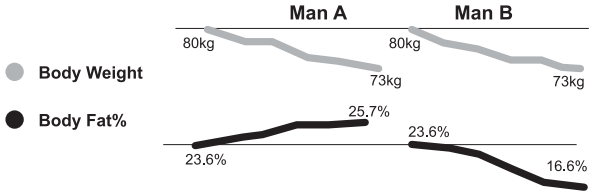
### Why measure Body Fat and Water?

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, muscle, bone percentage and BMI measurement

The Propert Glass Body Analysis Scale measures body fat, water, muscle and bone content using Bioelectrical Impedance Analysis (BIA). In simple terms, a low electrical impulse (which cannot 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 your body fat, water, muscle and bone mass content.

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

The bone mass reading is an estimate of the calcium content in the bones. It is not a precise medical figure and is only meant to give an indication of bone mass.

BMI is defined as the key index for relating a person's body weight to their height and correlates strongly (in adults) with total body fat content. It is a widely used diagnostic tool to identify weight problems and associated health risks. Some muscular people may have a high BMI without undue health risks. BMI = Body weight in kilograms / height in meters squared.

### Using a Body Analysis 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 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, muscle and bone 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 %**

| Female | Under Weight | Healthy | Over Weight | Obese | Male | Under Weight | Healthy | Over Weight | Obese |
|---|---|---|---|---|---|---|---|---|---|
| AGE | | | | | AGE | | | | |
| 12 - 20 | < 18 | 18 - 28 | 28 - 33 | > 33 | 12 - 20 | < 15 | 15 - 21 | 21 - 26 | > 26 |
| 21 - 42 | < 20 | 20 - 30 | 30 - 35 | > 35 | 21 - 42 | < 17 | 17 - 23 | 23 - 28 | > 28 |
| 43 - 65 | < 21 | 21 - 31 | 31 - 36 | > 36 | 43 - 65 | < 18 | 18 - 24 | 24 - 29 | > 29 |
| 66 - 100 | < 22 | 22 - 32 | 32 - 37 | > 37 | 66 - 100 | < 19 | 19 - 25 | 25 - 30 | > 30 |

**Body Water %**

| AGE | Female | Male | Corresponding Hydration Level | |
|---|---|---|---|---|
| < 30 | 66.0 - 59.9 | 66.0 - 60.5 | Optimal Hydration | Weight scope of hydration: 37.8 - 66.0%<br>Hydration rate degraduation: 0.1% |
| | 59.8 - 56.4 | 60.4 - 57.1 | Slight Hydration | |
| | 56.3 - 53.0 | 57.0 - 53.6 | Moderate Hydration | |
| | 52.9 - 48.6 | 53.5 - 50.2 | Dehydration | |
| | 48.5 - 37.8 | 50.1 - 37.8 | Severe Hydration | |
| > 30 | 66.0 - 55.0 | 66.0 - 59.1 | Optimal Hydration | |
| | 54.9 - 51.6 | 59.0 - 55.7 | Slight Hydration | |
| | 51.5 - 48.1 | 55.6 - 52.3 | Moderate Hydration | |
| | 48.0 - 44.7 | 52.2 - 48.8 | Dehydration | |
| | 44.6 - 37.8 | 48.7 - 37.8 | Severe Hydration | |

**Muscle %**

| Female | Male | |
|---|---|---|
| > 34% | > 40% | Moderate |

**Bone mass**

| Female | Body Weight | Bone Weight | Male | Body Weight | Bone Weight |
|---|---|---|---|---|---|
| | Below 45kg | > 1.8kg | | Below 60kg | > 2.5kg |
| | 45 - 60kg | > 2.2kg | | 60 - 75kg | > 2.9kg |
| | Over 60kg | > 2.5kg | | Over 75kg | > 3.2kg |

**Note:**

The data tabled were gained by sampling and are only for reference. If you have any questions about your health, please consult your doctor.

**IMPORTANT:**

*If your body fat exceeds 50%, this scale cannot process any of the body analysis functions. In this case, use the scale for weighing only until body fat is reduced to below 50% of total weight.*

**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.*

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**BATTERY WARNING**
Swallowing batteries may lead to serious injury or death.
KEEP BATTERIES OUT OF REACH OF CHILDREN

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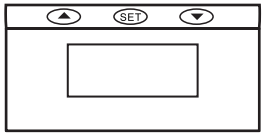
## Operating Instructions

## 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

1. Before attempting to use your Propert Glass Body Analysis Scale, remove all packaging.
2. Then open the battery compartment cover on the base of the scale & insert the 2 Lithium batteries (CR2032) provided. Ensure the batteries are placed inside the compartment with the positive (+) sides facing up. Replace the compartment cover.
3. Ensure you remove shoes, socks or stockings before using the scale as this may affect body fat and water content readings




SET — Power on for a body analysis reading, menu select, confirm

▲ — Scroll up, change unit measure

▼ — Scroll down, change unit measure

### OPERATING MODES

The Propert Glass Body Analysis Scale has 2 operating modes for -

- Weighing only and...
- Weighing to compute your body fat, water, muscle, bone percentage and BMI

*(*Personal data must be set for this function. This scale is able to store data including gender, height and age for 10 people).*

### Weighing Only

1. Place the Scale on a hard & even surface. Use on carpet or uneven surfaces may cause inaccuracies.
2. To turn the scale on for weighing only, tap on the scale platform with your foot.
3. The scale briefly displays '8888' before it 'zeroes' indicating it is in weighing mode and ready for use.

