



THE HEALTHY LIVING GUIDE

IT WON'T BE LONG
BEFORE YOU'LL SEE
AS WELL AS FEEL
THE DIFFERENCE



A HEALTHIER, FITTER YOU

WELL DONE – YOU'VE MADE A CLEAR DECISION
THAT YOU WANT A HEALTHIER LIFESTYLE. WE'LL
SHOW YOU HOW – AND HOW TO GET THE VERY
BEST FROM YOUR TANITA MONITOR.

- Step 1. Eating a sensible, well-balanced diet
- Step 2. Increasing your level of physical activity
- Step 3. Monitoring your body composition

It doesn't take massive changes in your life to achieve your goals, as you'll discover. Small changes can make a big difference in your health and fitness levels.

At Tanita we have a simple philosophy. It's based on three steps to increase your level of awareness about your body, each with a positive effect on health.

This booklet tells you everything you need to know about using your Tanita Monitor and shows you how to achieve a healthier, fitter you. And we've included a monthly chart so you can record your readings, making it easier to monitor changes in your body composition.

You can also monitor your progress using the online health monitoring feature found at www.tanita.co.uk

TANITA: THE HEALTH EXPERTS

WE'VE BEEN A GLOBAL LEADER FOR MORE THAN HALF A CENTURY IN DEVELOPING PRODUCTS TO HELP PEOPLE ENJOY A HEALTHIER LIFE. OUR INTERNATIONAL HEADQUARTERS ARE IN TOKYO AND OUR EUROPEAN HEAD OFFICE IS IN THE UK.



We're committed to the research and development of the very latest technologies for health monitoring. Our products are widely used both in the home and professionally by medical and fitness experts.

One of our greatest successes was the founding of our multi-million pound research centre to investigate the effects of body composition on health. We work closely with a network of senior researchers and specialists around the world to remain at the forefront of health developments. Tanita Monitors have been validated in independent clinical studies.

If you'd like to know more about this, check out our website at www.tanita.co.uk



In 1992 we developed the world's first stand-on Body Fat Monitor and are now the international market leader, with global sales of over 20 million units. Our clients include countless medical, fitness and healthcare professionals across the world.

You've chosen Tanita - you've chosen the best.





MONITORING: THE KEY TO A HEALTHIER LIFE

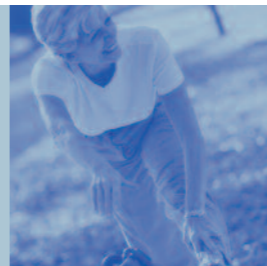
LET'S START BY ANSWERING YOUR QUESTIONS ABOUT YOUR BODY COMPOSITION, AND WHY MONITORING CAN BE INVALUABLE IN HELPING ACHIEVE A HEALTHIER, FITTER YOU.

Depending on the model you have purchased, your Tanita monitor will feature some, or all of the benefits described on the following pages.

BODY FAT: WHY DO WE NEED IT?

WE ALL NEED BODY FAT. IT'S VITAL TO BASIC BODY FUNCTIONS LIKE REGULATING BODY TEMPERATURE, STORING VITAMINS AND CUSHIONING JOINTS AND ORGANS.

But too much fat can damage your health and is a major concern. Excess body fat is known to contribute to certain medical conditions including high blood pressure, heart disease, Type 2 diabetes and some forms of cancer. That's why monitoring is so important, helping you stay within the healthy ranges and reducing these health risks.



Reducing any excess body fat will help you improve your shape and appearance. You'll feel better, you'll look better, you'll be more self-confident – and you'll enjoy a better, fitter quality of life.

