

## About Body Fat Measurement

The Propert Glass Top Body Fat Scale measures body fat using Bioelectrical Impedance Analysis (BIA). In simple terms, a low electrical impulse (which won't be felt) is sent through the body & measures the electrical resistance of the muscle tissue, as body fat doesn't conduct electricity as well. Subtracting this from the total body weight, gives the total body fat, which is expressed as a percentage of the total body weight.

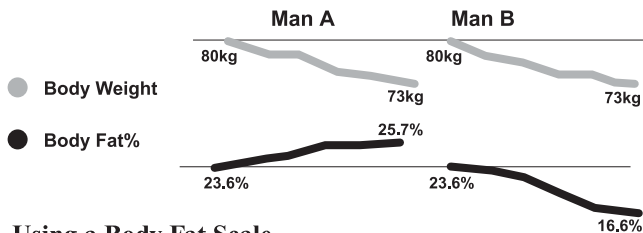
As shown in the accompanying chart, the percentage of body fat in the body can vary dramatically depending on gender & age.

## Why Measure Body Fat?

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.



## Using a Body Fat 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 4 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.
- When the Propert Body Fat Scale is used by many different people, it is advisable to wipe the foot pads clean with methylated spirits between each user.

In general, it's best to measure your body fat 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.

## REFERENCE TABLE

Body fat percentage

FEMALE	Age	Under	Normal	High	Over
Child	10 - 17	11 - 15	16 - 22	23 - 28	29 - 50
Adult	18 - 39	14 - 20	21 - 25	26 - 31	32 - 50
	40 - 55	15 - 21	22 - 26	27 - 32	33 - 50
	56 - 70	16 - 22	23 - 27	28 - 33	34 - 50

MALE	Age	Under	Normal	High	Over
Child	10 - 17	11 - 14	15 - 20	21 - 26	27 - 50
Adult	18 - 39	11 - 17	18 - 23	24 - 29	30 - 50
	40 - 55	12 - 18	19 - 24	25 - 30	31 - 50
	56 - 70	13 - 19	20 - 25	26 - 31	32 - 50

### Note:

The data above were gained by sampling and are only for reference.

If you have any questions about your health, please consult your doctor.

### WARNING

Do not use this product if you have a pace maker or other internal electronic devices. Artificial joints may contribute to a skewed reading but the scale can still be safely used.

**Using the scale whilst pregnant:** Whilst there is no known, documented health risk, we would advise pregnant women to use the body analysis scale for weighing only and use the full range of body analysis functions after delivery of the baby.

### BATTERY WARNING:

#### INTERNAL BURNS / CHOKING HAZARD

Swallowing batteries may lead to serious injury or death (severe burns can occur within 2 hours).

#### IMMEDIATELY SEE A DOCTOR

#### Emergency Telephone Numbers

AUSTRALIA 000 NEW ZEALAND 111

#### Poisons Information Centre

AUSTRALIA 13 1126 NEW ZEALAND 0800 764 766

#### KEEP BATTERIES OUT OF REACH OF CHILDREN

*Dispose of batteries immediately and responsibly*

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V3. 0708

Propert®



# GLASS TOP BODY FAT ELECTRONIC BATHROOM SCALE

Model 3040

## Operating Instructions

## Preparing your Scale

Before attempting to use the Body Fat Scale, remove all packaging.

Place the Body Fat Scale on a hard & even surface. Use on carpet or uneven surfaces may cause inaccuracies.

Ensure you remove shoes and socks before using the scale.

Remove plastic tab to activate the two CR2032 Lithium batteries in the battery compartment on the bottom of the scale.

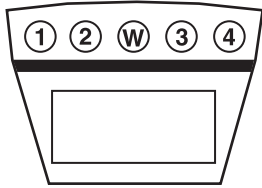
## Programming of Personal Data

### Function Keys:

The '1', '2', '3' or '4' button represents the memory for each of 4 users.

The 'W' button switches the scale on to weighing mode only and also confirms and sets your choice.

The '1' and '2' buttons also help you navigate upwardly or downwardly for options.



1. Firstly, press and hold down the 'W' button for a few seconds to switch the scale on and activate the data entry mode.

2. Select the weight unit - 'kg', 'lb', and 'st' - by pressing the '1' or '2' button. Confirm your choice by pressing 'W'.

3. Select your memory - '1', '2', '3' or '4' (For eg, you may want '1' for your personal data, your partner '2', your son '3' and daughter '4') - by pressing the '1' or '2' button. Confirm your choice by pressing 'W'.

4. Select your age group - 'Child' (Ages 17 and below) or 'Adult' (18 yrs onward) - by pressing the '1' or '2' button. Confirm your choice by pressing 'W'.

5. Select your gender - (The symbol on the left of the readout denotes **Male** and the one on the right, Female) - by pressing the '1' or '2' button. Confirm your choice by pressing 'W'.

6. Enter your **height** by pressing the '1' or '2' button. If 'kg' was originally chosen as the unit measure, then your height will display in metric. If 'lb' or 'st' was selected, then your height will be shown in feet and inches. Confirm your choice by pressing 'W'.

7. The programming of your personal data is now completed. This data will flash 3 times on the readout, after which the scale will automatically switch off.

*Repeat Steps 1-6 above if you wish to input data for another user or to modify existing details.*

## Weighing and Measuring Body Fat Percentage

1. Firstly, press the '1', '2', '3' or '4' button to switch on the scale according to your data storage. For example, if you had chosen '2' as your memory, press '2' to switch the scale on to measure your body fat percentage. Information including your age, height, gender and memory number appear on the readout.

2. '0.0kg' or '0.0lb' or '0:0.0st' will appear on the readout indicating the scale is now ready for use.

3. Step onto the scale barefoot and stand still. Calculation will commence. Your weight will show first after which '00000' will flash. Your weight and body fat percentage appear and will be displayed alternately.

4. Step off the scale. The scale then shuts off automatically.

## Weighing Only

1. Press the 'W' button to switch on the scale. '88.8.8.8' appears on the display followed by '0.0kg' or '0.0lb' or '0:0.0st' indicating the scale is ready for use.

The weight unit displayed was selected when inputting personal data for body fat analysis. To change this, enter the personal data programming mode.

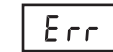
2. Next, step onto the scale barefoot and stand still. Your weight will flash on the display.

*If no weighing has been done in 15 seconds, the scale automatically shuts off.*

3. The scale switches off automatically after you have stepped off to read your result.

*The scale will display weight for children under 10 years old, but not body fat percentage.*

## Warning Indicators



The body weight cannot be detected.

*Check foot contact and make sure feet are bare.*



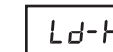
The body fat percentage cannot be detected.

*Check foot contact and make sure feet are bare.*



Batteries are exhausted.

*Replace with new batteries.*



Maximum carrying capacity (150kg, 330lb or 23st 8lb) exceeded.

*Remove load from scale.*

## Caring for your Scale

1. Clean the scale with a damp cloth, but do not allow water to get inside the scale.

2. Remove the battery if the scale is not being used for a long period of time.

## Specifications

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

Weight graduation - 0.1kg / 0.2lb

Body fat percentage graduation - 0.5%

Body fat percentage range - 11-50%

Body fat percentage age range - 10 - 70 years

Height range - 100 to 220cm (3ft 0.55" to 7ft 0.25"), in 1cm/0.5" steps

Memory Slots - 4