



# mellerware®

P E R S O N A L  
B o d y M a x H e a l t h S c a l e



complies with  
IEC60355  
SAFETY SPECIFICATIONS

**m**  
2 x 3V Lithium

**CE**  
2 YEAR  
GUARANTEE

Model:  
20550

**PLEASE READ ALL INSTRUCTIONS BEFORE USE**

**2 year guarantee**





Dear customer,

Many thanks for purchasing a MELLERWARE product. Thanks to its technology, design and operation and the fact that it goes through strict quality controls - we feel sure you will be entirely satisfied.

### **How Body Fat Scales Work and Why It's Important**

Body fat scales are one of the most convenient ways to measure your body fat percentage.

The Mellerware *BodyMax Health* scale uses a technique called Bioelectrical Impedance Analysis (or BIA for short). Very simply, a small and completely harmless electrical current is passed through your body. The electrical current passes more quickly through fat free tissue, like muscle, than it does through fat or bone tissue. So the amount of resistance to the electrical current relates to how much fat-free mass a person has and their body density.

Like all body fat tests, *BodyMax Health* scale does not actually measure your body fat percentage. They determine your body density. The examiner (or the *BodyMax Health*) then uses a formula to calculate body fat percentage based on body density.

These formulas just predict your body fat. Unfortunately there is no one formula that accurately predicts body fat for the whole population. Differences in age, gender, ethnicity, body size, and fitness level all have a significant effect on the results.

Whether body fat scales measure your "true" body fat percentage or not doesn't matter! As long as they can accurately monitor changes in your body composition over time, that's all you need. Your body position, the amount of water in your body, your food intake, skin temperature and recent physical activity can all adversely affect the results of body fat scales.

To achieve accurate, consistent results, you must standardise the way you perform each test. That simply means making each test with your *BodyMax Health* scale as similar as possible.

The great thing about *BodyMax Health* scale is that standardising each test is easy to do. Check out the Top Tips to get the most from your *BodyMax Health* scale.

#### **Is the BodyMax Health scale any better than plain old weighing scales?**

One of the biggest mistakes people on a weight management program make is gauging their progress by weight alone. For all the reasons you should calculate body fat.

#### **The Top Tips when using your BodyMax Health Scale**

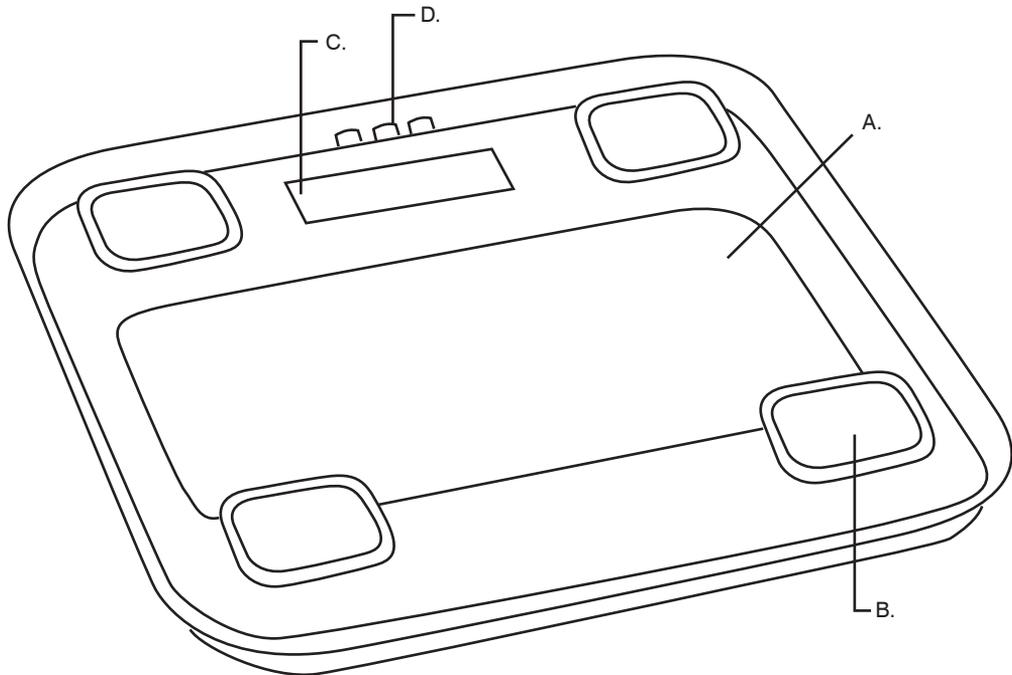
1. Use the *BodyMax Health* to measure your progress only. Don't compare your body fat percentage to anyone else's score.
2. Measure out some water one hour before you test yourself. Make sure you always drink the same amount of water one hour before you test yourself.
3. Measure yourself at the same time of day for each test.
4. Your skin temperature affects the electrical current used by the *BodyMax Health* scale. It's difficult but try to test yourself in a similar room temperature each time.
5. Don't test yourself after exercising. When you exercise you sweat and when you sweat you lose water. This affects your hydration levels and therefore the results.
6. Thoroughly clean the foot pads, preferably with alcohol and then dry them off each time you test.