CHILDREN AND BODY FAT

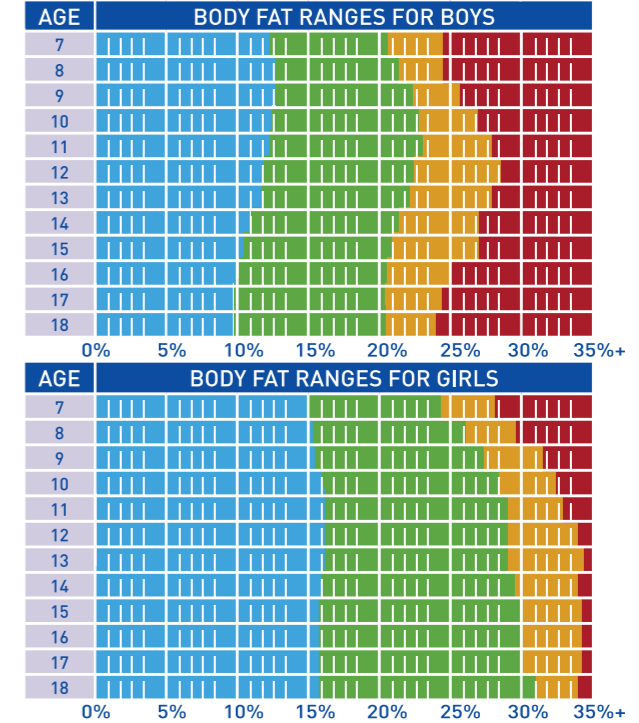
BASED ON THE LATEST MEDICAL RESEARCH, HEALTHY BODY FAT RANGES HAVE BEEN DEVELOPED FOR CHILDREN AGED 7 – 18 YEARS. THEY HAVE BEEN CREATED TO INFORM PARENTS OF THEIR CHILD'S CHANGING BODY AS THEY GROW.

Children need to gain weight as their bones and muscles grow. They also need fat reserves in the right proportion. As a parent you will be aware of your child's health and wellbeing and by monitoring body fat you can have even greater confidence that your family is leading a healthier lifestyle.

More information on healthy family lifestyle is available on www.tanita.co.uk. A free guidance booklet for parents – Tackling the Taboo – giving information on how to approach the sensitive issue of weight and promote a positive family lifestyle is available from Tanita.



KEEP TRACK OF YOUR CHILDREN'S BODY FAT TOO



Jebb S, McCarthy D, Fry T, Prentice AM (2004). New body fat reference curves for children. Obesity Reviews (NAASO Suppl), A156.



THE EXCLUSIVE HEALTHY BODY FAT RANGE FEATURE FOR CHILDREN AUTOMATICALLY COMPARES THEIR READING TO THE CHART ABOVE



EXCESS BODY FAT: WHAT CAUSES IT?

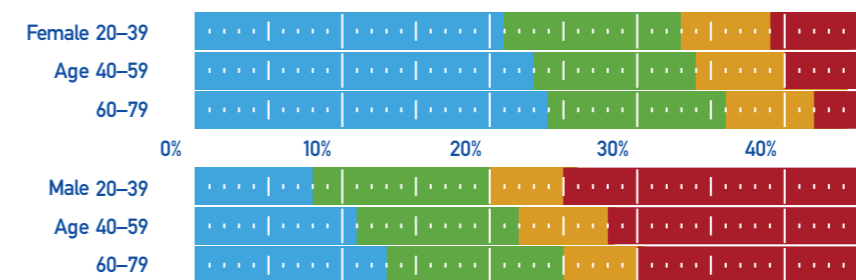
TOO MUCH BODY FAT IS THE RESULT OF AN IMBALANCE BETWEEN THE ENERGY YOU TAKE IN AND THE ENERGY YOU USE. CONTRIBUTING FACTORS INCLUDE A HIGH-FAT, HIGH-CALORIE DIET AND TOO LITTLE EXERCISE.

The energy – or calories – our body needs comes from what we eat and drink. With calories, our body works on a supply-and-demand system. If daily supply meets daily demand, all the calories are converted into energy. But if supply exceeds demand, excess calories are stored in fat cells. If this stored fat is not converted into energy later, it creates excess body fat.



HOW MUCH BODY FAT IS HEALTHY?

THIS CHART SHOWS BODY FAT RANGES FOR THE AVERAGE ADULT. YOU SHOULD TRACK YOUR BODY FAT PERCENTAGE AND KEEP WITHIN THE HEALTHY BODY FAT RANGE FOR YOUR AGE AND GENDER.



Based on NIH/WHO BMI guidelines.
As reported by Gallagher at NY Obesity Research Center.

- Too little body fat can be unhealthy too. Young women are especially at risk of anaemia, and insufficient calcium could lay the foundations for osteoporosis in later life. Amenorrhoea - missing menstrual periods - is common and could lead to infertility.



