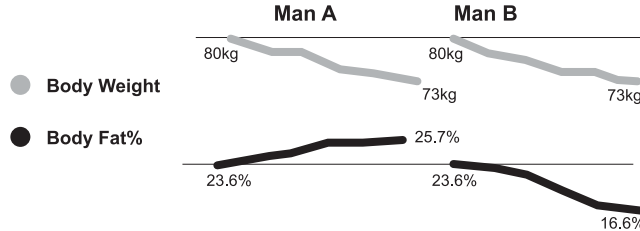


Why measure Body Fat and Water?

Obesity is the excess accumulation of fat in the body. Ordinary weighing scales will show if a person is heavy, but not if they are obese. For example, a heavy sportsperson probably has a higher proportion of muscle to fat in their body and is not obese. To judge obesity, the amount of body fat needs to be measured.

Losing weight can make you fatter! Men A & B in the chart below, were the same height and had the same body fat percentage when they started to diet on a health programme. Each lost a total of 7 kilograms.

Although the results appear identical, Man A simply cut the number of calories he ate. He lost weight, but his body fat percentage increased - he is actually "fatter". Man B combined cutting calories with an exercise program. He lost the same amount of weight as Man A but more importantly, his body fat dropped.



Proper hydration is essential for maintaining a healthy body and a good level of energy and concentration. It is commonly accepted that if you feel thirsty, your body is already mildly dehydrated and you need to drink some fluid, preferably water. Monitoring your body water percentage helps you maintain a good level of hydration.

About Body Fat, Water and Muscle Mass Measurement

The Propert Glass Body Analysis Scale measures body fat, water and muscle using Bioelectrical Impedance Analysis (BIA). In simple terms, a low electrical impulse (which can't be felt) is sent through the body. It passes easier through fluids in muscle tissue & blood than through fat tissue, which has a higher electrical resistance. Using a formula and the information on your gender, height, age and your calculated weight, the scale is able to compute both your body fat, water and muscle mass percentage and recommended daily calorie intake.

As shown in the accompanying tables, the percentage of body fat in the body can vary dramatically depending on gender & age.

Using a Body Fat, Water and Muscle Mass Scale

To get the most accurate readings, please take into account the following points:

- Take measurements more than 3 hours after waking up in the morning. During sleep in the prostrate position, water distribution changes in the body, so that electrical resistance in the arms & legs increases. Some movement is required after waking up to give a stable water distribution in the body.
- Take measurements more than 3 hours after a meal. It takes 2 to 3 hours for a meal to be digested and distributed in the body.
- Excessive drinking and eating causes the amount of water in the body to increase above the normal level, so take measurements more than 24 hours later.
- Excessive drinking of alcohol or excessive exercise will cause dehydration, so also take measurements more than 24 hours later.
- If the flesh of the legs touch together, a short circuit could result, so the user needs to put some thin form of insulation between the legs to make sure the current goes right up the legs & into the body.

- With the Scale being used by many different people, it is advisable to wipe the foot pads clean with methylated spirits between each user.

In general, it is best to measure your body fat, water and muscle mass percentage in the evening, preferably wearing only underwear, and without having partaken of excessive eating & drinking, alcohol consumption and exercise beforehand. Ensure that you make repeated measurements under the same conditions.

Warning

Do not use this product if you have a pacemaker or other internal device, or if you are pregnant.

REFERENCE TABLE

Female							
Age	Body fat				Body water	Muscle proportion	Calorie (kcal) demand/day
	under fat	healthy	over fat	obese	normal	normal	suggestion
6-12	<7	7-19	19-25	>25	>58	>36	1125-2700
13-19	<20	20-31	31-37	>37	>56	>34	
20-39	<21	21-32	32-38	>38	>54	>33	
40-59	<23	23-34	34-40	>40	>53	>32	
60-79	<25	25-36	36-42	>42	>52	>30	2100-4200
Athlete		12-25			>56	>38	

Male							
Age	Body fat				Body water	Muscle proportion	Calorie (kcal) demand/day
	under fat	healthy	over fat	obese	normal	normal	suggestion
6-12	<7	7-18	18-25	>25	>60	>40	1175-2800
13-19	<8	8-19	19-25	>25	>58	>38	
20-39	<9	9-20	20-26	>26	>56	>37	
40-59	<11	11-22	22-28	>28	>55	>36	
60-79	<13	13-24	24-30	>30	>54	>34	2500-5000
Athlete		3-15			>60	>42	

*(1 kilocalorie/kCal = 4.184 kilojoules/kJ)

Note: The data tabled were gained by sampling and are only for reference.

