

Make the most of it!

To summarize, make the most of the body analysis feature by:

- Tracking change over time and not day to day.
- Using the same scale as much as possible.
- Being extra-consistent in the time of day, day of the week, time before or after food and fluid consumption, before or after exercise, etc., when measuring body fat and body water.

Always keep in mind that you know your body best. The following ranges of Body Fat Percentages are offered as guides:

Healthy Range of Body Fat Percentage	Age	Females	Males
	18-39	21-32%	8-19%
	40-59	23-33%	11-21%
	60-79	24-35%	13-24%

Body Water/Hydration Levels:

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%

While a scale/body fat monitor can be a useful tool on your weight-loss journey, it's not in and of itself a program for losing weight. Studies show that people lose three times more weight on Weight Watchers than they do on their own*.

Come to a meeting and learn from us the best way to lose and maintain weight. Call 1-800-651-6000 or go to WeightWatchers.com to find a meeting near you.

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

*Heshka S et al. Weight loss with self-help compared to a structured commercial program: a randomized controlled trial. JAMA 2003; 289(14): 1792-1798.

Weight Watchers®

Scales by
CONAIR™

Instructions for use of Weight Watchers bathroom scale

Congratulations! By purchasing this Weight Watchers 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.

Model #WW31

Before Using Scale

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.

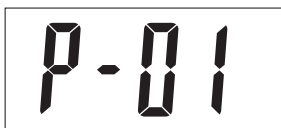
1. Remove all packaging materials.
2. Set switch on the base of scale to measure in kg (kilograms) or lb (pounds).
3. Set scale on floor. Surface must be level for accurate operation and safety.

Customizing Your Weight Watchers® Body Analysis Monitor

1. Push ON/USER button to activate digital display
2. Wait for "0.0" to appear in display window.
3. You are now ready to input your personal data. Press the SET button located under the display.

Enter User Number

- P-01 will flash in display window.
- Press UP or DOWN arrows to select your individual user number.
- 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.



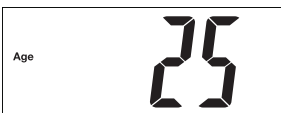
Set Height

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



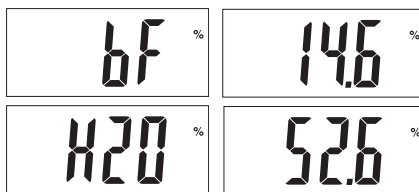
Set Gender

- The gender icons will flash in display window.
- Press UP or DOWN arrows to select male or female icon.
- Press SET button to save gender.
- The scale will display all the stored information for that user (height, age, gender) and then turn off automatically.
- The scale is now ready for you to weigh yourself and to determine percentage of body fat and body water.



Using Your Weight Watchers® Body Analysis Monitor

1. Push ON/USER button to activate digital display (display will flash).
2. Wait for "0.0" to appear in display window.
3. Press the ON/USER button located below the display. P-01 shows. Then press the ON/USER button repeatedly 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, making sure the balls of your feet cover the metal plates.
5. Weight will be displayed for several seconds. Remain on scale without moving!
6. Display will then show "bF", followed by your body fat percentage.
7. Display will then show "H2O", followed by your body water percentage.
8. Scale shuts off automatically.



Using The Weight-Only Mode

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

1. Place scale on a flat, level surface.
2. Push ON/USER button to activate display.
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 Weight Watchers® 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 and/or glass cleaner.

In the unlikely event that the scale batteries malfunction and need to be replaced, lift the battery cover on the bottom of the scale and replace the old batteries with two new 3V lithium batteries (CR2032). Insert one battery with the "+" side up and one battery with the "-" side up (see +/- symbols on battery cover).



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.

Important Information Concerning Weight Management

Your scale is the best tool for monitoring weight. While not the only measure of weight loss, scales are the most popular method used to gauge weight-loss success. A scale measures the sum of your total body weight, which includes bone, muscle, fat, and water.

Body weight fluctuates during the day, and from day to day, depending on a variety of factors.