THE BODY FAT INDICATOR ON YOUR TANITA MONITOR LED DISPLAY WILL AUTOMATICALLY SHOW WHERE YOUR BODY FAT % IS ON THE ABOVE CHART



WHAT IS VISCERAL FAT?

VISCERAL FAT IS THE FAT IN THE ABDOMINAL CAVITY (STOMACH), SURROUNDING THE VITAL ORGANS.

Research has shown that even if your weight and body fat remains constant, as you get older the distribution of fat changes and is more likely to shift to the trunk area. Ensuring you have the right healthy level of visceral fat reduces the risk of certain diseases such as heart disease, high blood pressure and may delay the onset of type 2 diabetes.



THE TANITA BODY COMPOSITION MONITOR WILL PROVIDE YOU WITH A VISCERAL FAT RATING FROM 1-59.

RATING FROM 1 TO 12 INDICATES YOU HAVE A HEALTHY LEVEL OF VISCERAL FAT. CONTINUE MONITORING YOUR RATING TO ENSURE THAT IT STAYS WITHIN THE HEALTHY RANGE.

RATING FROM 13 TO 59 INDICATES YOU HAVE AN EXCESS LEVEL OF VISCERAL FAT. CONSIDER MAKING CHANGES IN YOUR LIFESTYLE POSSIBLY THROUGH DIET CHANGES AND/OR INCREASING EXERCISE.

IS BODY FAT ALWAYS VISIBLE?

Fat can be stored under the skin or around internal organs, so it may not always be visible to the naked eye. A person can look fit and even be an acceptable weight for their height, but could still be carrying a high level of body fat and that could be a health risk.



MY WEIGHT: WILL IT GIVE THE FULL PICTURE?

WEIGHT ALONE DOESN'T NECESSARILY GIVE A CLEAR INDICATION OF GOOD HEALTH. STEPPING ON THE SCALES CAN'T SHOW THE DIFFERENCE BETWEEN POUNDS THAT COME FROM BODY FAT AND POUNDS THAT COME FROM LEAN BODY TISSUE LIKE MUSCLE AND BONE.

For long-lasting, healthy weight loss, you need to be sure the loss is from body fat and not healthy muscle tissue or water. With crash diets, much of the weight loss is from loss of water. Once you start eating normally again, back comes the weight.

You may find that once you've started a new fitness regime – at a gym, for example – you don't appear to be losing weight. In fact you're reducing body fat and replacing it with newly developed pounds of lean muscle tissue, which is denser than fat. Conventional scales can't show you that.



fact

LOSING WEIGHT CAN
ACTUALLY MAKE YOU
FATTER. CRASH DIETS
AND NO EXERCISE
MAKE YOUR BODY
FAT PERCENTAGE
GO UP EVEN THOUGH
YOUR BODY WEIGHT
IS DECREASING



YOUR HYDRATION LEVEL

WATER IS AN ESSENTIAL PART OF STAYING HEALTHY – OVER HALF THE BODY CONSISTS OF WATER. IT REGULATES BODY TEMPERATURE AND HELPS ELIMINATE WASTE.

You lose water continuously through urine, sweat and breath, so it's important to keep replacing it. The amount of fluid you need to take in every day varies from person to person and it's affected by climatic conditions and how much physical activity you take.

Experts recommend that you should drink at least 2 litres of fluid every day, preferably water or other low calorie drinks.

Dehydration can often be confused with being hungry – try drinking a glass of water and wait for a bit before eating.

Always remember to count the hidden calories in drinks, particularly fizzy drinks, milkshakes and teas and coffees with added sugar.

As a general guide the average body water percentages for a healthy adult are:

FEMALE 45% - 60%

MALE 50% - 65%



INCREASING YOUR MUSCLE MASS

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



YOUR PHYSIQUE DEPENDS ON YOUR FAT AND MUSCLE RATIO. YOU CAN FOR EXAMPLE, HAVE A HIGH AMOUNT OF MUSCLE, BUT STILL HAVE A HIGH AMOUNT OF FAT - LIKE A SUMO WRESTLER. ON THE OTHER HAND, YOU COULD HAVE HIDDEN FAT WITH A LOW AMOUNT OF MUSCLE THAT MAKES YOU LOOK SLIM BUT IN THE LONG TERM COULD BE UNHEALTHY.