If significant changes occur in daily physical activity, the daily calorie intake required may vary. If you have any questions about your health, please consult your doctor.

SPECIFICATIONS

- Capacity - 150kg / 330lb / 23st 8lb

Body Fat range - 3% - 50%

Body Water range - 25% - 75%

Muscle mass range - 25% - 75%

Height range - 80 to 220cm / 2'8" to 7'2"

Age range - 6 to 100 years

Memory Capacity - 12 people

Battery - 4 x AAA Alkaline Batteries
- Weight graduation - 0.1kg / 0.2lb

Body Fat graduation - 0.1%

Body Water graduation - 0.1%

Muscle mass graduation - 0.1%

Height graduation - 1cm / 1"

Age graduation - 1 year

Athlete mode

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Propert Housewares
A division of
SUPERTEX INDUSTRIES PTY LTD
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BATTERY WARNING
Swallowing batteries may lead to serious injury or death.
KEEP BATTERIES OUT OF REACH OF CHILDREN

A signatory to the Australian Packaging Covenant

N2853

PLEASE DO NOT LITTER RECYCLABLE PAPER

V1.0812



Glass Body Analysis Scale

(Fat, Water and Muscle Mass)
with recommended daily calorie consumption

Model 3042

Operating Instructions

OPERATING INSTRUCTIONS

It is advisable to read through the Instructions first before attempting to operate the Scale. Bypassing certain procedures may give incorrect readings.

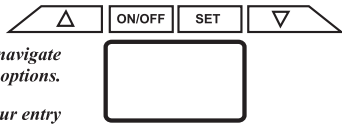
PREPARING YOUR SCALE

Before attempting to use your #3042 Propert Glass Body Analysis Scale, remove all packaging.

Purchase four AAA (1.5 volt) alkaline batteries and insert them into the battery compartment underneath the scale. Make sure the positive (+) and negative (-) terminals are correctly positioned, then replace the battery cover. If not using the scale for a long time, take the batteries out.

Moving your scale around frequently may affect its accuracy, so if possible, try to leave it in a permanent position that has a firm and even surface. Use on carpet or uneven surfaces may cause inaccuracies. Ensure you remove shoes, socks or stockings before using the scale as this may affect body fat, water content and muscle mass readings.

FUNCTION BUTTONS



The Arrows help you navigate up and down for options.

The 'SET' button 'locks in' your entry

OPERATING MODES

The #3042 Propert Glass Body Analysis Scale with Recommended Daily Calorie Requirement, has 2 different operating modes -

- **Weighing and...**
- **Weighing to compute your Body Fat, Water, Muscle Mass Content and Recommended Daily Calorie Intake** (*Personal data must be set for this function. This scale is able to store data including gender, height and age for 12 people).

WEIGHING ONLY

1. Press the 'ON/OFF' button to turn the scale on.

2. Then press the 'ON/OFF' button once **again**

3. The display shows 'HI' and a dotted line.

4. The dotted line quickly changes to 'zero'.

The scale is now in **weighing mode** and ready for use.

(You may at this point, change the unit measure from kg to lb or to lb st, by pressing, then releasing the 'SET' button).

5. Gently step onto the scale. When standing on your scale, make sure your feet are placed evenly on it, your weight is distributed evenly between your feet and you stand perfectly still. Movement, leaning backward or forward or not standing evenly on your scale, will affect the accuracy of the weight displayed. The scale turns off automatically after you have stepped off it.

Hints

Body weight varies with a number of factors including the amount of food recently eaten, the amount of waste recently expelled by the body, vigorous exercise and of course, the clothes you wear. If possible, try to weigh yourself at the same time of day under the same conditions and with the same clothes on, or preferably no clothes on. This will reduce the chance of getting unexplained variations in weight.

Don't try to compare your weight on a number of scales. You may find you get different weights, which can be frustrating and confusing. The differences could be due to some scales being slightly inaccurate and / or your own body weight varying due to one or more of the factors mentioned above.

Even if a scale appears slightly inaccurate, it will normally give you an accurate measurement of the variance in your weight from the previous times you weighed yourself. Most people purchase a scale to monitor their weight every now and then or to monitor loss or gain of weight during a loss / gain program they have chosen. If you regularly use the same scale under the same conditions, it should monitor changes in your weight accurately.

Setting Personal Data

The scale is able to store data (including gender, height and age) for 12 people. *Personal data must be set for the scale to compute Body Fat, Water and Muscle Mass content and recommended daily Calorie intake.* Please press the buttons with your finger (not toe) firmly but slowly.

1. Press the ON/OFF button to turn the scale on. The display shows a flashing pre-programmed number, as well as gender, age and height.

