

# Proscale Moderno Body Fat and Water Scales Instruction Manual

## I) Production Description

This product not only measures your weight, but also your Body Fat Ratio and water ratio. By monitoring changes in your Body Fat Ratio and water ratio, you will be able to see the change in your health by keeping a normal weight.

### CAUTION:

Body Fat ratio and water ratio is for your information only. For further information, consult your doctor or dietician.

- a) It is important to read this instruction manual carefully before using the scale.
- b) The scale may affect the function of heart pacemakers. Do not use this scale if you have a pacemaker or other electronic medical implant.
- c) The scale surface is slippery when wet. Only use if the scale is dry and your feet are dry.
- d) To prevent accidents, do not place feet on the edge of the scale.

### Notes:

- a. If during the measuring process a fault occurs which causes incorrect body fat percentage, "Err" will be displayed and the unit will switch off automatically. Please see the troubleshooting section at the end of this manual.
- b. If your weight exceeds the max. measuring capacity (150 kg / 330lb ) "FFFF" appears on the display.
- c. If "the BATTERY ICON" is displayed, low power of the battery is indicated and you should change the battery.
- d. Put the scale on a flat and solid surface. Use the scale only with dry feet – **There is danger of slipping on the scale!**
- e. Do not use the scale in places that are extremely hot, cold or humid.
- f. To clean the scale use only a soft and light damp cloth with mild cleaning agent.
- g. Avoid extreme vibrations and temperature fluctuations.
- h. For long term storage, remove the battery
- i. Do not disassemble the scale – you risk injury and will void Your warranty
- j. This scale is designed for Home Use.
- k. This scale must only be used on a hard surface such as tile, wood, linoleum, etc.. This and most scales will not perform properly on carpeted surfaces because carpeting absorbs your weight and will cause incorrect or ERR readings.

### CAUTION / WARNING

CAUTION



*The scale can disturb the function of heart pacemakers.*

### ATTENTION

*This scale can disturb the function of heart pacemakers and other electronic medical devices.*

**DO NOT USE THIS SCALE IF YOU USE A PACEMAKER, OTHER ELECTRONIC MEDICAL IMPLANTED OR EXTERNAL DEVICE!**

## GETTING ACCURATE READINGS

To get the most accurate readings:

- Be sure you are barefoot (otherwise the body fat function won't work).
- Be sure both feet touch the electrodes on the measuring platform firmly
- Stand erect on the platform and remain perfectly still
- Try to wait about three hours after waking, eating, or hard exercise before taking measurements.
- Try to take readings at the same time of day.
- Be sure that the soles of your feet are clean.

The reading may not be accurate if the soles of your foot are too dry or covered with large area of thick calluses.

Measurements taken under other conditions may not give the same absolute reading values.

However, the readings are accurate monitoring changes in body fat percentage as long as they are taken in a consistent manner.

## II) Key features

Max. weight: 150kg/330lb

Weight Graduation: 0.1kg/0.2lb

Weight deviation:  $\pm 1\%$

Graduation of body ratio display and water ratio: 0.1%

Recommended operating temperature:  $20\text{ }^{\circ}\text{C} \pm 15\text{ }^{\circ}\text{C}$

Programmable memory-stores setting of up to 10 people

## III) Operation

### 1. Battery

1) Battery insertion.

The battery compartment is on the back of the scale. This scale will include 4XAA batteries in the individual box.

2) Please take out the batteries from the compartment when the scale is not in use for a long period of time.

### 2. Weighing operation

1) Select kg/lb units by the slide switch on the bottom of the scale when the scale is off.

2) Place the scale on a firm, flat surface to achieve best accuracy. You can get your weight by the following two ways:

- Turn the scale on with your foot by lightly tapping the scale, the display will show "8888" and then "0.0" kg or lb after several seconds. Step on the scale, stand perfectly still and the scale will measure your weight.
- Directly step on the scale, the display will show "8888" then it will show "0.0"kg or lb, step off the scale slightly and your weight will be shown. The scale will turn off automatically after 10 seconds.

### 3. Body fat and water measuring operation

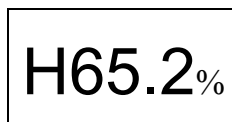
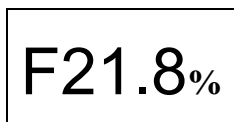
To measure body fat ratio and water ratio accurately, first input your personal data, such as gender, height and age, the scale calculates the body fat ratio and water ratio by combining these factors with weight and EMP automatically. There are three keys

"◀", SET, "▶", which are used to set personal data, please set your personal data as explained in the following steps:

1) Switch on the scale by stepping or tapping on it, the scale displays "8888", several seconds later it will show "0.0".

