

WOMEN

age	excellent	good	moderate	overweight	obese
≤19	17.0	17.1 to 22.0	22.1 to 27.0	27.1 to 32.0	>32.1
20-29	18.0	18.1 to 23.0	23.1 to 28.0	28.1 to 33.0	>33.1
30-39	19.0	19.1 to 24.0	24.1 to 29.0	29.1 to 34.0	>34.1
40-49	20.0	20.1 to 25.0	25.1 to 30.0	30.1 to 35.0	>35.1
≥ 50	21.0	21.1 to 26.0	26.1 to 31.0	31.1 to 36.0	>36.1

From *Principles and Labs for Physical Fitness and Wellness*, 1st Edition, ©1999.
Reprinted with permission of Wadsworth, a division of Thomson Learning.

Body Water/Hydration Levels

General health standards indicate that one should consume approximately 64 oz. of water per day to maintain a healthy level of hydration. According to the World Health Organization (WHO, 2001), the percentage of body water should lie within the following ranges:

Women: 50-55%
Men: 60-65%
Children: 65-75%

Maintaining these levels will help improve your overall health and general feeling of well-being. If your hydration levels are less than the recommended levels in the chart above, 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. The Thinner Body Water microprocessor again measures impedance or transmission speed through water. 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 its normal level during these times. If you have any questions or concerns about your readings, contact your healthcare provider.

Bone Mass – What Is It?

Bone is a living, growing tissue. During youth, your body makes new bone tissue faster than it breaks down older bone. In young adulthood, bone mass is at its peak; after that, bone loss starts to outpace bone growth, and bone mass decreases. But it's a long and a very slow process that can be slowed down even more through calcium-rich diets and weight-bearing exercise.

Who should monitor bone mass?

Most people have no need to monitor bone mass, but certain groups – postmenopausal women, men and women with certain diseases, and anyone who takes medications that affect bone tissue might want to watch for any decrease in bone mass.

How to monitor bone mass at home

Program your Thinner® Body Analysis Monitor and watch as built-in BIA technology computes lean body mass and measures bone mass every time you weigh yourself.

Typical ranges for bone mass:

Men: 6.5-8.5% Women: 5-7%

The bone mass reading is to be used as a guide only. Watch for trends over time and contact your healthcare provider for a more detailed explanation of the readings, and with any questions or concerns.

Service Centers
Conair Corporation
Service Department
150 Milford Road
East Windsor, NJ 08520

Conair Corporation
Service Department
7475 N. Glen Harbor Blvd.
Glendale, AZ 85307



1-800-326-6247
www.conair.com



08AD027 IB-8451

©2008 Conair Corporation, East Windsor, NJ 08520, Glendale, AZ 85307
Made in China

TH404

THINNER®

The Scale with Built-In Power

Instructions for use of Thinner® Bathroom Scales

Congratulations! By purchasing this Thinner scale, you've made the first step toward taking control of your weight. To get the greatest benefit from your purchase, please read this entire brochure before using your scale.

INSTRUCTIONS FOR USE

Before Using Scale

1. Set switch on the back of the scale to measure in kg (kilograms) or lb (pounds).
2. Set scale on floor. Surface must be level for accurate operation and safety.

Customizing Your Thinner® Body Analysis Monitor

Setting Data for Body Fat/Hydration/Bone Mass Measurement

1. Quickly and firmly tap center of scale platform with foot to activate digital display.
2. Wait for "0.0" to appear in display window.
3. Press SET button. The scale is now ready to input your personal data.

Enter User Number

- "P-01" will flash in display window.
- Press UP or DOWN button to select your individual user number (four user numbers available: P-01 through P-4).
- When selected user number appears in display, press SET button to save user number.
- The scale is now ready for you to enter your height.

Set Height

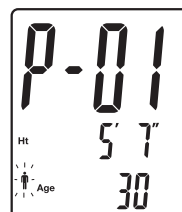
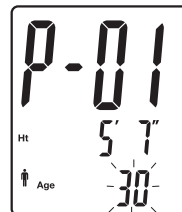
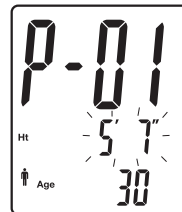
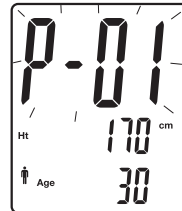
- "Ht" (height) will flash in display window.
- Press UP or DOWN button to scroll to your height measurement.
- Press SET button to save height.
- The scale is now ready for you to enter your age.

Set Age

- "Age" will flash in display window.
- Press UP or DOWN button to scroll to your age. Press and hold button to advance numbers more quickly.
- Press SET button to save age.
- The scale is now ready for you to enter your gender.

Set Gender

- A gender icon will flash in display window.
- Press UP or DOWN button to select male or female icon.
- Press SET button to save gender.



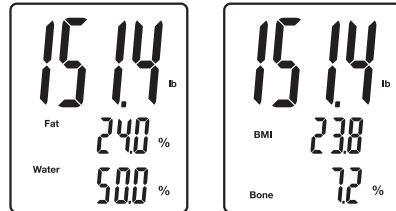
Your personal data has now been entered and stored. User height, age and gender will display for a few seconds, to confirm the programming. If any of these data points were set incorrectly, just go through the customization steps (1–3) again. The scale is now ready for you to weigh yourself and read body fat, body water, BMI, and bone mass measurements.

Using Your Thinner® Body Fat Monitor

Precautions for Use

CAUTION! Use of this device by persons with any electrical implant such as a heart pacemaker, or by pregnant women, is not recommended.

