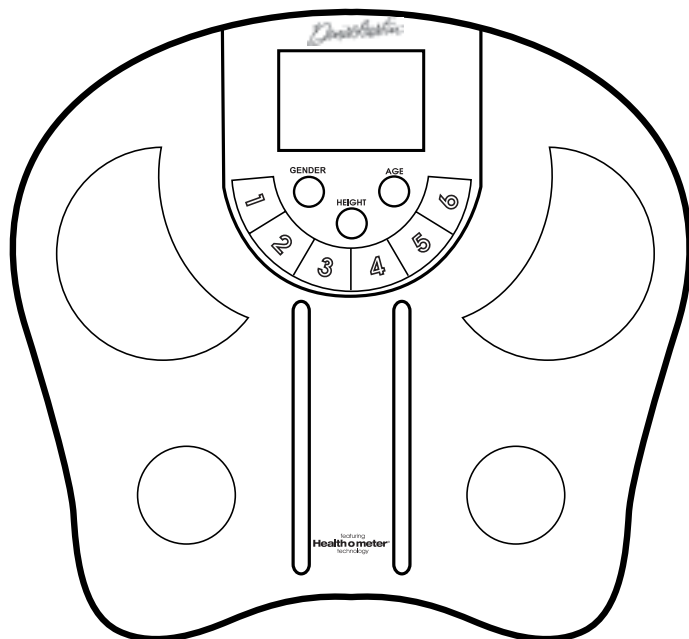


Denise Austin featuring **Health o meter**® technology

BODY FAT MONITORING SCALE

User's Manual
Model DFM945/DFM960



PLEASE READ CAREFULLY AND SAVE

For information on service or warranty, contact Sunbeam Products, Inc.
at 1-800-672-5625 or go to www.healthometer.com.

**To assist us in serving you, please provide
model number and date of purchase.**

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Welcome

Congratulations on your purchase of this Denise Austin™ wellness monitoring product. It's so much more than just a scale! It helps monitor the weight and body fat composition of up to two (model DFM945) or six (model DFM960) different users. It's easy to program and use. Once your data is stored, just step on the scale and read your data. It's that simple!

About Body Fat

The Denise Austin™ Body Fat Monitoring Scale can help you in achieving your physical best by providing two critical measurement estimates: BODY FAT COMPOSITION and BODY WEIGHT.

Traditional bathroom scales, indicate your overall weight—both lean mass and body fat together. The Denise Austin™ Body Fat Monitoring Scale lets you track your weight and body fat separately.

Body Fat Composition

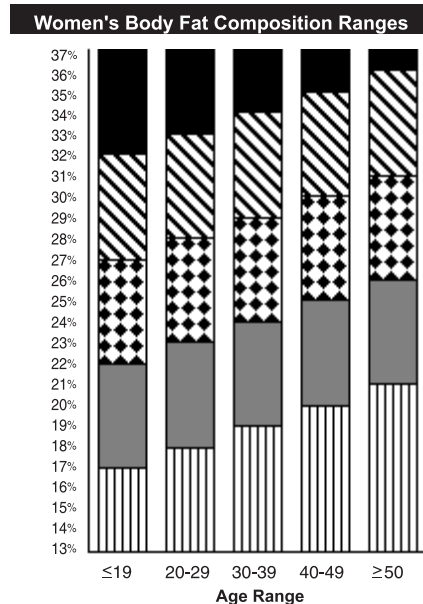
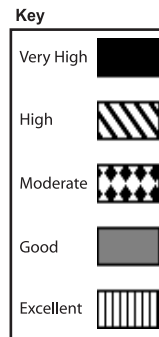
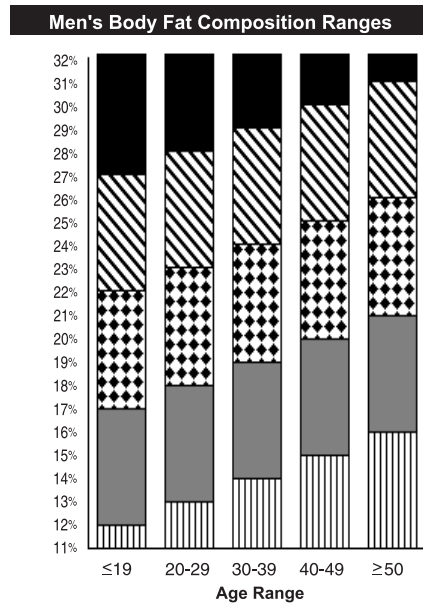
Not all body mass is the same - you are made up of both lean mass and fat mass. Lean mass includes vital organs, muscle, and bone; fat mass is body fat. You need a certain amount of body fat for good health. It helps the body store energy, insulates, and protects lean mass. Too much body fat, however, is not healthy. Obesity is defined as having an abnormally high proportion of body fat. Obesity is known to be a risk factor for health problems. Please consult your physician before beginning any fitness, fat, or weight reduction program.