2) Press the SET button to start entering your data, the memory number "01" is shown, use the "▶" button and the "◀" button to select your memory number between 01-10 and press the SET button to confirm the memory number you selected.

- 3) Use “▶” or “◀” to choose the icon of man or woman (depending on your gender). Then press SET to confirm the displayed gender.
- 4) The height figure from the previous setting will be displayed on the LCD and it will flash. Press “▶” or “◀” to increase/ decrease the displayed height. Press SET to confirm the displayed height.
- 5) The age figure of the previous setting will be displayed on the LCD and it will flash. Press “▶” or “◀” to increase/ decrease the displayed age. Press SET to confirm the displayed age.
- 6) The memory number will appear on the display again, press SET and it will display all the data entered for proofing. Next the scale will display “0.0” and it is ready for weighing.
- 7) Take off your shoes and socks before stepping on the scale. Stand on the scale and get your weight firstly, when the reading of your weight is stable, the lock sign “H” will be display. After two seconds, the weight reading will disappear and turn to “1-2-3- 4” successively, and then your body fat percentage and water ratio will be shown. Now you can stop off of the scale and it will turn off automatically after 6 seconds.



“F21.8%”: F refers to body fat ratio

“H65.2%”: H refers to water ratio

**Note:**

This product can store the personal data of up to 10 people. The personal data stored is gender, age and height. The scale only takes the Body Fat Ratio and water ratio for normal or athletic people, it is not recommended for professional athletes or children under 10 years old.

This body fat ratio and water ratio feature can only be used for people between the age of 10-100 and 100-200 cm height.

**4. To Recall memory**

Remember your memory number set in the unit. Each time when you want to measure your body fat and water ratio, you just need to find your memory number, the height, age and gender of the memory number will be displayed automatically. Step on the scale with bare feet and the scale will calculate your body fat percentage.

**5. Unit switch**

On the bottom of the scale is a kg/lb switch. Select weighing units by this switch when the machine is turned off.

**6. Note**

- 1) When measuring body fat ratio and water ratio, stand on the platform’s left and right metal electronic board separately with bare feet (put one foot on the left medal footpads and one foot on the right metal footpads)
- 2) If body fat ratio and water ratio exceeds the range of display because of incorrect operation, “ERR” will be shown and the scale will be turned off automatically.
- 3) Overloading  
If you overload the scale (put more then 150kg / 330lb on it) the screen will display “FFFF”. Warning: Overload can cause permanent damage to the scale and voids your warranty.
- 4) Low voltage alert. If the battery is low on power, the icon of battery will be shown and please change the batteries immediately.
- 5) If the load cell is damaged (by overload, drop/shock or shipping damage), the scale will displays ERR0, ERR1.
- 6) Place the scale on a flat hard surface. It must be level, hard and flat. Carpeting can affect the accuracy of the scale.
- 7) Do not put this product in direct sunlight, high temperature or high humidity for a long time.
- 8) Do not put heavy things on this scale for a long period of time.

## Moderno Body Fat Scale Common Questions

### **Q: Are there certain people for whom the monitor is not appropriate?**

**A:** Yes, People with pacemakers or other medical implants are advised not to use the monitors. Although there are no known health risks, this is a precaution that is advocated by all manufacturers of BIA Devices. Fat Percentage accuracy can be an issue for certain small categories of people listed below, but the Moderno BIA may still be used to monitor trends and accurately show degree of change. The following categories of people may not get highly accurate readings from the Moderno BIA method:

- People who have a body fat rate of less than 9%
- Pregnant women
- People who exceed the weight capacity of the scale (models vary) and/or exceed 75% body fat

### **Q: How accurate and reliable are My Weigh Body Fat Monitor/Scales?**

**A:** Independent research at several major universities (including Columbia University in New York City) has confirmed that in clinical settings, BIA is accurate within +/- 5 percentage of the institutional standard of body composition analysis--Dual Energy X-ray Absorptiometry (DEXA). It should be made clear that there is only one method of calculating body composition that is close to 100% accurate, and that is an autopsy. We believe the BIA method to be the most convenient and accessible to accurately predict body composition. Moderno's Body Fat Monitor results are repeatable to within +/- 1 percent variation when used under consistent conditions.

