Healthy Balance

Electronic Body Fat Measurement Scale

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Instruction Manual

INTRODUCTION
Thank you for choosing the Healthy Balance Electronic Body Fat Scale. **For proper usage of this device please read the following instructions carefully**.

Using the latest BIA (Bioelectrical Impedance Analysis) technology, body fat is measured via an electronic current through the body making a reading more accurate than the traditional BMI (body mass Index) calculation.

There are 4 user settings that store the memory of personal parameters for ease of continued use.

SAFETY PRECAUTIONS
Persons with implanted electronic medical equipment, such as a pacemaker, should not use the body fat monitor feature on this scale. The scale passes a harmless low-level electrical signal though the body which may interfere with the operation of a pacemaker.

IMPORTANT NOTES FOR USERS
The Healthy Balance body fat monitor is intended for adults and children with moderately active lifestyles. This devise is not intended for pregnant women, professional athletes, or bodybuilders.

HOW TO MAKE THE HEALTHY BALANCE ELECTRONIC FAT MESUREMENT SCALE WORK FOR YOU.

There are Five personal parameters which provide effective data for complete comprehensive body analysis, Age, Gender, Height, Weight, and Biological Resistance. We have divided age into two categories Adult and Child, this should be set in your personal parameter user setting (1-4) along with your gender, and height. The scale will measure your weight and biological resistance to determine your Body Fat % using the BIA (Bioelectrical Impedance Analysis) method. The following is an illustration of how your Body Fat % is calculated.

weight	biological resistance	gender	Age 7-70	height

Healthy Balance
CPU computing centr e

Body fat
1 ~ 75 %
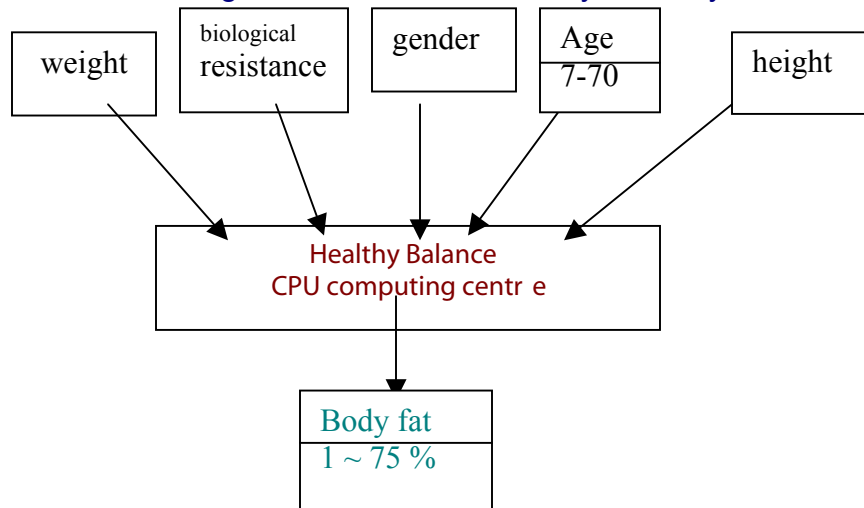
In this system, two footpad electrodes (pressure contact points) are incorporated in the platform of a precision electronic scale. The subject's measurements are taken while in a standing position with the electrodes in contact with bare feet. The body fat analyzer automatically measures weight and then impedance. A microprocessor imbedded in the product uses the data inputs to determine body fat percentage based on equation formulas that have been programmed into the microprocessor.

There is no international standard of methodology in calculating body fat. The WHO (World Health Organization) sets guidelines for general impressions of proper body composition given gender and age. The BIA method to measure fat is the most user friendly and efficient process available today to the average person. The BIA method is purely a calculation of variable inputs and different manufactures may use different calculation methodologies that may result in differing results between different manufactured scales and body fat analyzers. As such, your body fat percentage is for reference only and should be tracked with one device only for accurate results against the Body Fat Ratio Chart provided.

DEFINITION OF THE 5 KEYS

W/SET	Function1	Click this key one time for weighing mode only.
	Function2	Press and hold for 2 seconds for entering User Personal Data Setting mode.
	Function3	Click it to confirm the Parameter Setting.
1/▲	Function1	Click the key one time for setting 1st User Personal Date
	Function2	In Setting mode, press it to increase the value of parameter
2/▼	Function1	Click the key one time for setting 2nd User Personal Date
	Function2	In Setting mode, press it to reduse the value of parameter
3	Function1	Click the key one time for setting 3rd User Personal Date
4/Q	Function1	Click the key one time for setting 3rd User Personal Date
	Function2	Click "4/Q" to quit the Setting mode

SWITCHING THE WEIGHT MODE
You can change the unit indication by using the switch on the back of the scale as shown.
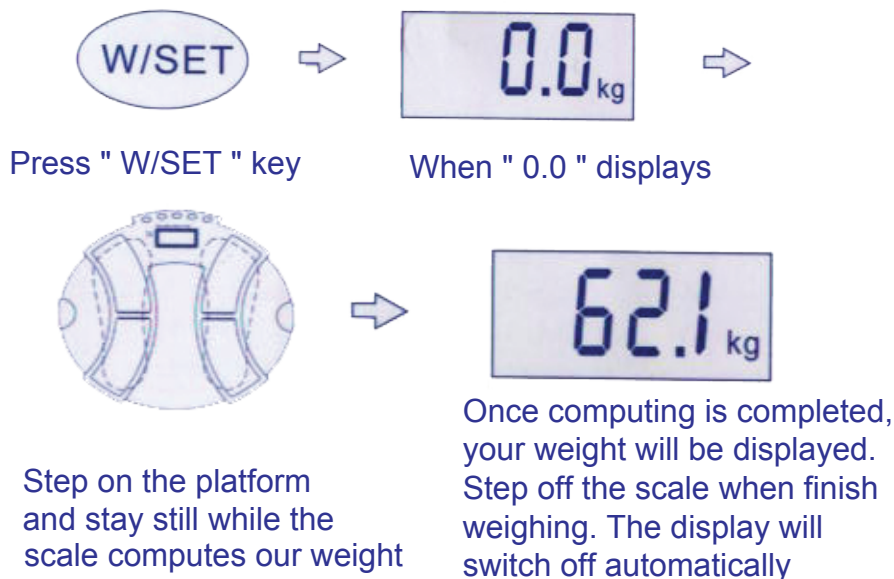

kg (Kilograms)

st (Stone pounds)

lb (Pounds)