Determining Body Fat Composition

The Denise Austin™ Body Fat Monitoring Scale uses a technique called "BIA" or Bioelectric Impedance Analysis. A harmless bioelectric current passes from the foot pads through the body. The current travels at different speeds through lean mass and body fat. The scale's microprocessor analyzes the impedance, or speed, of the current traveling through the body.

Since everyone is unique, the scale also asks you to enter your height, age, and gender, which along with weight, is used to calculate the composition of the body. The display shows the percentage of body fat.

Body Fat Composition Ranges



Why Measure Body Fat?

The key to long-term weight management and better health is building lean muscle and losing body fat. Being healthy doesn't mean getting "skinny." A thin person can have an excess of body fat. A muscular person can technically be overweight, but healthy. Getting and staying lean means controlling your body fat percentage.

Measuring estimated body fat and weight together gives you a more accurate picture of your total fitness. As part of a fitness plan, it helps you set more realistic goals, and better reflects a positive healthy change in your overall body composition.

Body fat isn't always visible, and traditional scales can't measure it.

Is All Body Fat Bad?

Everyone has some body fat. In fact, "Essential" body fat helps keep you healthy. It cushions and insulates your joints, tissues and vital organs. It helps regulate body temperature and stores important vitamins. It even helps the body sustain itself when food is scarce. If you had too little body fat, your body would start breaking down muscle tissue for energy.

Too much body fat, however, can lead to serious health problems, including heart disease, high blood pressure, type 2 diabetes, stroke, osteoarthritis, gallbladder disease, sleep apnea and other respiratory disorders, and certain types of cancer.

How Much Body Fat is Right for Me?

To determine the body fat range that's right for you, we recommend you consult your doctor.

Extracted from Principals & Labs for Fitness and Wellness, 1st Edition ©1999.

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

Operating Instructions

IMPORTANT!

Please read all instructions to familiarize yourself with features and operations before programming the scale.

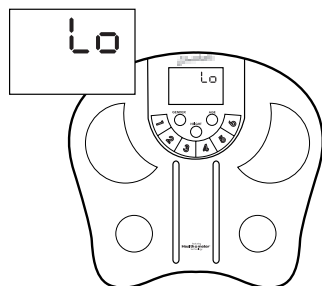
CAUTION!

- The use of this scale is not recommended for persons with an electric implant (heart pacemaker).
- The scale will not calculate body fat unless you have bare feet.
- For an accurate body fat estimate, do not bend your knees, and keep your legs/thighs apart and straight when standing on the scale.
- The body fat function is not recommended for use by pregnant women, persons with fever, swollen legs or other edemas, as well as a person who is over hydrated or dehydrated.
- Body fat percentages may be slightly higher or lower for children under 16, persons with diabetes and other health conditions.
- Women naturally store approximately 5% more body fat than men.