### **Q: What conditions might cause skewed results or an "Error" reading in the display?**

**A:**

- Hydration fluctuations which may result from alcohol or food consumption, sleep, intense exercise, medication or pre-menstruation.
- A very full bladder.
- Severe calluses on heels or soles of feet (about 1/400 people tested).
- Unclean or scratched foot pads may interfere with conductivity.
- Nylons interfere with conductivity. If it is absolutely necessary to measure in nylons, use a drop of isopropyl (rubbing) alcohol on the foot pads to act as a conductor.
- Using the scale on a carpeted surface
- Interference from Cordless phones or other RF devices such as TV's, Microwaves, Cell-phones, etc..
- A Low Battery (please try a new battery, this is often the cause of many problems such as Err or inaccuracy)

### **Q: What type of maintenance is necessary?**

**A:** There is simply no maintenance other than the use of alcohol to wipe the foot pads clean and glass cleaner to keep them shiny--always apply to a cloth first and then to the product; avoid soaps or any abrasive compounds (they may damage the finish of the scale).

## **Understanding Your Body Fat Percentage**

Body fat measurements and the measuring tape are recognized as superior methods for measuring "weight loss". When one declares that they want to "lose weight", what they often mean is that they want to lose *fat*. So, now that you've had your body fat percentage measured, what does the number really mean?

First, your body fat percentage is simply the percentage of fat your body contains. If you are 150 pounds and 10% fat, it means that your body consists of 15 pounds fat and 135 pounds lean body mass (bone, muscle, organ tissue, blood and everything else).

A certain amount of fat is essential to bodily functions. Fat regulates body temperature, cushions and insulates organs and tissues and is the main form of the body's energy storage. The following table describes body fat ranges and their associated categories:

### \*General Body Fat Percentage Categories

For females

| Age      | Thin          | Normal | Little fat | Overweight    |
|----------|---------------|--------|------------|---------------|
| 13-39    | Less than 19% | 20-25% | 26-31%     | More than 32% |
| 40-55    | Less than 20% | 21-26% | 27-32%     | More than 33% |
| 55&above | Less than 21% | 22-27% | 28-33%     | More than 34% |

For males

| Age      | Too Thin      | Normal | Little fat | Overweight    |
|----------|---------------|--------|------------|---------------|
| 13-39    | Less than 16% | 17-23% | 24-29%     | More than 30% |
| 40-55    | Less than 17% | 18-24% | 25-30%     | More than 31% |
| 55&above | Less than 18% | 19-25% | 26-30%     | More than 32% |

Knowing your body fat percentage can also help you determine if your weight loss goals are realistic. **Remember, weight loss doesn't always mean fat loss.** For example:

Let's say you're a 130lb woman with 23% body fat, and your goal is to "lose 20 pounds":

Initial body fat:  $130 \text{ lb} \times 0.23 \text{ fat} = 30 \text{ lb body fat}$

Lean body mass:  $130 \text{ lb total} - 30 \text{ lb fat} = 100 \text{ lb lean body mass (bones, organs and all else)}$

Goal:  $130 \text{ lb} - 20 \text{ lb} = 110 \text{ pounds}$

As you can see, the goal of losing 20 pounds is not realistic or healthy. At 110 pounds, this woman still requires 100 lb of lean body mass (bones, organs, etc.), but would only be carrying 10 lb, or only 9% body fat. From the chart above, you can see that this is a dangerously low percentage.

A better goal might be for the woman to reduce her **body fat** from 23% to 18%. In this case:

$130 \text{ lb} \times 0.18 = 23 \text{ lb body fat}$

$100 \text{ lb lean body mass} + 23 \text{ lb} = 123 \text{ lb goal weight}$

So, for this individual to achieve a lean, but healthy 18% fat, she would need to lose only 7 pounds *of fat*, reducing her weight from her current 130 pounds to 123 pounds. Losing more than 7 pounds means losing lean body mass (usually metabolically-active muscle tissue), which is clearly not desirable.

So before you decide that you need to "lose weight", remember to consider that "weight" consists of both lean body mass and body fat. Try to keep your weight loss goals realistic, and remember, keep the calorie-burning muscle, and lose only the fat.