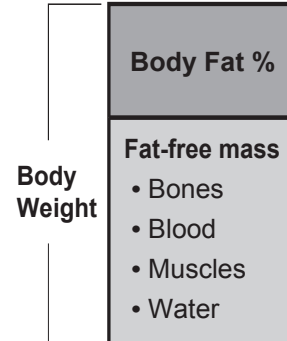


## USEFUL INFORMATION

The Fat Loss Monitor displays the estimated value of body fat percentage by the Bioelectrical Impedance (BI) method and indicates the Body Mass Index (BMI) range with the BMI classification bar.

### Bioelectrical Impedance Method

Muscles, blood vessels and bones are body tissues having a high water content that conduct electricity easily. Body fat tissue has lower electric conductivity. The Fat Loss Monitor sends an extremely low-level electrical current of 50 kHz and 500  $\mu$ A through your body to determine the amount of fat tissue. This weak electrical current is safe and not felt while operating the Fat Loss Monitor.



### Body Fat Percentage

Body fat percentage refers to the amount of body fat mass as part of the total body weight described as a percentage.

$$\text{Body fat percentage (\%)} = \frac{\text{Body Fat Mass in Pounds}}{\text{Body Weight in Pounds}} \times 100$$

### Estimated Body Fat Percentage

Hydrodensitometry, or underwater weighing, has been the established method for accurate evaluation of body composition. Omron has used research information from several hundred people using the underwater method to develop the formula by which the Fat Loss Monitor works. The body fat mass and body fat percent is calculated by a formula that includes five factors: electric resistance, height, weight, age, and gender.

### Body Mass Index (BMI)

BMI is an internationally used index to show body composition by determining the balance between the height and the weight.

Body Mass Index (BMI) Formula

US - Calculated using pounds and inches with this equation:  
(weight in pounds x 703) / height in inches / height in inches

Metric – Calculated using kilograms and meters:  
weight in kilograms / height in meters / height in meters

## USEFUL INFORMATION

### Body Fat Ranges for Standard Adults

Gender	Age	Low (BMI < 18.5)	Normal (BMI 18.5-24.9)	High (BMI 25.0-29.9)	Very High (BMI ≥ 30)
Female	20-39	< 21.0	21.0-32.9	33.0-38.9	≥ 39.0
	40-59	< 23.0	23.0-33.9	34.0-39.9	≥ 40.0
	60-79	< 24.0	24.0-35.9	36.0-41.9	≥ 42.0
Male	20-39	< 8.0	8.0-19.9	20.0-24.9	≥ 25.0
	40-59	< 11.0	11.0-21.9	22.0-27.9	≥ 28.0
	60-79	< 13.0	13.0-24.9	25.0-29.9	≥ 30.0

\* Based on NIH/WHO guidelines for BMI

\* Based on gallagher et al., American Journal of Clinical Nutrition, Vol.72, Sept. 2000

BMI	BMI (Designation by the WHO)
Less than 18.5	LOW
18.5 or more and less than 25	NORMAL
25 or more and less than 30	HIGH
30 or more	VERY HIGH

The above-mentioned indices refer to the values for obesity judgment proposed by the WHO, the World Health Organization.

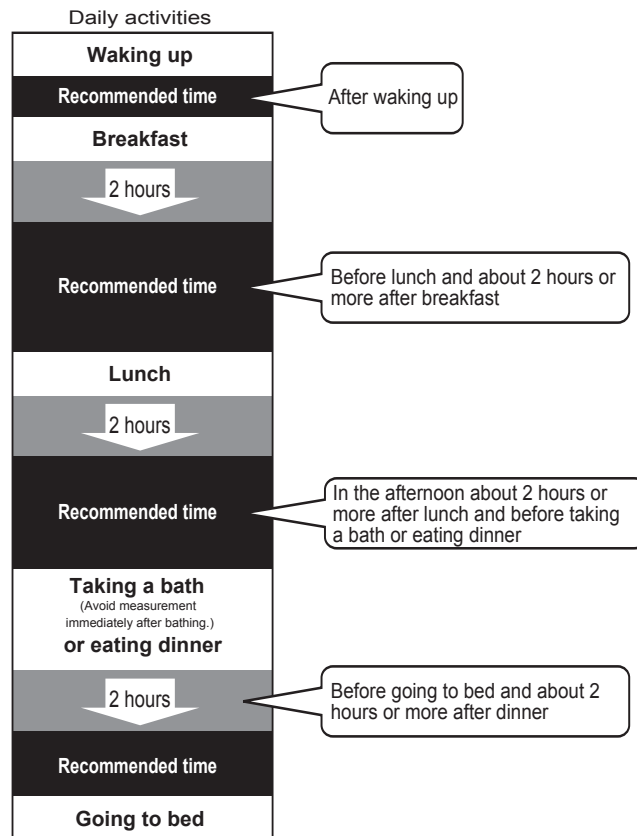
**NOTE:** The body fat percentage measured by this unit may significantly differ from the actual body fat percentage in the following situations:

