decreased.

▲ 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.
- Do not step on the platform when wet.
- Do not drop any objects onto the platform.

USEFUL FEATURES

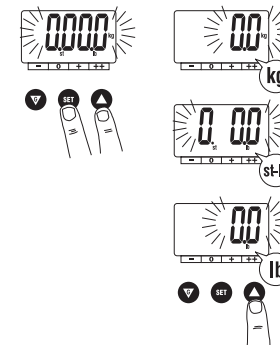
- Tanita Body Fat Monitor/Scales allow you to measure both weight and body fat percentage simultaneously and easily, simply by stepping on a scale.
- Your Body Fat Monitor/Scale can be set for **Male or Female, Standard or Athlete Adult, or Children (ages 7-17)**.
- Personal data (Female/Male, Age, Height, etc.) can be pre-set and stored in memory for up to 4 people.
- Unique Healthy Range Indicator automatically displays where your body fat percentage falls within the Body Fat Ranges chart (p.2).
- 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 **lb (USA only) or st-lb (UK only)**. 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 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.

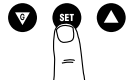
Note: If the power shuts off automatically, repeat the steps from "Setting and Storing Data in Memory" (p.5).



HOW TO DETERMINE BODY FAT PERCENTAGE

Setting and Storing Data in Memory

The unit can be operated only if data has been programmed into one of the four Personal Keys or the Guest mode.



1. Turn on the Power

Press the Set button to turn on the unit (once programmed, pressing 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, 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.



2. Select a Personal Key Number

Press the Up/Down buttons to select a Personal Key. Once you reach the Personal Key number you wish to use, press the Set button. The unit will beep once to confirm.



3. Set Age

The display defaults to Age 30 (range of user age is between 7-99). An arrow icon appears on the lower left side 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 (♀), Male (♂), Female/Athlete and Male/Athlete settings, then press the Set button. The unit will beep once to confirm.

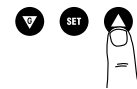


5. Specify the Height

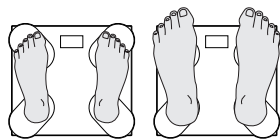
The display defaults to 5' 7.0" (170cm) (range of user is from 3' 4.0" – 7' 3.0" or 100cm – 220cm). Use the Up/Down buttons to specify Height and then press the Set button. The unit will beep once to confirm.

The unit will beep twice and the display will flash all data (Male/Female, Age, Height, etc.) three times to confirm the programming. The power will then shut down automatically.

Note: If you make a mistake or want to turn the unit off before you have finished programming it, press the Weight-Only Key (⚖) to force quit.



GETTING ACCURATE READINGS

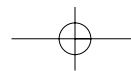


Heels centered on electrodes

Toes may overhang measuring platform

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.

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.



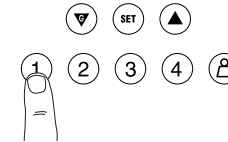
TAKING WEIGHT AND BODY FAT READINGS

After programming your personal data you are ready to take a reading.

Select Personal Key

Press 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.

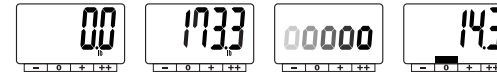
Note: If you step onto the platform before "0.0" appears the display will show "Error" and you will not obtain a reading. Furthermore, if you do not step onto the measuring platform within about 60 seconds after "0.0" appears, the power is shut-off automatically.



Get Your Readings

Your weight will be shown first. Continue to stand on the platform.

"00000" will appear on the display and disappear one by one from left to right. Your body fat percentage and Body Fat Range will appear on the display screen. The display will then flash your weight and body fat percentage alternately three times.



Note: Even if you step off the platform after all the results are displayed, the alternating display of body weight and body fat percentage will be repeated three times. The unit will then shut down automatically.

UNDERSTANDING YOUR READING

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, a black bar will flash along the bottom of the display, identifying where you fall within the Body Fat Ranges for your age and gender. For example, if the squares appear above (0) area your range is within the Healthy Range – if they appear over (-) area, your reading is below the Healthy Range. For more about the Healthy Range, see page 2.



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

***Note:** If you select Athlete mode, the unit will not display the Healthy Range Indicator. Athletes may have a lower body fat range based on their particular sport or activity. (Range of user age is between 20-79)

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, use the Down button marked with a "G" to turn on the power. Then follow steps 3 through 5 in "Setting and Storing Data" (p.5.) The unit will beep twice and the display will show "0.0". Step onto the platform. Next follow the directions for "Get Your Reading" (p.6.)

Note: If you step onto the platform before "0.0" appears the display will show "Error" and you will not obtain a reading.





TAKING WEIGHT MEASUREMENT ONLY



Select Weight-Only Key

Press 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.

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

TROUBLESHOOTING

If the following problems occur... then...

A wrong weight reading appears on the display.

Refer to "Switching the Weight Mode" on p.4.

"Lo" appears on the display, or all the 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 (Male/Female, Age, Height, 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, 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.

"OL" appears while measuring.

Reading cannot be obtained if the weight capacity (23st 8lb/150kg/330lb) is exceeded.

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** 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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