

Bion BODY FAT MONITOR

*WEIGHT DOESN'T COUNT
LET BION ANALYZE YOUR
BODY WEIGHT IN TERMS OF
BODY FAT.*

*STYLISH & COMPACT DESIGN
CHECK YOUR BODY FAT
ANYTIME & ANYWHERE*

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Bion BION CANADA INC. www.bion-inc.com

BION BODY FAT MONITOR

Your personal weight watcher,
BION GIVES YOU THE TRUE IMAGE OF YOUR BODY FAT.

Congratulations!

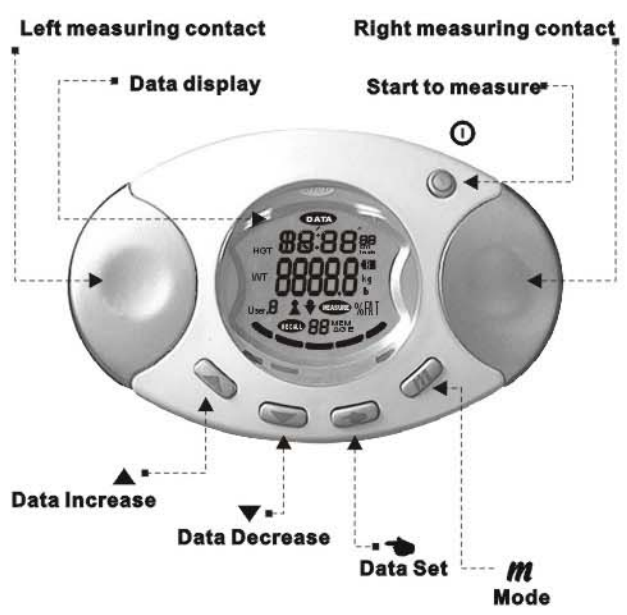
You have decided for a serious weight management monitor to help you achieving your health & wellness. This is a simple & precisely device to determine your body fat Percentage. Body fat analysis is useful for monitoring the changes which occur in the body. Scale doesn't give you the true image of your body, BION BODY FAT MONITOR gives you the true image of your body with body fat percentage.

Bioelectrical Impedance Analysis (BIA)

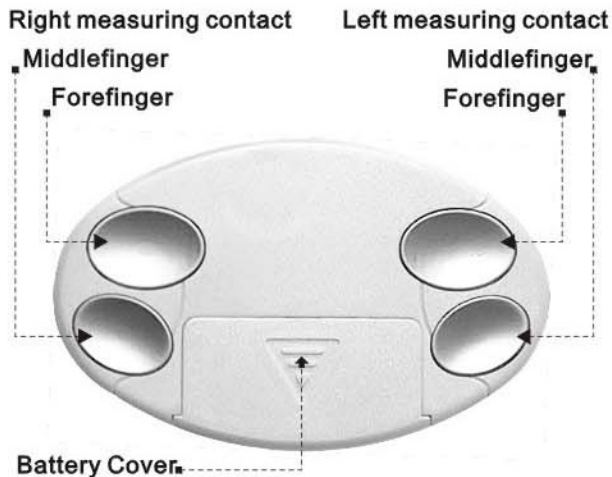
BION BODY FAT Monitor analyses body fat percentage on the basis of the bioelectrical impedance (the conductive properties of fat, bones, organs and muscle) This modern measuring procedure is actually based on the water content of the human body. Muscle contains water and therefore has high conductivity and low resistance. Body fat contains less water and therefore has low conductivity and high resistance.



FRONT VIEW



BACK VIEW



OPERATION

NOTE:
BION BODY FAT MONITOR has default data entered, please set the time, date and enter your personal data before measure.

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Entering Time

- Press **M** to start the setting.
- Press **→** to adjust the TIME.
- Press **M** to select HR, MIN & SEC.
- Press **▲** or **▼** to change the setting.
- Press **→** when complete.
- In TIME & DATE mode, the screen will switch back & forth in every 5 Secretary.



Entering Date

- Press **M** to select DATE mode.
- Press **→** to adjust the DATE.
- Press **M** to select Day, Month & Date.
- Press **▲** or **▼** to change the setting.
- Press **→** when complete.



