

About Body Fat Measurement

The Propert 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.

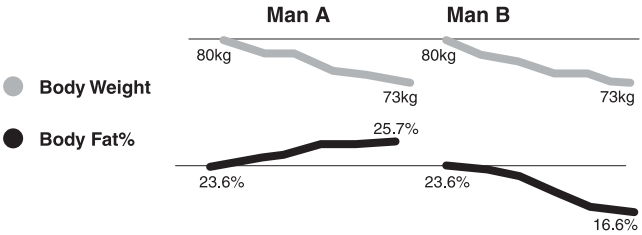
As shown in the accompanying chart, the percentage of body fat in the body can vary dramatically depending on gender & age.

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 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.
 - 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 fat	Healthy	Over fat	Obese
	20 - 39	< 21	21 - 32	32 - 38	> 38
	40 - 59	< 23	23 - 34	34 - 40	> 40
	60 - 79	< 25	25 - 36	36 - 42	> 42

MALE	Age	Under fat	Healthy	Over fat	Obese
	20 - 39	< 9	9 - 20	20 - 26	> 26
	40 - 59	< 11	11 - 22	22 - 28	> 28
	60 - 79	< 13	13 - 24	24 - 30	> 30

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 pacemaker or other internal device, or if you are pregnant.

Specifications

- Capacity - 150kg / 330lb
- Weight graduation - 0.1kg / 0.2lb
- Body fat percentage graduation - 0.5%
- Age range - 6 to 79
- Height range - 80 to 220cm (2ft 2" to 7ft 2")
- Height graduation - 1cm
- Body fat percentage range - 2% - 65%

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Propert Housewares
A division of
SUPERTEX INDUSTRIES PTY LTD
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BODY FAT
ELECTRONIC
BATHROOM
SCALE

Model 3010

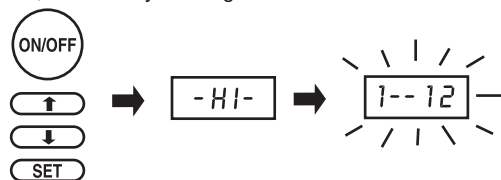
Preparing your Scale

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. Purchase & insert two AA (1.5 volt) alkaline batteries into the battery compartment on the bottom of the scale. Make sure the positive(+) and negative(-) terminals are correctly positioned and replace the battery cover. If not using the scale for a long time, take the batteries out.

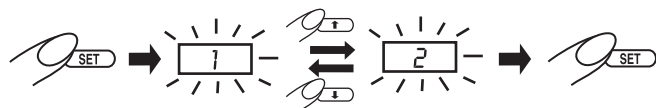
Setting Personal Data

The scale is capable of storing data (including gender, height and age) for 12 people.

1. Press the ON/OFF button to turn the scale on. The display shows 'HI', followed by flashing '1-12'.



2. When '1-12' is flashing, press the SET button to initiate the programming



3. Then press the \uparrow/\downarrow to select your pre-programme number (Each number from 1-12 represents one of 12 users).

4. Press the SET button to confirm.

To set the input unit mode, gender, height and age, follow the above process, using the up and down arrows to view the choices.

5. Set the Input Unit Mode (kg, cm / lb, inches) by pressing the \uparrow/\downarrow . Press the SET button to confirm.

6. Select the Gender by pressing the \uparrow/\downarrow . Press the SET button to confirm.

7. Select the Height by pressing the \uparrow/\downarrow . Press the SET button to confirm.

8. Select the Age by pressing the \uparrow/\downarrow . Press the SET button to confirm.

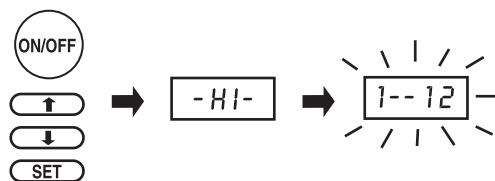
The pre-programmed number then flashes 3 times indicating that the scale is now in measuring mode.

9. To set other pre-programme numbers, repeat **Steps 1-8**

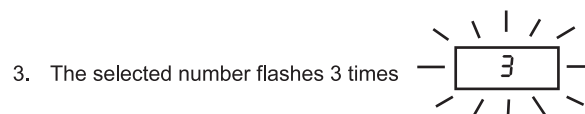
The scale will automatically turn off if you do not press any button in about 30 seconds while setting personal data.

Weighing and Measuring Body Fat Percentage

1. Press the ON/OFF button to turn the scale on. The display shows 'HI', followed by flashing '1-12'.

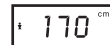


2. Select the pre-programmed number using \uparrow/\downarrow

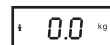


3. The selected number flashes 3 times

4. The display then shows the set data, followed by '0.0'.



5. You can, at this point, change the setting data, for eg. units of measure, height or age. See 'Special Function'

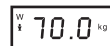


6. When '0.0' appears, step on the scale and remain still.

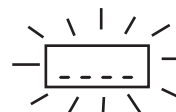
The scale will automatically turn off in about 60 seconds if you do not step onto it after '0.0kg' appears



7. The display shows your weight



8. The scale then measures your body fat percentage



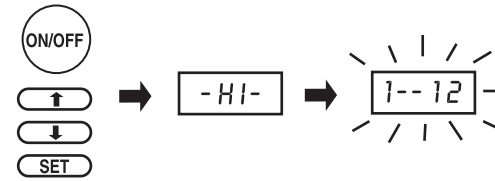
9. Body fat percentage appears.



10. Your body fat percentage and weight will display again, and then the scale will turn off automatically.

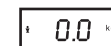
Weighing Only

1. Press the ON/OFF button to turn the scale on. The display shows 'HI', followed by flashing '1-12'.



2. Then either press the ON/OFF button again or allow the '1-12' to flash 5 times

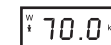
3. The display shows '0.0 kg'.



4. When '0.0' appears, step on the scale and remain still.



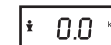
5. The display shows your weight



6. The scale will turn off automatically

Special Function

You can change the units of measure, height or age during the measuring stage.



1. Press the SET button and hold for 1 second to change units of measure



Warning Indicators



Weight overload



Replace battery



Error