

TANITA

Monitoring Your Health



NEW PRODUCTS

2010/11

BODY COMPOSITION MONITORS AND FITNESS MONITORS



Prevent Obesity

TANITA ONE STEP AHEAD

Tanita created the world's first stand-on Body Fat Monitor in 1992 and is now a global leader in the fitness and healthcare market, manufacturing the best selling Body Composition Monitor range with international sales of over 25 million units.

Tanita's products are created around your needs, whether you are trying to lose weight, improve your fitness levels or aiming to feel healthier. They will help you understand how changes in your lifestyle are affecting your body.



BENEFITS OF BODY COMPOSITION MONITORING

- See the effectiveness of your diet and fitness program by monitoring changes in your body composition over time
- Stay motivated by understanding how your body is changing according to changes in your lifestyle
- Reduce the risk of lifestyle related diseases such as diabetes, hypertension and certain cancers by keeping your body fat and muscle mass within the recommended healthy ranges

HOW DO TANITA MONITORS WORK?

All Tanita Monitors use Dual Frequency Bioelectrical Impedance Analysis (BIA technology) to send a low, safe signal through the body. The signal passes freely through fluids within the body including muscle tissue, but meets resistance when it comes into contact with body fat. The resistance reading is combined with your personal information such as weight, height, gender and age to give highly accurate body composition readings.

How accurate are Tanita monitors?

Tanita monitors are universally recognized as being the most accurate monitors available. This reflects over 15 years of scientific research into BIA and body composition at renowned Research Centres Worldwide. The technology used in Tanita Monitors is based on the same advanced technology incorporated in Tanita's Professional Body Composition Analysers, used by medical and fitness industries.

UNDERSTANDING YOUR BODY COMPOSITION

Weight alone does not necessarily give a clear indication of good health or reflect your progress if you are dieting or exercising regularly. Stepping on a Tanita Monitor gives you the true picture by providing essential information about your body and how it is changing. It does this by measuring:

Body Fat

The amount of body fat as a percentage of your total body weight

Everybody needs fat to be healthy. Body fat is vital to basic bodily functions such as regulating body temperature, storing vitamins and cushioning joints. Yet, too much fat can damage your health. Reducing excess levels of body fat has shown to reduce the risk of certain conditions such as high blood pressure, heart disease, diabetes and certain cancers.

Total Body Water

The total amount of fluid in the body expressed as a percentage of total weight

Being well hydrated helps concentration levels, sports performance, helps improve skin quality and general well-being.

As a general guide, the average total body water percentage ranges for a healthy adult are:

- Female - 45% to 60%
- Male - 50% to 65%

Muscle Mass

The weight of muscle in your body

Muscles play an important role, they act as the body's engine in consuming energy (calories). As you exercise more, your muscle mass increases which in turn accelerates the rate of energy (or calories) consumption. Increasing your muscle mass will raise your metabolic rate helping you reduce excess body fat levels and lose weight the healthy way.

Basal Metabolic Rate

The minimum number of calories your body requires in a 24 hour period when at total rest in order to function effectively. This includes your respiratory system, circulatory organs, neural system, liver and kidneys.

Daily Calorie Intake

Calculates the number of calories you need to consume according to your activity level, within a 24-hour period in order to maintain your current weight.

Metabolic Age (exclusive to Tanita)

Compares your Basal Metabolic Rate (BMR) to the average age associated with that level of metabolism. If your metabolic age is higher than your actual age, it is an indication that you need to improve your metabolism. Increased exercise will build healthy muscle tissue, which will improve your metabolic age.

Visceral Fat

Fat in the abdomen (stomach) surrounding the vital organs

Ensuring you have a low level of visceral fat reduces the risk of certain diseases such as heart disease, high blood pressure and Type 2 diabetes.

Bone Mass

Indicates the weight of bone (bone mineral level, calcium or other minerals) in the body

Research has demonstrated that exercise and the development of muscle tissue are related to stronger, healthier bones. Whilst bone structure is unlikely to undergo noticeable changes in a short period, it is important that you develop and maintain healthy bones by having a balanced diet and plenty of exercise.

BC 1000

BODY COMPOSITION MONITOR WITH
INTEGRATED ANT+™ TECHNOLOGY

NEW

The BC 1000 Body Composition Monitor is the latest innovation from Tanita incorporating ANT+™ wireless technology, allowing automatic transfer of body composition data to other devices including selected Garmin Fitness watches, table top console or PC.

The BC1000 has no visible display as all the data is automatically transmitted simply by standing on the Monitor.

Designed with the dedicated sports person in mind, the BC1000 can track the impact of an exercise program on body composition over time.

FEATURES



DUAL FREQUENCY™
Advanced Technology

- Patented Transparent Electrodes
- Adult & Children's Healthy Range Indicator
- Body Fat %
- Total Body Water %
- Visceral Fat Rating
- Visceral Fat Indicator
- Bone Mineral Mass
- Basal Metabolic Rate
- Metabolic Age
- Muscle Mass
- Physique Rating
- Weight Capacity 200kg



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FR 60



FR 310



TABLE TOP
DISPLAY



ANT+™ STICK

OPTIONAL ACCESSORIES

COMPATIBLE WITH GARMIN FITNESS WATCHES FR60 AND FORERUNNER 310XT

When using the Garmin Fitness Watches and its wireless technology, the readings of weight, body fat and body water are wirelessly displayed on the watch, while all other readings are stored in the watch. When in range of a users PC, the information is automatically transmitted to the computer using the wireless USB Stick.