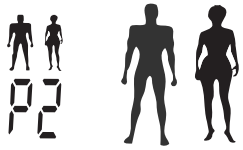

4. At this point, select the unit measure (kilograms, stones pounds or pounds) by pressing the conversion button underneath the scale

5. Then gently step onto the scale. When standing on your scale, make sure your feet are placed evenly, 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.
6. Your weight value will be shown on the display
7. If left idle, the scale automatically turns off

### Entering personal data

(the digits P0 - P9 represent each of 10 users).

1. Turn the scale on by pressing the 'SET' button
2. A personal user number at the bottom left corner of the screen flashes.
3. Press either of the arrow buttons to select a number of your choice.
4. The digits P0 - P9 represent each of 10 users. Remember this number for future reference. You might want 'P0' for yourself, your partner might like 'P1', your son 'P2', daughter 'P3' and so forth. Press the 'SET' button to 'lock' it in
5. A gender symbol flashes. Press either of the arrow buttons to make your selection, then press the 'SET' button to 'lock' it in.




Toggle between:-

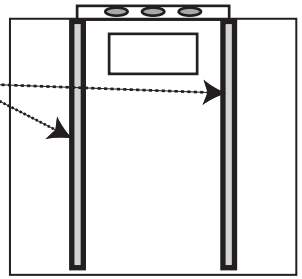
**Male symbol** located on the left above the personal number.

**Female symbol** located on the right above the personal number.

6. The number for years flash. Press either of the arrow buttons to scroll up or down to enter your age, then press the 'SET' button to 'lock' it in
7. Height measurements then flash. Press either of the arrow buttons to scroll up or down to enter your height, then press the 'SET' button to 'lock' it in. (If 'kg' was chosen as the measurement unit, then your height will be shown in terms of 'cm'. If 'stone pounds' or just 'pounds' were chosen, then height would display in feet and inches).
8. The programming of personal data is now completed. The scale shows 4 dotted lines, then 'zeroes', indicating it is ready for use. You may step on it for a body analysis reading...or
9. You may continue to enter data for another user or modify data by repeating Steps 1-7. Remember that each other person will have a different identifying user number.

### Weighing to compute your body fat, water, muscle, bone percentage and BMI

1. Tap the scale to turn it on
2. Press either of the arrow buttons to find the number you chose as your personal user number. There is no need to press 'Set' once you have located the number.
3. Wait until the scale shows 'zero' indicating it is ready for use.
4. Gently step onto the scale. **Note that your bare feet must be centred over and on the electrodes (vertical metal strips) for an effective reading.*

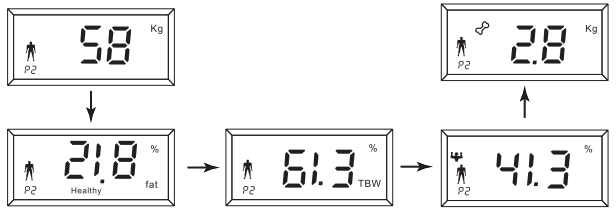


**These electrodes allow a very low electrical impulse (which cannot be felt) to pass through the body. The scale applies Bioelectrical Impedance Analysis (BIA) to compute the measurements.*

Your weight is then shown.

5. Continue to stand still. The scale will flash 4 x '0' while computation is taking place.


6. Your body fat, water, muscle, bone percentages and BMI will appear on the screen and display 2 times sequentially




7. The scale automatically turns off after that.

### LAST RESULT RECALL FUNCTION

After measuring weight, fat, water, muscle, bone and BMI, the scale automatically stores the data into memory

1. To view these results, turn the scale on and select your personal user number (No need to press 'SET' after that). The scale will display your last recorded measurements.
2. The scale then 'zeroes' ready for use again.
3. When you measure yourself again, the scale will record the new results and this will replace the old data

### OVERLOADING

If the scale is overloaded (over 150kg / 23st / 330lb), 'EEEE' appears on the display. Remove the weight immediately or damage to the scale may occur.

### LOW BATTERY INDICATOR

When 'LO' displays on the screen, the batteries must be replaced. Remember, always use fresh, good quality lithium batteries.

### ERROR INDICATION

'Err2' indicates that body analysis has been unsuccessful, or quite often, that body fat content is less than 5% or more than 50%

### SPECIFICATIONS

6mm thick tempered glass platform
Capacity - 150kg / 23st / 330lb
Weight graduation - 0.1kg / 1/4lb / 0.2lb
Body Fat percentage range 5 - 50%; Graduation 0.1%
Water percentage range 20 - 70%; Graduation 0.1%
Muscle range 15 - 75%; Graduation 0.1%
Bone weight range 1 - 11.7kg / 2.2 - 25.8lb
Age range 10 - 80 years
Height range 100 - 225cm / 3'3"- 7'3";
Graduation 1cm / 1"
Battery - 2 x CR2032 batteries (included)