2. This **digit** will flash only 5 times, **during which** you must select your number from 1 - 12 as your personal user number, by using the arrows. *(Each number from 1-12 represents one of 12 users).* You might want '1' for yourself, your partner '2', your son '3', daughter '4' and so on. Remember this number for future reference as it will save you re-entering your details everytime you wish to measure your body fat, water and muscle mass content.

Then press the 'SET' button to 'lock' your selection in.

3. The **Unit Measure** for weight will flash. Select either kilograms (kg), pounds (lb) or stone pounds (st lb) by pressing the up or down Arrow. Then press the 'SET' button to 'lock' your selection in.

4. The **Gender symbol** will flash. Select your gender by pressing the up or down Arrow.

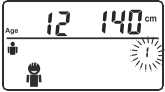
Then press the 'SET' button to 'lock' your selection in.

5. **Height measurement** will flash. Enter your height by pressing the up or down Arrow.

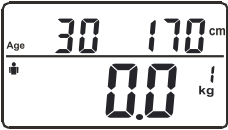
Then press the 'SET' button to 'lock' your selection in.

6. **Age** will flash. Enter the number of years by pressing the up or down Arrow. Then press the 'SET' button to 'lock' your entry in.

**When the age entered is 12 years and below, the 'child' symbol appears indicating the scale is in 'child mode'.*



7. When personal data entry has been completed, the set data, with your flashing personal number is displayed briefly, followed by '0.0'.



The scale is now in **measuring mode**.

8. To enter another person's data, repeat Steps 1-7.

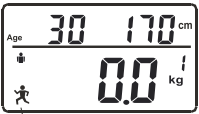
The scale will automatically turn off in about 30 seconds when left idle.

SPECIAL FUNCTION

At this point, the scale lets you **select Athlete mode or change the Unit Measure for weight**

1. Press the UP Arrow and hold for 3 seconds to select **Athlete mode**

An "Athlete" is defined as a person involved in approximately 12 hours of intense physical activity per week and who has a resting heart rate of approximately 60 beats per minute or less. The Athletic body has greater muscle mass and tends to be more dehydrated than the standard adult body, and will result in a higher body fat reading if measured in standard adult mode.



Athlete mode
**This function applies to users aged between 15 and 50 years only.*



Unit Measure for weight

2. Press the SET button to change the **Unit Measure for weight**

WEIGHING TO COMPUTE YOUR BODY FAT, WATER, MUSCLE MASS CONTENT AND RECOMMENDED DAILY CALORIE INTAKE

1. Press the ON/OFF button to turn the scale on. The display shows a flashing pre-programmed number, as well as gender, age and height.

2. This **digit** will flash only 5 times, **during which** you must select your personal user number, by using the arrows. *(This is the number you selected originally for your details).*

3. If you do not select the correct user number, the scale will read the last data entered which may not be yours.

4. Your personal user number flashes 5 times. *(You do not have to press the SET button this time as you have already entered your data).*

5. Let it continue flashing, till the display shows your set data, followed by '0.0'. **The scale is now in measuring mode.** *(You can, at this point, select Athlete Mode or change the Unit Measure for weight).*



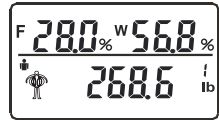
See '**SPECIAL FUNCTION**'

6. When '0.0' appears, step on the scale and remain still. If you do not step onto it after '0.0' appears, the scale will automatically turn off.



7. The display shows your weight

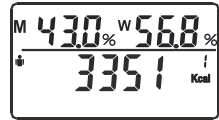
8. Body analysis is in progress.



9. Your Body fat and Water percentages are displayed for about 8 seconds simultaneously

10. Then your muscle mass percentage and recommended daily calorie intake also displays for about 8 seconds simultaneously.

***(1 kilocalorie/kCal = 4.184 kilojoules/kJ)**



11. The scale turns off automatically after this.

WARNING INDICATORS

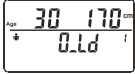
Low Battery Indicator

When the 'low battery' indicator flashes, the batteries must be replaced. Remember, always use fresh, good quality alkaline batteries.



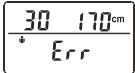
Weight overload

If the scale is overloaded (over 150kg / 330lbs / 23st 8lb), the 'Overload' symbol flashes. Remove the weight immediately or damage to the scale may occur.



Overtime in measuring

'Err' is displayed when you have not stood still long enough for the scale to commence your body weight measurement.



Error in body fat

'Err' is seen when the body analysis process has been unsuccessful. Step off the scale and start again, making sure that your socks or stockings have been removed, and that your feet are comfortably and evenly placed on the sensors on the platform.