D 1000 - TANITA TABLE TOP DISPLAY

- Displays all body composition readings from the BC1000
- Large, easy-to-read back-lit LCD display
- Data Memory

ANT+™ STICK

ANT+™ USB sticks available independently for direct connection from BC1000 to PC

SEGMENTAL BODY COMPOSITION MONITORS

Using the latest Dual Frequency BIA technology Tanita has developed Segmental Body Composition Monitors. The 8 electrode model sends 5 BIA signals through the body to provide accurate detailed data on each arm, leg and the trunk area allowing the dedicated sports person to track their performance and body composition changes over time.

BC 545

SEGMENTAL BODY COMPOSITION MONITOR WITH 3 YEAR TRACKING FUNCTION

The BC 545 provides you with detailed segmental data in just 20 seconds and has the facility to store data for up to 3 years. Your results are shown in a simple graph format on the extra large LCD.

FEATURES

- 8 Electrode Segmental BIA Technology
- 3 Year Graph Function
- Body Fat %
- Adult & Children's Healthy Range Indicator
- Total Body Water %
- Muscle Mass
- Physique Ratings
- Bone Mineral Mass
- Basal Metabolic Rate
- Metabolic Age
- Visceral Fat Indicator
- Athlete & Guest Mode
- 4 Memories
- Calendar & Clock
- Weight Capacity 150kg

DUAL FREQUENCY[™]
Advanced Technology



The BC 601 has the unique ability of capturing all your body composition measurement data using an inbuilt SD Card facility. Using the software you will be able to track your results over time, allowing you to fine tune your sports program.

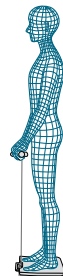
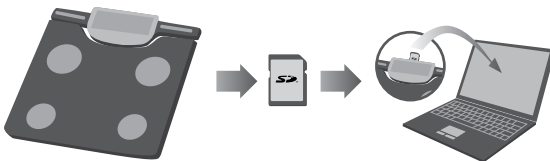
The hand held console enables fast data input and the results are displayed on an extra large LCD.

FEATURES



DUAL FREQUENCY™
Advanced Technology

- 8 Electro Segmental BIA Technology
- Body Fat %
- Adult and Children's Healthy Range Indicator
- Total Body Water %
- Muscle Mass and Segmental Assessment
- Bone Mineral Mass
- Daily Calorie Intake
- Metabolic Age
- Visceral Fat
- Visceral Fat Indicator
- Athlete and Guest Mode
- 4 Memories
- Weight Capacity: 150kg



BC 351

THE WORLD'S SLIMMEST BODY COMPOSITION MONITOR

The BC 351 is the world's slimmest Body Composition Monitor measuring just 15mm high. With ultra fine accuracy of 50g increments and super sleek styling this monitor is perfect for home monitoring.

FEATURES

- Adult & Children's Healthy Range Indicator
- Body Fat %
- Total Body Water %
- Visceral Fat Rating
- Visceral Fat Indicator
- Bone Mineral Mass
- Basal Metabolic Rate
- Metabolic Age
- Muscle Mass
- Physique Rating
- Athlete & Guest Mode
- 4 Memories
- Weight Capacity 150kg
- Recall Function

50g

DUAL FREQUENCY™
Advanced Technology



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BC 582

GLASS FITPLUS BODY COMPOSITION MONITOR

Based on scientific research, Tanita has developed FitPLUS, a totally unique feature designed specifically for women.

The simple Fitplus Traffic Light indicates:

- Green light: Optimal days to exercise and burn calories at a higher rate
- Amber light: Days when ovulation is likely to occur
- Red light: Days your body naturally needs more rest

FEATURES

- Patented Transparent Electrodes
- Adult & Children's Healthy Range Indicator
- Body Fat %
- Total Body Water %
- Visceral Fat Rating
- Visceral Fat Indicator
- Daily Calorie Intake
- Metabolic Age
- 5 Memories
- Muscle Mass
- Weight Capacity 150kg
- Athlete and Guest Mode

DUAL FREQUENCY™
Advanced Technology

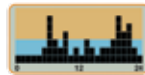


Fitplus Traffic
Light indicator.

The next generation in pedometers based on medical technology ideal for encouraging progressive increase in activity intensity. The intensity is measured in METS or metabolic equivalent (targets recommended by the World Health Organisation) and is shown on an easy-to-read 24 hour graph. The Monitor will also indicate the Energy Expenditure (calories burned) over a 24 period when active and at rest so is perfect for understanding your energy balance.

FEATURES

- 3 Axes Technology
- Easy-to-read display with 24 hour activity graph
- 7 Day Memory
- Distance Travelled (km)
- Walking Time
- Basal Metabolic Rate (BMR) (Kcal)
- Activity-related Energy Expenditure (AEE) (Kcal)
- METs



Tanita 3 AXES TECHNOLOGY allows the pedometer to be placed in a pocket, handbag or worn with a neck chain . The 7 day memory function allows you to track activity over time.

FEATURES

- 7 Day Memory
- Step and Calorie Counter
- Distance Travelled
- Walking Time
- Clock
- Lithium Battery Included
- Stylish Neck Chain Included





Tanita is the global leader in BIA technology and precision weighing equipment. Our products are used by healthcare and fitness professionals as well as in millions of homes worldwide.

For more information on other products in the range including bathroom scales, kitchen scales, pedometers and much more visit:

www.tanita.eu

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