- Children in growth stage
- Elderly people
- People with a fever
- Body builders or professional athletes
- Patients with osteoporosis who have very low bone density
- Women who are pregnant
- Post-menopausal women
- People who having swelling
- Patients undergoing dialysis

# RECOMMENDED MEASUREMENT TIMES

## Recommended times for taking a measurement

Understanding the normal changes in your body fat percentage can help you in preventing or reducing obesity. Being aware of the times when the body fat percentages shift within your own daily schedule will assist you in obtaining an accurate trending of your body fat. It is recommended to use the Fat Loss Monitor in the same environment and daily circumstances for each measurement. (See chart)



## When To Avoid Taking A Measurement

If a measurement is made under the following physical conditions, the measured body fat percentage may differ significantly from the actual one because the water content in the body is changing:

- After drinking a large amount of water or after a meal (1 to 2 hours)
- After drinking alcohol
- Immediately after vigorous exercise
- Immediately after a bath or sauna

# CALCULATE YOUR FIT INDEX

The Fat Loss Monitor can be set to either NORMAL or ATHLETE mode. Body composition varies based on your FIT Index.

Calculate your FIT index by using the following formula.

$$\text{FIT Index} = \text{Frequency} \times \text{Intensity} \times \text{Time}$$

Based on your FIT Index use the following mode when setting your personal data.

NORMAL     FIT Index < 60  
 ATHLETE    FIT Index ≥ 60

EXAMPLE: Running 5 times a week for 30 minutes.

$$\frac{75}{\text{FIT Index}} = \frac{5}{\text{Frequency}} \times \frac{5}{\text{Intensity}} \times \frac{3}{\text{Time}}$$

FIT Index ≥ 60, ATHLETE mode

Number	Frequency of Exercise
5	Daily or almost daily
4	3 to 4 times per week
3	1 to 2 times per week
2	A few times per month
1	Less than once per month

Intensity	Conditioning Exercise	Sports
5	Cycling - > 12 mph pace	Basketball - competitive
	Weightlifting - vigorous, powerlifting or bodybuilding	Boxing
	Rowing - moderate to vigorous	Football - competitive
	Rowing machines - moderate to vigorous effort	Handball, racquetball, or squash
	Aerobic dancing - high impact	Ice hockey
	Step aerobics	Karate or kickboxing
	Running -> 5.0 mph	Rockclimbing
	Rope jumping	Rugby
	Rollerblading (roller skating)	Soccer - competitive
	Ski machine	Tennis
	Stairstepping	Swimming - competitive or lap
	Stationary cycling - moderate to vigorous effort	Speed skating - competitive
	Skiing - cross-country Skiing - downhill racing	

## CALCULATE YOUR FIT INDEX

Intensity	Conditioning Exercise	Sports & Recreational Activities
<b>4</b>	Cycling - < 12 mph pace	Archery
	Weightlifting - moderate effort	Basketball - shooting baskets
	Stationary cycling - light effort	Bowling
	Rowing - light effort	Fencing
	Calisthenics	Golf
	Stretching / Yoga	Gymnastics
	Rowing machines - light effort	Horseback riding
	Water aerobics or water exercise	Baseball
	Aerobic dancing - low impact	Softball
	Jogging - < 5.0 mph	Tai Chi
	Walking - > 2.5 mph	Volleyball - competitive
	Swimming - leisurely	Wrestling - competitive
	Rollerblading - leisurely	Ice Skating - < 9 mph

Time	Duration
4	45 minutes or more
3	30 to 44 minutes
2	15 - 29 minutes
1	less than 15 minutes