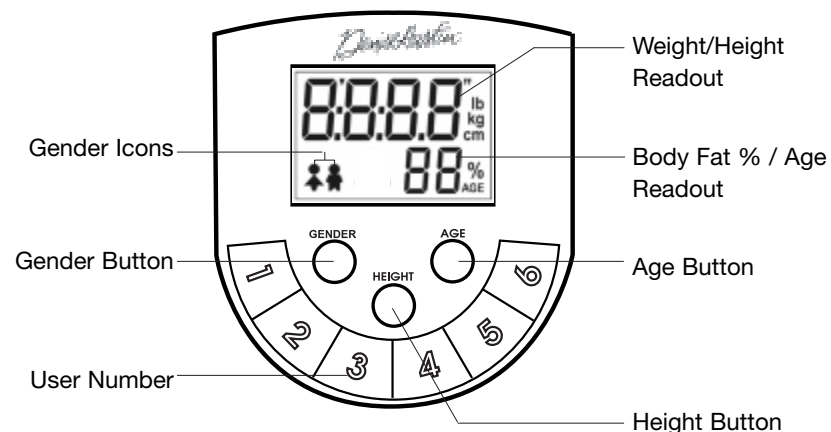
Installing the Battery

1. Locate the battery cover on the back of the scale.
2. Remove the battery cover and insert the 9-volt battery (not included).
3. If "Lo" appears on the display, replace the battery.

Note: Do not use rechargeable batteries.

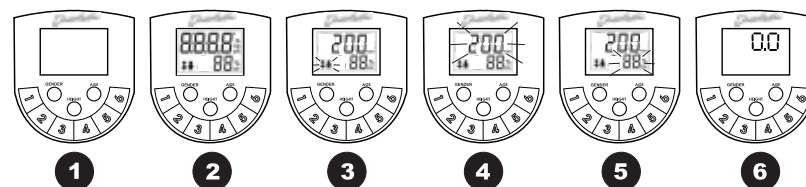


Keys and Icons




Programming Your Body Fat Monitoring Scale

On the back of the scale platform, use the selector switch to set the unit of measurement to "LB" (pounds) or "KG" (kilograms).



Turn the unit over and follow these steps to program your Body Fat Monitoring Scale:

1. Press the User Button (1-6) in which you wish to program your user profile.
2. All icons will flash for approximately 1 second.
3. Press the **GENDER** button. The icon  will start blinking.
 - a. Press the **GENDER** button again to select the male or female icon.
4. Press the **HEIGHT** button. The Height icon will start blinking.
 - a. Press repeatedly or hold down the **HEIGHT** button until your correct height shows on the display.
5. Press the **AGE** button. The Age icon will start blinking.
 - a. Press repeatedly or hold down the **AGE** button until your correct age shows on the display.

- Once you have entered your information, wait until the display shows "0.0", "0%" and the scale emits a beeping sound. Your profile is now programmed into the selected user button and the scale is ready for use.

Repeat Steps 1-6 to program another user's profile.

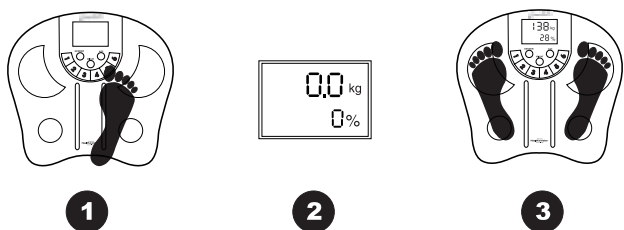
NOTE: If no button is pushed within 8 seconds during programming, "0.0" will be displayed. Wait until the unit turns off and return to Step 1 to continue the setup.

NOTE:

Place the scale on a flat, level surface. A hard surface is best to achieve maximum accuracy. Placing the scale on a rug or carpet may affect the scale's weighing accuracy.

Monitoring your Weight and Body Fat Composition

Make sure you have programmed your personal data before using the body fat feature.



- Press your personal user number with your toe. Your profile will appear on the screen.
- Wait until "0.0" and "0%" appears on the display.
- Stand on the scale (bare feet only!) so the balls of your feet are on the upper silver pads, and the heels are on the lower silver pads.

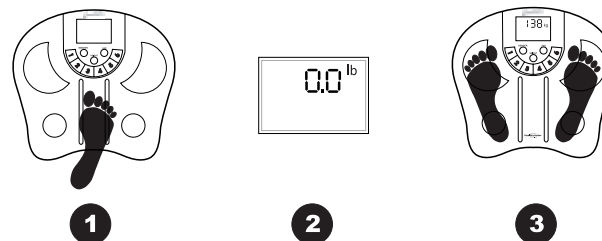
NOTE: For body fat estimates, always measure with bare feet.

