

Scales by **CONAIR™**

Instructions for use of Weight Watchers bathroom scale

Congratulations! By purchasing this Weight Watchers Scale, you've made the first step toward taking control of your weight. To get the greatest benefit from your purchase, please read this entire brochure before using your scale.

Model#WW14C

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*Heshka S et al. Weight loss with self-help compared to a structured commercial program: a randomized controlled trial. JAMA 2003; 289(14): 1792-1798.

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 **WeightWatchers®**

Before Using Scale

1. Set switch on the base of scale to measure in kg (kilograms) or lb (pounds).
2. Set scale on floor. Surface must be level for accurate operation and safety.

Weighing In

1. Set “LB/KG” switch for either pound or kilogram readings.
2. Tap center of scale platform with foot to activate large digital display.
3. When “00.0” appears in display window, step onto scale.
DO NOT STEP ONTO SCALE UNTIL “00.0” APPEARS IN WINDOW.
4. Stand on platform without shifting or moving until weight is displayed (4 - 5 seconds).

NOTE: Digital display automatically turns off after several seconds.

Storing and Recalling Weights

1. Your scale can store and recall up to 5 weights. If your scale has one button, weights can be stored for one user. If your scale has two buttons (User and Save/Recall buttons), weights can be stored for multiple users.
2. Tap center of scale platform with foot and wait until “00.0” appears.
3. Stand on the platform without shifting or moving until weight is displayed.
4. For single user scale: When weight reading appears on screen, step off the scale, press Save/Recall button and hold for about 2 seconds to save the reading.
For multiple user scale: When weight reading appears on screen, step off the scale, and press User button to select a user number. Then press Save/Recall button for 2 seconds to save the reading.
5. Weight reading blinks twice, then becomes stable. A small number (1-5) appears in the upper right hand corner of your display, indicating which of the 5 weights is displayed. (Once you have 5 weights in memory the current weight always saves as “1” and the oldest reading is eliminated.)
6. Weight Reading is saved. Press Save/Recall button to review the last 5 weights or let the scale shut down automatically. (Note: until you have 5 weights stored in memory, the display will show “20lbs” or another weight for each weight for which no data point has been entered yet. These initial test weights will be replaced with your stored weights over the next few weighings.)

Memory Recall

Single user scale: press Save/Recall button at any time in power on mode to review the last 5 weights.

Multiple user scale: To review the last 5 weights of the current user, press Save/Recall button at any time in power on mode. To see weights without weighing yourself first, press User button to select your user number and then press Save/Recall button to review your weights. Your most recent weight is displayed as “1”, the one before that as “2” and so on. Whenever you save a new weight, the oldest weight is eliminated from the lineup.

Facts You Should Know

Your Weight Watchers scale is a precise measuring instrument that is most accurate when weighing a stationary object. To ensure the most accurate readings for 99% of your total body weight, always try to stand on the same area of the scale platform and DO NOT MOVE. Should the weight on the scale exceed the scale’s capacity, you may see an error message ”ERR”.

Electronic sensors are sensitive. Be careful not to drop or jar the scale. Place it gently onto floor surface, and store where it will be protected from impact. The scale is an electronic instrument and should never be submerged in water. Clean with damp cloth and/or glass cleaner.

Do not attempt to open the scale or to remove any components. Servicing should be done by qualified technicians only. See warranty information on previous page.

LIMITED TEN YEAR WARRANTY

Conair will repair or replace, at our option, your appliance free of charge for 120 months from the date of purchase if the appliance is defective in workmanship or materials

To obtain service under this warranty, return the defective product to the service center listed below that is nearest you, together with your sales slip and \$7.50 for postage and handling.

ANY IMPLIED WARRANTIES, OBLIGATIONS, OR LIABILITIES, INCLUDING BUT NOT LIMITED TO THE IMPLIED WARRANTY OF MERCHANTABILITY AND FITNESS FOR A PARTICULAR PURPOSE, SHALL BE LIMITED IN DURATION TO THE 120-MONTH DURATION OF THIS WARRANTY.

IN NO EVENT SHALL CONAIR BE LIABLE FOR ANY SPECIAL, INCIDENTAL, OR CONSEQUENTIAL DAMAGES FOR BREACH OF THIS OR ANY OTHER WARRANTY, EXPRESS OR IMPLIED, WHATSOEVER.

This warranty gives you specific legal rights, and you may also have other rights which vary from province to province.

Load Cell Technology

Why is Load Cell Technology so accurate?

Bathroom Scales manufactured using load cell and electronic strain gauge technology provide the most accurate weight measurement on the market. Custom electronics inside the scale automatically calibrates the scale every time it is turned on - no matter how often you use your bathroom scale.

The Weight Watchers scales manufactured with four load cells sense the weight at multiple points and electronically transfer the additive weight. Single load cell scales, measure the total weight on the scale, independent of the distribution. Without the need for springs and levers, there are virtually no moving parts inside the scale, providing a lifetime of accurate weight measurement.

Mechanical bathroom scales, manufactured with springs and levers, have a tendency to become less accurate over time. Environmental influences causing levers to rust or springs to become less flexible with use can affect accuracy of the reading. All Weight Watchers Scales by Conair are manufactured using precision electronic Load Cell Technology.

Important Information from Weight Watchers:

Your Scale is the best tool for monitoring weight. While not the only measure of weight loss, scales are the most popular method used to gauge weight-loss success. A scale measures the sum of your total body weight, which includes bone, muscle, fat, and water.

Body weight fluctuates during the day, and from day to day, depending on a variety of factors.

- Salt and carbohydrate intake can affect the body's water retention.
- A large meal adds weight and can cause water retention.
- Dehydration from exercise, illness, or low fluid intake can result in weight loss.
- Muscle is also a factor. Heavy-duty resistance training can build muscle, which can affect weight.
- The menstrual cycle can cause temporary weight gains and losses.

It's important not to put too much stock in the exact number on the scale, because it can and will vary. This is especially true when you're dieting. Small weight gains and losses are common as your body adjusts to fewer calories and more exercise.

Make the most of it!

Your scale is a valuable tool when used to track weight over a period of weeks and months. Be aware, too, that different scales often give different results.

The scale at your doctor's office may show one weight and your scale at home another. **So don't get too caught up with a single number.**

Don't overdo it!

A surefire way to get overly concerned with your weight is to weigh yourself too often. We generally recommend weighing yourself no more than once a week when you're dieting. Though it's hard to stick to this pattern, it's the best way to prevent unnecessary concern with normal weight fluctuations, which are unrelated to your weight-loss efforts. Regardless of your weighing habits, it's important that you're consistent.

Here are 5 rules for effectively monitoring your weight – weigh yourself:

- Once a week, on the same day of the week
- At the same time of day
- In the same place
- Wearing the same clothes
- Using the same scale

To keep track of your weight, record only one number for the week. This will give you a clear picture of any trend your weight is following.

Weighing and weight maintenance

Once you lose weight, your scale will be a valuable tool in keeping it off. Fluctuations in day-to-day weight tend to be smaller when weight is stable, so at this point, a more frequent weigh-in pattern may be helpful. To keep lost weight off:

- Weigh yourself more often than once a week.
- Use the "5-pound rule" – research shows that people who keep weight within a 5-pound range of their goal are more likely to maintain a healthy body weight over the long term.

While a scale can be a useful tool on your weight-loss journey, it's not in and of itself a program for losing weight. Studies show that people lose three times more weight on Weight Watchers than they do on their own*.

Come to a meeting and learn from us the best way to lose and maintain weight. Go to WeightWatchers.ca to find a meeting near you.