WEIGH OPERATION

4.1 Preparation
Install a 9 volt battery into the battery case. Don't use high power electricity source which will be harmful to the human body.
Select weighing mode using the switch (kg / st / lb) on the back of the scale.
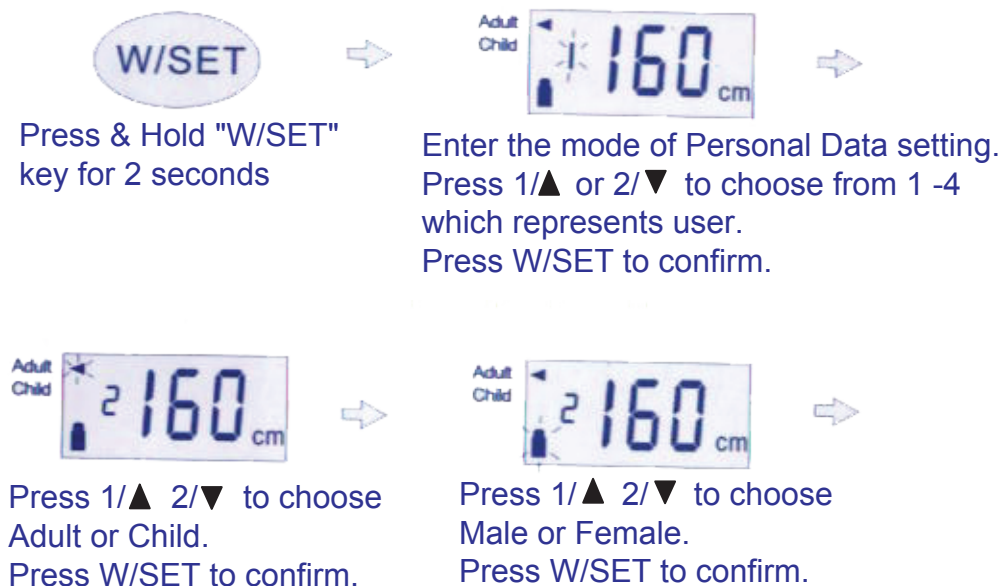Place the scale on a firm, flat surface to ensure accuracy.

4.2 Weighing

Press " W/SET " key   ⇨   When " 0.0 " displays   ⇨

Step on the platform and stay still while the scale computes our weight   ⇨   Once computing is completed, your weight will be displayed. Step off the scale when finish weighing. The display will switch off automatically
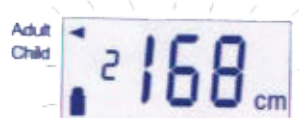
Why Should We Enter Our Personal Data Before Measuring Body Fat

The technology used in this device, Bio-electronic Impedence Analysis (BIA), is different from traditional BMI method. In BMI method, Fat% is calculated by using body weight/height x height. BIA technology has applied 5 parameters, i.e. Weight, Biological Resistance, Height, Gender and Age in the analysis.
Weight & biological resistance are obtained by the scale automatically. The other 3 parameters are to be entered manually by the user.

Parameter Data Setting

Press & Hold "W/SET" key for 2 seconds   ⇨   Enter the mode of Personal Data setting. Press 1/▲ or 2/▼ to choose from 1 -4 which represents user. Press W/SET to confirm.   ⇨

Press 1/▲ 2/▼ to choose Adult or Child. Press W/SET to confirm.   ⇨   Press 1/▲ 2/▼ to choose Male or Female. Press W/SET to confirm.   ⇨

Press 1/▲ 2/▼ to set Height.
Press W/SET to confirm.

The display will flashes three times
after the User Data is saved
and automatically switches off.

Repeat the prcedure above to set personal data for other users.
Press 4/Q to quit if you find the setting is incorrect.
If no weighting is carried out while "0.0" is being displayed, the scale switches
itself off automatically after approximately 20 seconds.

PLEASE REFER TO THE FOLLOWING BODY FAT RATIO CHART FOR REFERENCE:

AGE GROUP	AGE	MALE	FEMALE
CHILD	9-17	15% - 21%	17% - 23%
ADULT	18-29	18% - 24%	20% - 26%
	30-70	21% - 27%	22% - 28%

This chart is the ideal body fat zone for your gender and age. Results below the
range given would indicate a state of under-fat and results above the ideal range
would indicate over-fat and obesity. Readings within the zone are considered a
healthy range for the user.

Note

For accurate readings and reference to track body fat and weight we recommend
that you measure yourself under consistent conditions each time. For most
effective and accurate reading we recommend that readings should be taken
without clothing and under consistent conditions of hydration. If you do not
undress, always remove your socks or stocking, and make sure the soles of your
feet are clean before stepping on the measuring platform.

Body fat results will vary with the amount of water in the body, and can be
affected by dehydration or over-hydration due to such factors as alcohol
consumption, menstruation, illness, intense exercise, etc.

We recommend that you take your readings at least 2 hours after exercise and
before any major meal.

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