

Follow These Simple Rules

- Weigh yourself once a week.
- Weigh yourself on the same day of the week.
- Weigh yourself at the same time of day.
- Weigh yourself wearing the same clothes.
- Weigh yourself in the same place.
- Weigh yourself on the same scale.

Weight fluctuates more when a person is overweight or underweight. When the goal is to maintain current weight, weighing yourself more than once a week is a good way to stay on track.

Remember: A scale is an essential tool in any weight management program, but it only records your progress. Exercise, diet and determination are what you need to reach your goal.

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THINNER[®]

Scales for the way you live[®]

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

How To Operate

1. Check to make sure your scale is set to measure in "lb". (lb/kg switch on back of scale should be set to "lb". If scale does not have a switch, it is automatically set to measure in "lb".)
2. Place the scale on an even, flat surface for accurate operation and safety.
3. Quickly and firmly tap center of scale platform with foot to activate digital display.
4. When "000.0" or "00.0" or "0.0" appears in display window, step onto scale. **DO NOT STEP ONTO SCALE UNTIL "000.0"/"00.0"/"0.0" APPEARS IN WINDOW.**
5. Stand on platform without shifting or moving until weight is displayed (4 - 5 seconds).

NOTE: Digital display automatically turns off after several seconds.

Helpful Hints

Your Thinner® scale is a precise measuring instrument that is most accurate when weighing a stationary object. To ensure the most accurate readings 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 only.

In the unlikely event that the scale battery malfunctions and needs to be replaced, open the battery cover on the bottom of the scale and replace the old battery with a new one. Properly dispose of the old battery. **Do not attempt to open the scale or to remove any components. Servicing should be done by qualified technicians only. See warranty information below.**

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.

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THINGS YOU SHOULD KNOW ABOUT MANAGING YOUR WEIGHT

Diet, exercise, and determination all play a part in effective weight management. Your scale is the tool that lets you chart your progress, and measure your success, whether your goal is weight loss, weight gain, or maintaining your current weight.

Because weight varies, as explained below, focus on the progression and sustained long-term changes rather than on exact day-to-day readings. When you're dieting and exercising, small, fluctuating weight gains and losses are common.

Common Causes of Weight Fluctuations (during the day, and day-to-day)

- Water retention and weight gain from consumption of large meals
- Water retention from salt and carbohydrate intake
- Muscle buildup (muscle weighs more than fat) from strenuous resistance training
- Weight loss caused by dehydration due to illness, low fluid intake or strenuous exercise
- Temporary weight gains and losses from menstrual cycle

Weight Maintenance vs. Weight Loss/Gain

Get into the habit of weighing yourself no more than once a week when you're on a weight management program. Weighing in at consistent intervals will give you the most accurate picture of your progress, eliminating many short-term, unrelated weight changes.

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