

TANITA
Monitoring Your Health

BF-679W/BF-680W Body Fat Monitor / Scale



GB **Instruction Manual**

Read this Instruction Manual carefully and keep it for future reference.

D **Bedienungsanleitung**

Lesen Sie sich diese Bedienungsanleitung bitte sorgfältig durch und bewahren Sie sie zum späteren Nachschlagen auf.

F **Mode d'emploi**

A lire attentivement et à garder en cas de besoin.

NL **Gebruiksaanwijzing**

Deze handleiding aandachtig lezen en voor naslagdoeleinden bewaren.

I **Manuale di Istruzioni**

Leggere attentamente questo manuale di istruzioni e conservarlo per consultazioni future.

E **Manual de instrucciones**

Lea detenidamente este manual de instrucciones y guárdelo para futura referencia.

P **Manual de instruções**

Leia cuidadosamente este manual e guarde-o para futura referência.

INTRODUCTION

Thank you for selecting a Tanita Body Fat Monitor/Scale. This model uses the BIA (Bioelectrical Impedance Analysis) technique, a state-of-the-art technology for body fat assessment.

Note: Read this Instruction Manual carefully and keep it handy for future reference.

▲ Safety Precautions

- **Persons with implanted electronic medical equipment, such as a pacemaker, should not use the Body Fat Monitor feature on this Tanita Body Fat Monitor/Scale. This Body Fat Monitor/Scale passes a low-level electrical signal through the body, which may interfere with the operation of a pacemaker.**
- The Tanita Body Fat Monitor/Scales are intended for home use only. This unit is not intended for professional use in hospitals or other medical facilities; it is not equipped with the quality standards required for heavy usage experienced under professional conditions.
- Do not use this unit on slippery surfaces such as wet floors.

Important Notes for Users

This Body fat monitor is intended for adults and children (ages 7-17) with inactive to moderately active lifestyles and adults with athletic body types.

(Athlete Mode : Only for BF-680W)

Tanita defines "athlete" as a person involved in intense physical activity of approximately 10 hours per week and who has a resting heart rate of approximately 60 beats per minute or less. Tanita's athlete definition includes "lifetime of fitness" individuals who have been fit for years but currently exercise less than 10 hours per week.

The body fat monitor function is not intended for pregnant women, professional athletes or bodybuilders.

Recorded data may be lost if the unit is used incorrectly or is exposed to electrical power surges. Tanita takes no responsibility for any kind of loss caused by the loss of recorded data.

Tanita takes no responsibility for any kind of damage or loss caused by these units, or any kind of claim made by a third person.

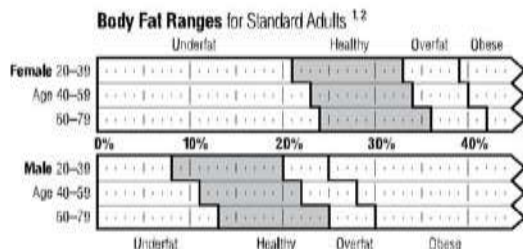
Note: Body fat percentage estimates will vary with the amount of water in the body, and can be affected by dehydration or over-hydration due to such factors as alcohol consumption, menstruation, illness, intense exercise, etc.

PRINCIPLES OF ESTIMATING BODY FAT PERCENTAGE

Tanita Body Fat Monitor/Scales allow you to determine your body fat percentage at home as easily as you measure your weight.

What is Body Fat Percentage?

Body fat percentage is the percentage of fat in your body. Too much body fat has been linked to conditions such as high blood pressure, heart disease, diabetes, cancer, and other disabling conditions.



¹ Based on NIH/WHO BMI Guidelines.

² As reported by Gallagher, et al., at NY Obesity Research Center.

To determine the percentage of body fat that is appropriate for your body, consult your physician.



Tanita's patented "foot-pad" design sends a safe, low-level electrical signal through the body to determine its composition.

The BIA Method

Tanita Body Fat Monitor/Scales use the BIA (Bioelectrical Impedance Analysis) technique. In this method, a safe, low-level electrical signal is passed through the body. It is difficult for the signal to flow through fat in the human body, but easy to flow through moisture in the muscle and other body tissues. The difficulty with which a signal flows through a substance is called impedance. So the more resistance, or impedance, the signal encounters, the higher the body fat reading.

Hydration Fluctuations

Hydration levels in the body may affect body fat readings. Readings are usually highest in the early waking hours, since the body tends to be dehydrated after a long night's sleep. For the most accurate reading, a person should take a body fat percentage reading at a consistent time of day under consistent conditions.

Besides this basic cycle of fluctuations in the daily body fat readings using BIA, variations may be caused by hydration changes in the body due to eating, drinking, menstruation, illness, exercising, and bathing. Daily body fat readings are unique to each person, and depend upon one's lifestyle, job and activities.

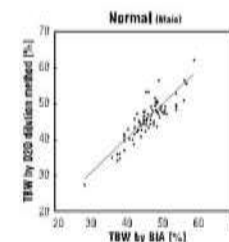
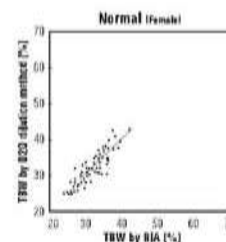
What is Total Body Water Percentage?

Total Body Water Percentage is the total amount of fluid in a person's body expressed as a percentage of their total weight. Approximately 50–65% of the weight of a healthy person is water. Water plays a vital role in many of the body's processes and is found in every cell, tissue and organ. Maintaining a healthy total body water percentage will ensure the body functions efficiently and will reduce the risk of developing associated health problems.

How To Measure Total Body Water

The Deuterium Dilution Method is currently used as a typical method to measure total body water (TBW) percentage. In contrast, this instrument estimates TBW by using BIA. An agreement of over 80% is obtained between this instrument and the Deuterium Dilution Method.

Note: The Deuterium Dilution Method measures total body water based on the analysis of the deuterium oxide isotope in urine before and after ingestion of an oral dose.



Normal Total Body Water Percentage (% TBW)

The normal total body water percentage ranges for adults are:

Female: 45–60%

Male : 50–65%

Note: The total body water percentage of a person with a high percentage of body fat may fall below the normal ranges.

Daily Rhythm of Total Body Water

Try to monitor total body water percentage at the same time of day and under the same conditions. This increases the accuracy of the readings. The best time is in the early evening, before the evening meal, when hydration levels are more stable. Total body water percentage tends to be underestimated to a degree if measured immediately after getting out of bed, not only because of dehydration but also because the fluid in the body will be stored centrally in the body's trunk. As the day progresses this fluid becomes more evenly distributed due to the effect of gravity. Total body water percentage is not affected by fluids consumed until they are absorbed by the body tissues.

Important Notes

- Take your measurements at the same time of day and under the same conditions.
- Measured results depend on the redistribution of water in the body and/or changes in body temperature. Factors affecting total body water levels include sleep, physical activity, eating and drinking, illness and medications, bathing patterns and urination.
- Take fluids immediately if you have any symptoms of dehydration, particularly after physical activity or bathing. Symptoms include a dry mouth, headache, nausea, dizziness, skin dryness, a rise in temperature, loss of concentration, etc. If symptoms persist, consult your doctor immediately.
- Elderly people are at increased risk of dehydration as they have less sensitivity to thirst and other symptoms.
- This instrument does not directly measure an individual's total body water content. The percentage reading from the monitor is only an estimate. Look for long-term changes and try to maintain a consistent, healthy total body water percentage.
- This instrument will not give total body water readings for children.