

Don't Overdo It!

A surefire way to get overly concerned with your weight is to weigh yourself too often. Weigh 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.

When You're Maintaining Weight

Fluctuations in day-to-day weight tend to be smaller when weight is stable, so a more frequent weigh-in pattern is helpful. To maintain a stable weight:

- 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 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 in a Weight Watchers program than they do on their own*.

Come to a meeting and learn from us the best way to lose and maintain weight. Call 1-800-651-6000 or go to WeightWatchers.com to find a meeting near you.

Service Centers

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1-800-326-6247
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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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Weight Watchers®

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 #WW45

Before Using Scale

1. Remove all packaging materials including the red battery tab.
2. Set switch on the base of scale to measure in KG (kilograms) or LB (pounds).
3. Set scale on floor. Surface must be level for accurate operation and safety.

Weighing In

This Weight Watchers scale has a unique weight tracking technology that allows users to track their start weight, their last weight, and their goal weight and compare those weights to current weight.

To Measure Weight Only

- Operate the scale on a secure flat floor.

- Choose pounds (LB) or kilograms (KG) by switching the convertible switch in the back of the scale before stepping on the scale.

- Tap the scale platform with your foot; “888.8” appears on the display.

- Wait until “0.0” appears.

- Step onto the scale and stand still. "000" blinks and then your weight reading appears on the display.

- After you step off the scale, your weight reading stays for a few seconds, then the scale turns off automatically.

Customizing Your Scale

1. Setting the User Number

- Tap the scale to turn it on and wait until “0.0” appears; press the SET button. “P-1” will appear and blink.

- Use the Up/Down button to select a user number. Once the desired user number (P-1 to P-4) appears, press SET button to confirm.

2. Setting your Start Weight

- When “0.0” appears, step on the scale. Your current weight (which will be recorded as the “start” weight of your program) appears. It is indicated by start weight symbol **➤**. Press the SET button to confirm.

3. Setting your Goal Weight

- In keeping with general health guidelines, the scale automatically calculates your goal weight as 10% less than start weight. Your goal weight is indicated by goal weight symbol **⊙**, which appears in display.

- Press the SET button to confirm or press the UP/DOWN buttons to change the goal weight if necessary; once the desired goal weight is reached, press the SET button to confirm.



- Once your personal data is set, the display will run through the stored data.

- User number, start weight and goal weight will each display for 2 seconds and then “0.0” will appear. Scale will turn off automatically.

Weight Tracking

- Operate the scale on a secure flat floor. Make sure the convertible switch is in the desired position, LB or KG. Tap the scale to turn it on.



- Press the USER button repeatedly until the correct user number is displayed.



- The scale displays your stored data (start weight displays for 2 seconds, goal weight displays for 2 sec), then displays “0.0”.



- Step on the scale. Your current weight displays for 3 seconds.



- Current weight stays on the display. Your last weight indicated by the last weight symbol **Ⓢ**, and the difference between current weight and last weight indicated by symbol **Δ**, display for 3 seconds.



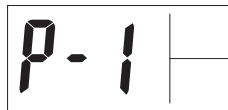
- Current weight continues to stay on the display. Your start weight indicated by the symbol **➤**, and the difference between current weight and start weight indicated by symbol **Δ**, display for 3 seconds.



- Current weight continues to stay on the display. Your goal weight indicated by the goal symbol **⊙**, and the difference between your current weight and your goal weight indicated by symbol **Δ**, display for 3 seconds.



- Scale turns off automatically.



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 \$5.00 for postage and handling. California residents need only provide proof of purchase and should call 1-800-3-CONAIR for shipping instructions. In the absence of a receipt, the warranty period shall be 120 months from the date of manufacture.

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. Some states do not allow limitations on how long an implied warranty lasts, so the above limitations may not apply to you.

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. Some states do not allow the exclusion or limitation of special, incidental, or consequential damages, so the above limitation may not apply to you. This warranty gives you specific legal rights, and you may also have other rights which vary from state to state.

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 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.

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.

Battery Replacement Instructions

1. Turn over the scale and open the battery door.
2. Replace old battery with a new 3V lithium battery (CR2032)
3. Close battery door.
4. Properly dispose of old battery.

Important Information Concerning Weight Management

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.

When You're Losing Weight

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. Your scale is a valuable tool when used to track weight over a period of weeks and months. Be aware 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.