- During the weight measurement, the display will blink "----" and your weight will appear. Next, the display will blink "----" and your body fat percentage will be shown.
- The scale will turn off automatically after a few seconds.

Weight-only Usage

It is not necessary to have the user's personal data programmed into the scale to obtain an accurate weight-only reading.

- Tap the center of the scale platform with the ball of your foot to activate the scale.
- Wait until "0.0" is displayed and the scale emits a beeping sound.



- Step on the scale and stand still. The display will blink "----" and your weight will be shown.
- The scale will turn off automatically after a few seconds.

NOTE: It is normal for your weight to vary during the day and from one day to another, slight changes in weight are generally normal.

Error Messages

If "EE" appears on the display, an error has occurred. Step off the scale and carefully repeat the instructions again.

"EE" is displayed in the upper row (fig. A) when:

- You step on the scale before "0.0" is displayed.
- The weight load is greater than the maximum capacity (330lb / 150kg). NEVER apply a weight load beyond the maximum capacity.

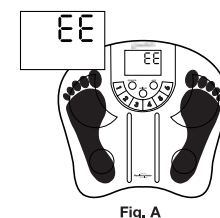


Fig. A

"EE" is displayed in the lower row (fig. B) when:

- Your body fat percentage could not be calculated. Ensure your bare feet are positioned on top of the scale's silver pads.

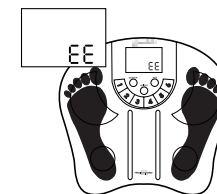


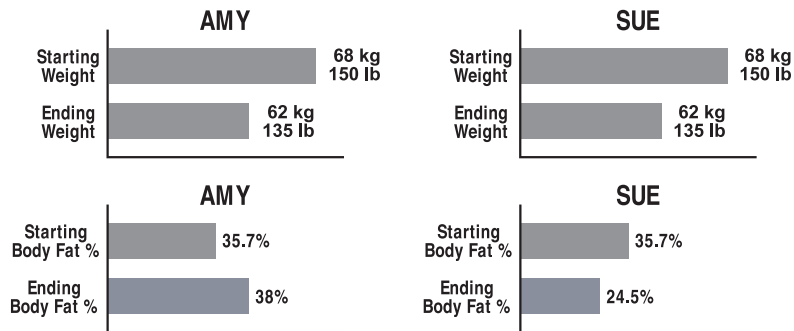
Fig. B

A Healthy Lifestyle

Being "thin" does not mean being "fit"!

Amy and Sue are both 5'4" and weigh 150 pounds (68 kg). Each has a starting body fat percentage of 35.7%. To get fit, Amy cut calories and tried a "fat-free" diet. Sue reduced her calorie intake, but added regular aerobic exercise and strength training.

At the end of eight weeks, each woman lost 15 pounds (6 kg). What's the difference? As you can see from the chart, Amy actually got "fatter," gaining body fat. Sue lost weight and decreased her body fat.



Through regular exercise you can lose weight by burning fat. With diet alone, you lose weight by losing beneficial muscle and bone tissue.

The American Heart Association recommends 30-60 minutes of aerobic exercise three to four times a week to promote cardiovascular fitness. Aerobic Exercise or Cardiovascular Training raises your heart rate, strengthening your heart and lungs while you burn calories. To be effective, you must reach and stay within your "target heart rate," defined as 50-70% of your maximum heart rate. To calculate your maximum heart rate, subtract your age from 220. To determine your target heart rate, multiply your maximum heart rate by 50-70%. If you raise your heart rate above your target range, you will still get an aerobic benefit, but you will not burn fat.