## KEY

- A – Glass platform
- B – Metal sensors
- C – Display
- D – Controls



## CAUTION

1. When the display shows "Err", it means that the scale is overloaded.
2. Before use, ensure that feet are bare. I.e. remove all socks and shoes.
3. When measuring water, fat, bones, and muscle, if the skin doesn't touch the metal sheet well, it will display the wrong data "----".
4. Before use, please check the battery, make sure battery is pushed all the way into the space provided. Take out the batteries if you won't use the scale for a long time to preserve them.
5. If the battery doesn't have enough power for the scale, it will show "Lo" in the display. You will need to replace the batteries.
6. The scale should be placed on a hard flat surface, otherwise the data will be incorrect.





## PREPARATIONS BEFORE USE:

- Insert the Lithium battery (included) in the underside of the scale. (Note: Make sure the battery is pushed all the way into the space provided. Also, make sure the “+” side of the battery is facing out)
- Select the unit of measure you use (kg, lb, st) on the underside of the scale.

## OPERATION

### Control Function

1. ◀ Key: UP
2. Key: “set”
  - a. Turns the scale on
  - b. Enter into a parameter setting
  - c. Confirm the data
3. ▶ Key: DOWN

### Personal Weight

1. Scale setup: Place the scale on a hard flat surface. To turn the scale on, gently tap the glass platform of the scale with your foot, or press the “set” key. Then the scale displays



and then the digital weight measurement will turn to 0,0. This indicates that the scale has been setup correctly.

- a. Note: This “Scale setup” procedure needs to be performed each time you use the scale.
  - b. Note: If you step on the platform before “0,0” appears, you will not obtain a reading. If this happens, step off the scale, then wait for the display to turn off and follow the above steps to setup the scale.
2. To measure your weight, simply stand with both feet in the centre of the scale’s glass platform. Be sure to stand upright and remain still. Then the display will show your weight and it will flash about 2 seconds. This indicates your actual weight. If you step off the scale, the display will turn to “0,0”, ready for further weighing and will shut off after 15 seconds if no further action is taken.
  3. It will not save the date after shutting off.
  4. When the scale is overloaded, the display shows “Err”, and shuts off.

## Measure water, fat, bones, and muscle rate

In order to measure these factors you need to setup your personal settings such as your unique setting profile number (P0 – P9), gender, age, and height settings.

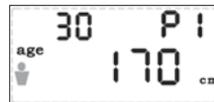
### Personal Setting

1. For the BodyMax Health scale to remember your settings, you need to choose a unique number for your profile. (P0 – P9)
2. Turn on the scale as mentioned above, and it will show “0,0”.
3. Press the “set” key, then “P0” will flash for the first time.
4. Press the “UP” or “DOWN” key to select your preferred profile number. (P0 – P9)
5. Press the “set” key to confirm your profile number selection.



### Gender Setting

1. Press the “UP” or “DOWN” key to select MALE or FEMALE, then press “set” to confirm.



### Age Setting

1. Press “UP” or “DOWN” key to select your age from 10 to 99, and then press “set” to confirm.



### Height Setting

1. Press the “UP” or “DOWN” key to select your height from 60 to 240cm, and press “set” to confirm.



Stand with your bare feet in the centre of the glass platform, be sure to stand upright and remain still. Your skin needs to be touching





the metal sensors on the scale in order to read your body percentages. After your weight has been captured, remember to remain still until the display flashes, it will then display the measurement data. Your weight will remain on the display, but the fat and muscle, and the water and bone percentages will alternate on the display.



Notes: If re-measuring is needed, simply re-start the scale. Your personal data was memorized, so you don't need to reset it. Press the "set" key to confirm your settings, after selecting your personal number (P0 – P9). It will be ready to weigh after "0,0" appears.

### Body fat percentage normal ranges:

These tables should be used as a guideline only. For further information consult with a medical professional.

Body Fat Percentage in %							
Age		10-20	20-30	30-40	40-50	50-60	60-99
Male	Underfat	< 10	< 11	< 13	< 14	< 15	< 16
	Healthy	10-18	11-19	13-21	14-22	15-23	16-24
	Overfat	> 18	> 19	> 21	> 22	> 23	> 24
Age		10-20	20-30	30-40	40-50	50-60	60-99
Female	Underfat	< 15	< 15	< 17	< 18	< 19	< 19
	Healthy	15-23	15-23	17-25	18-26	19-27	19-27
	Overfat	> 23	> 23	> 25	> 26	> 27	> 27

Muscle Percentage in %									
Age		10-14	15-19	20-29	30-39	40-49	50-59	60-69	70-99
Male	Little	< 29	< 28	< 27	< 26	< 25	< 24	< 23	< 22
	Normal	29-41	28-40	27-39	26-37	25-35	24-33	23-32	22-31
	High	> 41	> 40	> 39	> 37	> 35	> 33	> 32	> 31
Age		10-14	15-19	20-29	30-39	40-49	50-59	60-69	70-99
Female	Little	< 27	< 26	< 25	< 24	< 22	< 20	< 19	< 18
	Normal	27-35	26-33	25-31	24-30	22-28	20-26	19-25	18-24
	High	> 35	> 33	> 31	> 30	> 28	> 26	> 25	> 24

Water Percentage in %			Bone Percentage in %		
Age		10-99	Age		10-99
Male	Very good	> 65	Male	High	> 18
	Good	50-65		Normal	12-18
	Bad	< 50		Little	< 12
Age		10-99	Age		10-99
Female	Very good	> 60	Female	High	> 16
	Good	45-60		Normal	10-16
	Bad	< 45		Little	< 10





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