

Weight Maintenance vs. Weight Loss/Gain

Get into the habit of weighing yourself no more than once a week when you're on a weight management program. Weighing in at consistent intervals will give you the most accurate picture of your progress, eliminating many short-term, unrelated weight changes.

Follow These Simple Rules:

- Weigh yourself once a week.
- Weigh yourself on the same day of the week.
- Weigh yourself at the same time of day.
- Weigh yourself wearing the same clothes.
- Weigh yourself in the same place.
- Weigh yourself on the same scale.

Weight fluctuates more when a person is overweight or underweight. When the goal is to maintain current weight, weighing yourself more than once a week is a good way to stay on track.

Remember: A scale is an essential tool in any weight management program, but it only records your progress. Exercise, diet and determination are what you need to reach your goal.

Please register this product at: www.conair.com/registration

WARNING :

1. KEEP BATTERIES OUT OF REACH OF CHILDREN
2. Swallowing may lead to serious injury in as little as 2 hours or death, due to chemical burns and potential perforation of the oesophagus.
3. If you suspect your child has swallowed or inserted a button battery, immediately seek urgent medical assistance.
4. Examine devices and make sure the battery compartment is correctly secured, e.g. that the screw or other mechanical fastener is tightened. Do not use if compartment is not secure.
5. Dispose of used button batteries immediately and safely. Flat batteries can still be dangerous.
6. Tell others about the risk associated with button batteries and how to keep their children safe.



Service Centre

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IB-15586

THINNER[®]

PRECISION SCALE



Have a Question?

Please do not return this product to the retailer.

Call Us First!

**Our customer service and product experts
are ready to answer ALL your questions.**

Please call our TOLL-FREE customer service number at:

1-855-926-6247 or visit us online at

www.conaircanada.ca

Instructions for Use

Model TH319SLC

Congratulations! By purchasing this Thinner 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.

INSTRUCTIONS FOR USE

How To Operate

1. Remove all packaging materials.
2. Remove the isolator tab from the battery compartment – without opening the battery cover at the bottom of the scale, gently pull out the isolator tab. (In case the tab cannot be pulled out or if the display does not light up after the tab is pulled, remove the screw from the battery cover and remove the cover. Gently pull out the isolator tab. Ensure the battery is installed correctly. Replace the battery cover and tighten the screw again).
3. For best accuracy, place scale on tile or hardwood floor, rather than uneven, flexible or soft flooring (such as carpet).
4. Tap the scale quickly and sharply with your foot to turn it on. The display will light up.
5. Wait until all digits light for several seconds and “0.0” appears.
6. Stand on platform without shifting or moving until weight is displayed (4–5 seconds). NOTE: Digital display automatically turns off after several seconds.
7. When scale display is on, set switch on the base of the scale for measuring in pounds (lb) or kilograms (kg).

Helpful Hints

Your Thinner® scale is a precise measuring instrument that is most accurate when weighing a stationary object. To ensure the most accurate readings 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 only.

If battery is low and need to be replaced (“Lo” will appear on screen), remove the screw from the battery cover on the bottom of the scale and remove the cover. Replace the old battery with a new CR2032 battery. Clean the battery contacts and also those of the device prior to battery installation. Ensure the battery is installed correctly with regard to polarity, then replace the battery cover and tighten the screw again. Remove used battery promptly. Properly dispose of the old battery. **Do not attempt to open the scale or to remove any components. Servicing should be done by qualified technicians only. See warranty information below.**

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 \$7.00 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.

THINGS YOU SHOULD KNOW ABOUT MANAGING YOUR WEIGHT

Diet, exercise, and determination all play a part in effective weight management. Your scale is the tool that lets you chart your progress, and measure your success, whether your goal is weight loss, weight gain, or maintaining your current weight.

Because weight varies, as explained below, focus on the progression and sustained long-term changes rather than on exact day-to-day readings. When you’re dieting and exercising, small, fluctuating weight gains and losses are common.

Common Causes of Weight Fluctuations (during the day, and day-to-day)

- Water retention and weight gain from consumption of large meals
- Water retention from salt and carbohydrate intake
- Muscle buildup (muscle weighs more than fat) from strenuous resistance training
- Weight loss caused by dehydration due to illness, low fluid intake or strenuous exercise
- Temporary weight gains and losses from menstrual cycle