Examples:

Age	Maximum Heart Rate	Target Heart Rate
25	220-25 = 195	97.5-136.5
35	220-35 = 185	92.5-129.5
45	220-45 = 175	87.5-122.5

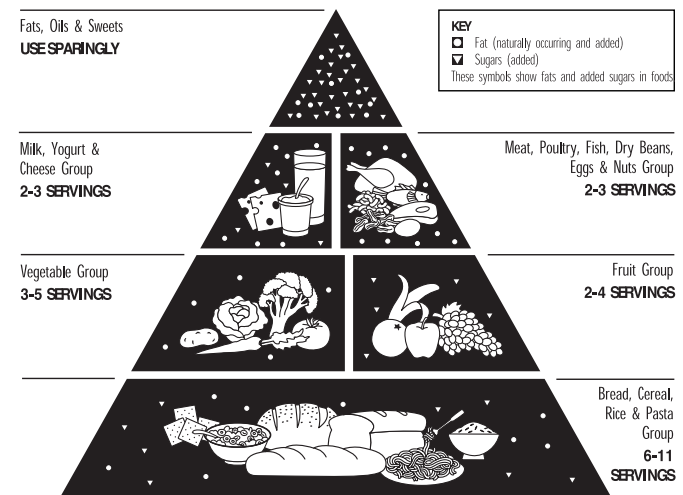
Fitness professionals recommend at least 30 minutes of strength training two to three days a week. Resistance or Strength Training firms the body and tones the muscles. While these exercises, which include weight lifting, sit-ups, and toning, do not directly burn fat, they do build muscle. Muscles burn fat while you're working out and while you're at rest. The more lean muscle mass you build, the more easily your body can burn calories and reduce body fat.

Helpful Exercise Tips:

- Make exercise a habit. Choose a time every day –even 30 minutes – and stick to it.
- Vary your workout. Mix up your activities to avoid burn out.
- Recruit a friend! Working out as a team keeps you both motivated.
- Keep a success journal. Write down your activity, weight and body fat percentage.

Helpful Eating Tips:

- Make sure no more than 30% of your daily calories come from fat, with no more than 10% saturated fat.
- Never skip meals! Instead, eat sensible portions at every meal and use small, low calories snacks between meals to help control hunger.
- Balance your calorie intake with your activity level. Eat less on low activity days than you do on days where you enjoy rigorous exercise.
- Follow the USDA's Food Pyramid as your guide to a healthy, balanced eating plan.



Source: U.S. Department of Agriculture/U.S. Department of Health and Human Services

Monitor your Body Fat

Every body is different, and ever-changing. It's not uncommon for your weight to fluctuate by as much as three pounds throughout the day. While this is normal - usually associated with changes in hydration - it does change your body composition slightly. Therefore, it is important to establish your personal baseline before you set your fitness goals.

	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7	Day 8	Day 9	Day 10
Weight										
Body Fat %										

The first 7-10 days you use your Body Fat Monitoring Scale, record your weight and body fat percentage in this chart. You will use these numbers to calculate your baseline.

Finding your baseline is easy! Just total your weight and body fat percentage, then divide each total by the number of days

$$\text{Baseline Weight} = \frac{\text{Total Weight}}{\text{Number of Days}}$$

$$\text{Baseline Body Fat \%} = \frac{\text{Total Body Fat \%}}{\text{Number of Days}}$$

Once you determine your baseline numbers, you are ready to use your Body Fat Monitoring Scale to reach your fitness goals!

NOTE: The materials in this brochure are not intended to replace advice from your doctor or fitness professional. Please consult with your physician before beginning any fitness program or fat or weight reduction program. Individual weight loss will vary. **Health o meter® takes no responsibility for individual results, or any claim made by a third party.**

5-Year Limited Warranty

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Some provinces, states or jurisdictions do not allow the exclusion or limitation of incidental or consequential damages or limitations on how long an implied warranty lasts, so the above limitations or exclusion may not apply to you.

This warranty gives you specific legal rights, and you may also have other rights that vary from province to province, state to state or jurisdiction to jurisdiction.

How to Obtain Warranty Service

If you have any question regarding this warranty or would like to obtain warranty service, please call 1-800-672-5625, or visit us at www.healthometer.com and a convenient service center address will be provided to you.

In the U.S.A, this warranty is offered by Sunbeam Products, Inc. located in Boca Raton, Florida 33431.

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