

BF-679W

BODY FAT / BODY WATER MONITOR



Now **Mult-Frequency**

Great body fat / body water scale

Perfect for any health or fitness plan

Includes weight-only feature in pounds, kilograms, and stone-pounds

Memory function for 2 adults, review past readings

Durable plastic housing

Do you want to lose weight or improve your total health and fitness? Then a Tanita BF-679W Body Fat / Body Water Monitor is the right addition to your routine. A weight scale alone is not enough. This monitor calculates body fat and body water levels using bioelectric impedance analysis (BIA); sending a safe, low-level electrical signal through the body.

Using Tanita's exclusive FDA cleared BIA technology, this scale not only measures weight and body fat, it also tells you your body water %. BIA is quick and non-invasive, and is one of the most thorough and reliable ways to measure body composition, clinically comparable to DXA (dual-energy x-ray absorptiometry) and hydrostatic (underwater) weighing.

Measurements Include:

- ✓ Weight
- ✓ Body fat % - Ages 7- 99
- ✓ Body water %

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
- ✓ Recall function: weight and body fat %
- ✓ Power Supply: 4 x AA batteries (*included*)
- ✓ Dimensions: 12.2" x 11.8" x 1.8"
- ✓ Weight: 5.3 lb
- ✓ **Mult-Frequency** (5kHz and 50kHz)