1. Quickly and firmly tap center of scale platform with foot to activate digital display.
2. Wait for "0.0" to appear in display window.
3. Press the USER button located below the display several times until your user number appears. Note: The scale will automatically scroll through your customized data, then "0.0" will be displayed.
4. Step onto the scale BAREFOOT, with your feet aligned on the electrodes on the two sides of the platform.
5. Weight will be displayed for a few seconds. Remain on scale without moving!
6. Display will show your weight on the top line, body fat % on the second line and body water % on the bottom line.
7. After a few seconds, the second line will display your body mass index (BMI) and the bottom line will show your bone mass. Your weight stays displayed on the top line.
8. Display will turn off.



Using The Weight-Only Mode

For weight-only mode, no personal data entry is necessary.

1. Place scale on a flat, level surface.
2. Quickly and firmly tap center of scale platform with foot to activate.
3. Wait for "0.0" to appear in display window.
4. Step onto scale. Weight measurement will appear in display window.

Facts You Should Know

Your Thinner® scale is a precise measuring instrument that is most accurate when weighing a stationary object. To ensure readings that are 99% accurate, always try to stand on the same area of the scale platform and DO NOT MOVE. Should the weight on the scale exceed the scale's capacity, you may see an error message "ERR".

Electronic sensors are sensitive. Be careful not to drop or jar the scale. Place it gently onto floor surface, and store where it will be protected from impact. The scale is an electronic instrument and should never be submerged in water. Clean with damp cloth and/or glass cleaner.

If scale battery needs to be replaced, lift the battery cover on the bottom of the scale and replace the old batteries with 4 new AAA alkaline batteries. Do not mix old and new batteries. **Dispose of the old batteries properly. Do not attempt to open the scale or to remove any components. Servicing should be done by qualified technicians only. See warranty information below.**

This product is designed to assist you in living a healthy life. However, this is not intended as a substitute for professional medical advice, diagnosis or treatment.

LIMITED TEN YEAR WARRANTY

Conair will repair or replace, at our option, your appliance free of charge for 120 months from the date of purchase if the appliance is defective in workmanship or materials.

To obtain service under this warranty, return the defective product to the service center listed below that is nearest you, together with your sales slip and \$5.00 for postage and handling. California residents need only provide proof of purchase and should call 1-800-3-CONAIR for shipping instructions. In the absence of a receipt, the warranty period shall be 120 months from the date of manufacture.

ANY IMPLIED WARRANTIES, OBLIGATIONS, OR LIABILITIES, INCLUDING BUT NOT LIMITED TO THE IMPLIED WARRANTY OF MERCHANTABILITY AND FITNESS FOR A PARTICULAR PURPOSE, SHALL BE LIMITED IN DURATION TO THE 120 MONTH DURATION OF THIS WARRANTY. Some states do not allow limitations on how long an implied warranty lasts, so the above limitations may not apply to you.

IN NO EVENT SHALL CONAIR BE LIABLE FOR ANY SPECIAL, INCIDENTAL, OR CONSEQUENTIAL DAMAGES FOR BREACH OF THIS OR ANY OTHER WARRANTY, EXPRESS OR IMPLIED, WHATSOEVER. Some states do not allow the exclusion or limitation of special, incidental, or consequential damages, so the above limitation may not apply to you. This warranty gives you specific legal rights, and you may also have other rights which vary from state to state.

This comprehensive digital scale provides all the information you need to manage your weight and monitor important body analysis functions – all with the touch of your toes! It measures weight, body fat, body hydration level, body mass index (BMI), and bone mass with precision accuracy, and can be programmed for the entire family (up to 4 users). Simple to use, with a large and easy-to-read digital LCD screen, it's the ultimate home scale for healthy weight management.

Body Fat Percentage – What Does It Mean?

Simply speaking, your body is made up of lean mass and fat mass. Lean mass consists of muscle, bones, organs, etc. Fat mass is body fat. While everyone needs a certain amount of fat to assist the body in storing energy, providing heat insulation and other functions, most people will find they are at their most fit when they increase their lean mass and decrease their fat mass.

While standard scales are useful in providing a measurement of overall weight, they do not calculate the percentage of fat within the body. However, this Thinner® Body Analysis Monitor allows the user to check both of these important measurements.

Body Fat Percentage – How is it Measured?

The Thinner® Body Analysis Monitor uses a technique called Bioelectric Impedance Analysis (BIA). A harmless amount of a bioelectric current is sent from the footpads through the body. This current travels at different speeds through lean and fat body masses. The scale's microprocessor analyzes the degree of impedance, or transmission speed.

Taking into consideration the user's height, age, gender and weight, the Thinner® Body Analysis Monitor calculates the composition of the body. The percentage of the body that is composed of fat is displayed on the monitor – "body fat percentage."

Body Fat Levels – Recommended Ranges

MEN

age	excellent	good	moderate	overweight	obese
≤19	12.0	12.1 to 17.0	17.1 to 22.0	22.1 to 27.0	>27.1
20-29	13.0	13.1 to 18.0	18.1 to 23.0	23.1 to 28.0	>28.1
30-39	14.0	14.1 to 19.0	19.1 to 24.0	24.1 to 29.0	>29.1
40-49	15.0	15.1 to 20.0	20.1 to 25.0	25.1 to 30.0	>30.1
≥ 50	16.0	16.1 to 21.0	21.1 to 26.0	26.1 to 31.0	>31.1

Free Manuals Download Website

<http://myh66.com>

<http://usermanuals.us>

<http://www.somanuals.com>

<http://www.4manuals.cc>

<http://www.manual-lib.com>

<http://www.404manual.com>

<http://www.luxmanual.com>

<http://aubethermostatmanual.com>

Golf course search by state

<http://golfingnear.com>

Email search by domain

<http://emailbydomain.com>

Auto manuals search

<http://auto.somanuals.com>

TV manuals search

<http://tv.somanuals.com>