Entering User Data

- Press **M** to select USER mode.
- Press **▲** or **▼** to select User number (1-4 users).
- Press **→** to adjust the data.
- In the Mode of entering your personal data, press **▲** or **▼** to adjust data
- Press **M** to select WEIGHT, Press **▲** or **▼** to adjust the data.
- Press **M** to select AGE, Press **▲** or **▼** to adjust the data.
- Press **M** to select GENDER, Press **▲** or **▼** to adjust the data.
- Press **→** to SAVE the data.



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Now it's ready to measure!

Measuring

- Use thumb forefinger middlefinger to hold the measuring contacts (see illustration).
- Stand up and stretch your both arms out straight in front of you (horizontal).
- In USER DATA mode Press **1** to start measuring. Do not move during measuring. The result will appear after 10 seconds.
- Press **→** to memory the result.



Recall the memory

- Press **M** to select RECALL MODE.
- Press **▲** or **▼** to select the recall number (up to 6). The data will display body fat% & date. This function can help you track down the previous data and help you to achieve best result.



Battery low power indicator

- When the battery is at low level the **LOW** will appears on the display to warn you to change the new battery. Please open the battery door and replace with 2 new CR 2032 batteries



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Error Report/Err1

- When Err1 appears on the Display, it means that you are holding the measuring sensors too loose. Repeat the measure with fingers holding the device properly.



Error Report/Err2

- When Err2 appears on the display, it means that the personal data entered is unrealistic or the skin is too dry which influence the conductivity of the measuring contacts. Repeat the measure with moisture skin. Or check the personal data had entered correctly.



HALT Mode:

- The monitor will switch to HALT mode automatically after 60 sec non-Active. The display will show ideal body fat % based on the user's data. It's a guideline to set your goal to achieve good health & wellness.
- Press any key to wake up the HALT mode.



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Your body fat percentage

Because body fat measurement is a relatively new field, especially in the consumer segment, a percentage value will initially have little meaning for you. This is why Bion has integrated colour evaluation scale in the display. It helps your fat percentage is normal or too high.



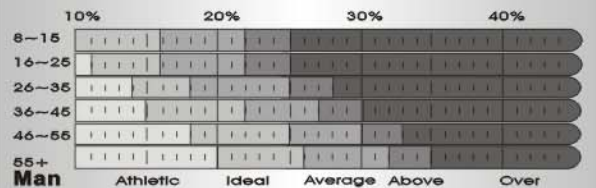
- ▶ Red ▶ Over
- ▶ Yellow ▶ Above
- ▶ Light Green ▶ Average
- ▶ Dark Green ▶ Ideal
- ▶ Blue ▶ Athlete

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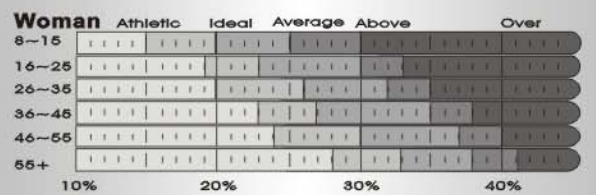
Body Mass Index (BMI)

The most widely used international standard for evaluating body weight is the Body Mass Index (BMI). Here, too, a colour scale tells you whether your BMI is normal or too high.

Age Body Fat % Chart



Age Body Fat % Chart



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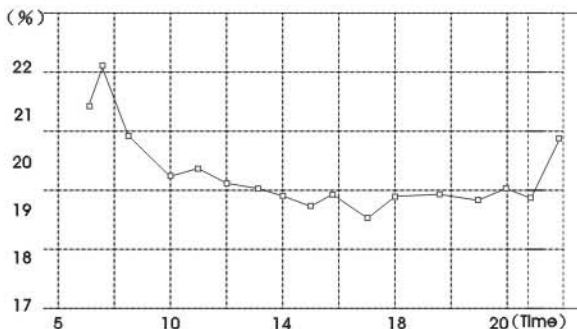
Daily Body Fat Fluctuate

During sleeping our body bioelectrical increases and reduce during the day time activities. Our body fat is fluctuate depending on how much food you have intake, amount of water you drank, how much activities you have in the day & how much hydration during showers.

The following chart shows how the body fat fluctuate base on the time of the day. Your body bioeletronical changes based on the factor of work, lifestyle & activities you do.

For best result to measure the body fat:

Check your body fat every evening after you showered with empty stomach. Keep record every time you measure and you will see your body fat changes on daily bases.



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