

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 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.

**\$10 Off
Registration
at a Weight
Watchers
meeting**

In order to redeem your registration coupon, clip out this coupon and bring to a Weight Watchers meeting. \$10 will be deducted from your registration fee. Offer may not be combined with any other discount or offer.

Offer valid for new registrants through 6/30/2005 at participating locations only. This coupon may not be mechanically reproduced or altered. Call 1-800-651-6000 or go to WeightWatchers.com to find a meeting near you. ©2004 Weight Watchers International, Inc., owner of the Weight Watchers registered trademark. All rights reserved.

 **WeightWatchers®**



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Scales by **CONAIR™**

Instructions for use of Weight Watchers bathroom scales

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.

 **WeightWatchers®**

Before Using Scale

1. If your scale is packaged with 4 clear plastic shields or a red insulator on the base of the scale, please remove them.
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

1. Set "LB/KG" switch for either pound or kilogram readings.
2. Quickly and firmly tap center of scale platform with foot to activate large digital display.
3. When "00.0" appears in display window, step onto scale.
DO NOT STEP ONTO SCALE UNTIL "00.0" APPEARS IN WINDOW.
4. Stand on platform without shifting or moving until weight is displayed (4-5 seconds).

NOTE: Digital display automatically turns off after several seconds.

Storing and Recalling Weights

1. Your scale can store and recall up to 5 weights. If your scale has one button, weights can be stored for one user. If your scale has two buttons (User and Save/Recall buttons), weights can be stored for multiple users.
2. Tap center of scale platform with foot and wait until "00.0" appears.
3. Stand on the platform without shifting or moving until weight is displayed.
4. For single user scale: When weight reading appears on screen, step off the scale, press Save/Recall button and hold for about 2 seconds to save the reading.
For multiple user scale: When weight reading appears on screen, step off the scale, and press User button to select a user number. Then press Save/Recall button for 2 seconds to save the reading.
5. Weight reading blinks twice, then becomes stable. A small number (1-5) appears in the upper right hand corner of your display, indicating which of the 5 weights is displayed. (Once you have 5 weights in memory the current weight always saves as "1" and the oldest reading is eliminated.)
6. Weight reading is saved. Press Save/Recall button to review the last 5 weights or let the scale shut down automatically. (Note: until you have 5 weights stored in memory, the display will show the number and "-" for each weight for which no data point has been stored yet; i.e. "3 -", "4 -", "5 -" if only 2 weights have been saved.)

Memory Recall

Single user scale: press Save/Recall button at any time in power on mode to review the last 5 weights.

Multiple user scale: To review the last 5 weights of the current user, press Save/Recall button at any time in power on mode. To see weights without weighing yourself first, press User button to select your user number and then press Save/Recall button to review your weights. Your most recent weight is displayed as "1", the one before that as "2" and so on. Whenever you save a new weight, the oldest weight is eliminated from the lineup.

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 and/or glass cleaner.

In the unlikely event that the scale battery malfunctions and needs to be replaced, lift the snap-on battery cover on the bottom of the scale and replace the old battery with a 3V Lithium battery (CR2032). **Do not attempt to open the scale or to remove any components. Servicing should be done by qualified technicians only. See warranty information below.**

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.**

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 on Weight Watchers 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.

*Heshka S, et al. Two-Year Randomized Controlled Study of Self-Help Weight Loss vs. A Structured Commercial Program. *The FASEB Journal* 2001; 15(4):A623

If you would like to confirm whether your area is participating, call 1-800-651-6000

Map of participating areas

