

BF-679F

BODY FAT / BODY WATER MONITOR



Best value body fat / body water scale

Perfect for any health or fitness plan

Includes weight-only feature

Memory function for 2 adults, review past readings

Durable plastic housing

FitScan's body fat / body water scales use Bioelectric Impedance Analysis (BIA), an FDA cleared process for calculating body composition. BIA passes freely through the fluids contained in muscle tissue and in blood, but it encounters difficulty when passing through fat tissue, which contains little water. By using the impedance reading, gender, height, and weight, the scale can quickly and reliably calculate body fat and total body water percentages. Proper hydration is essential for life. Maintaining a healthy body water% improves overall health and keeps you feeling energized and operating at peak performance. As a general guideline the average body water % ranges for a healthy adult (over 18) are: Female 45 to 60% Male 50% to 65%.

Specifications:

- ✓ Capacity: 300lb (136 kg)
- ✓ Weight increments: 0.2lb (0.1kg)
- ✓ Body Fat Increments: 0.1%
- ✓ Body Water Increments: 0.1%
- ✓ Easy-to-read 2.25" 2-line display
- ✓ 2 person memory with Athlete Mode
- ✓ Recall function: weight and body fat %
- ✓ Power Supply: 4 x AA batteries (*included*)

Measurements Include:

- ✓ Weight
- ✓ Body fat %
- ✓ Body water %