- Salt and carbohydrate intake can affect the body's water retention.
- A large meal adds weight and can cause water retention.
- Dehydration from exercise, illness, or low fluid intake can result in weight loss.
- Muscle is also a factor. Heavy-duty resistance training can build muscle, which can affect weight.
- The menstrual cycle can cause temporary weight gains and losses.

When You're Losing Weight

It's important not to put too much stock in the exact number on the scale, because it can and will vary. This is especially true when you're dieting. Small weight gains and losses are common as your body adjusts to fewer calories and more exercise. Your scale is a valuable tool when used to track weight over a period of weeks and months. Be aware that different scales often give different results. The scale at your doctor's office may show one weight, and your scale at home another. So don't get too caught up with a single number.

Don't Overdo It!

A surefire way to get overly concerned with your weight is to weigh yourself too often. Weigh yourself no more than once a week 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 efforts. Regardless of your weighing habits, it's important that you're consistent.

Here are 5 rules for effectively monitoring your weight – weigh yourself:

- Once a week, on the same day
- In the same place
- At the same time of day
- Wearing the same clothes
- Using the same scale

To keep track of your weight, record only one number for the week. This will give you a clear picture of any trend your weight is following.

When You're Maintaining Weight

Fluctuations in day-to-day weight tend to be smaller when weight is stable, so a more frequent weigh-in pattern is helpful. To maintain a stable weight:

- Weigh yourself more often than once a week.
- Use the "5-pound rule" – research shows that people who keep weight within a 5-pound range are more likely to maintain a healthy body weight over the long term.

Weight And Body Fat

How does it work?

While body fat can be measured in many ways, the method used in your scale is bioelectrical impedance. This indirect method of determining body fat starts when a safe and very low electrical current is sent through the lower half of the body. The electrical current flows more quickly through water and muscle than it will through bone and fat. The scale measures the speed of the current. Based on this number, the scale estimates body fat using a multi-step, mathematical formula.

Is it accurate?

- Measurements of body fat tend to fluctuate a lot more than simple weighing, and different methods of estimating body fat yield very different results. Just as different scales give different results, different body fat analyzers can provide very different body fat estimates. Even with the same scale the numbers will vary because:
- Weight loss tends to produce substantial, continuous, and unpredictable changes in body water content. Because body fat analysis is determined by water content in the body, results can vary considerably from day to day.
 - Hydration status affects body fat results. If you've just worked out, there is less water for the electrical current to flow through. This may result in a higher body fat result. In the same way, if you measure your body fat after drinking a lot of fluid, it may appear that body fat is lower than it really is.
 - Skin temperature can have an influence also. Measuring body fat in warm humid weather when skin is moist will yield a different result than if skin is cold and dry.
 - As with weight, it is better to track trends over time than to use individual daily results, when your goal is to change body composition.
 - Results may not be accurate for persons under the age of 16, or persons with an elevated body temperature, diabetes or other health conditions.

What you need to know!

- Percent body fat refers to the number of pounds of fat divided by your total body weight and multiplied by 100.
- During weight loss, percent body fat doesn't appear to be reduced as quickly as expected because total weight loss and total body fat are decreasing at the same time (for a more detailed explanation, see next section).
- Weight loss in the form of body fat and lean tissue (muscle) is common, and is normal.
- To minimize the loss of lean tissue, include regular physical activity, especially strength training, in your weight loss plan.

Why do I lose weight but my body fat doesn't change much?

- Remember that your Weight Watchers® body fat monitor is showing your body fat as a percentage, not as an absolute number of pounds. At the beginning of a weight loss program, a person may weigh 200 lbs and show 30% body fat, equaling 60 lbs of fat (30% of 200 lbs = 60 lbs). A few weeks later, the same person may have lost a substantial amount of weight. Weight is now at 180 lbs, yet body fat is still at 30%. Why? Did that person not lose any fat? Yes, they did. At 180 lbs with 30% body fat, the person now has 54 lbs of body fat (30% of 180 lbs = 54 lbs), meaning that 6 lbs of the total 20 lbs lost were fat. So, do not be overly concerned if your body fat % does not change despite the fact that you are losing weight. Remember, to minimize the loss of lean tissue include regular physical activity, especially strength training, in your weight loss plan.

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