METABOLISM: RAISING YOUR METABOLIC RATE

BASAL METABOLIC RATE (BMR) IS THE DAILY MINIMUM LEVEL OF ENERGY OR CALORIES YOUR BODY REQUIRES WHEN RESTING (INCLUDING SLEEPING) TO FUNCTION EFFECTIVELY INCLUDING YOUR RESPIRATORY AND CIRCULATORY ORGANS, NEURAL SYSTEM, LIVER, KIDNEYS, AND OTHER ORGANS. About 70% of calories consumed every day are used for your basal metabolism.

The more vigorous the activity levels, the more calories are burned. Increasing your muscle mass helps raise your basal metabolic rate which increases the number of calories burnt and helps to decrease body fat levels.



WHAT IS METABOLIC AGE?

COMPARE YOUR BASAL METABOLIC RATE (BMR) TO THE AVERAGE AGE ASSOCIATED WITH THAT LEVEL OF METABOLISM.

IF YOUR BMR AGE IS HIGHER THAN YOUR ACTUAL AGE, IT IS AN INDICATION THAT YOU NEED TO IMPROVE YOUR METABOLIC RATE. INCREASED EXERCISE WILL BUILD HEALTHY MUSCLE TISSUE, WHICH WILL IMPROVE YOUR BMR AGE.

MAINTAINING HEALTHY BONES

RESEARCH HAS DEMONSTRATED THAT EXERCISE, AND THE DEVELOPMENT OF MUSCLE TISSUE IS 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.

Below is the result of estimated bone masses of people aged 20 to 40, that can be used as a guide.

(Source: the Tanita Body Weight Science Institute)

Average estimated bone mass st/lb (kg)			
Women	Less than 7.8 st/lb (49.5kg)	7.8-11.7 st/lb (49.5-74.3kg)	11.7 st/lb and up (74.3kg) and above
	0.3 st/lb (1.9kg)	0.37 st/lb (2.3kg)	0.46 st/lb (2.9kg)
Men	Less than 10.2 st/lb (64.7kg)	10.2-14.9 st/lb (64.7-94.6kg)	14.9 st/lb (94.6kg) and above
	0.42 st/lb (2.7kg)	0.52 st/lb (3.3kg)	0.59 st/lb (3.6kg)

HOW TO BEST USE YOUR MONITOR

ALL TANITA MONITORS MEASURE BODY COMPOSITION USING BIA – BIOELECTRICAL IMPEDANCE ANALYSIS.

Understanding how your Tanita Monitor works and how to track your recordings will help in recording consistent results.

BIA measures body composition by sending a low, safe signal through the body. The signal passes freely through fluids in muscle tissue but meets resistance through fat tissue. This resistance, called bioelectrical impedance, is accurately measured and the results are set against gender, height and weight.

Dual frequency (advanced BIA technology) found in **all** Tanita Body Composition Monitors further increases the accuracy of your readings.

fact **BIA versus BMI**

You may have heard of BMI or Body Mass Index. It's the most widely known method of determining if someone is the correct weight for their height.

BMI involves a simple calculation – a person's weight in kg is divided by their height in m². The method is simple and inexpensive. However, it does not distinguish between lean body mass and fat mass, and only has a modest correlation with actual body fat levels.

The BMI calculation does not take different body types into account. For instance, a 6ft tall professional rugby player who weighs 17st 7lb would be classified as obese, even though a high proportion of his weight would be made up of healthy muscle tissue.

In comparison to a man of similar height and weight who takes no exercise, it's pretty safe to assume the rugby player would be healthier and fitter. BMI would classify both as obese, with an increasing risk of developing serious medical problems.

BMI is still used as a valuable tool by medical professionals, but as you can see, it has its limitations. That's why BIA is rapidly gaining the support of both medical and fitness experts.

WHEN DO I TAKE A READING?

CONSISTENCY IS THE KEY. THE BEST TIME IS IN THE EARLY EVENING, BEFORE YOUR MEAL. THIS IS WHEN HYDRATION LEVELS ARE MORE STABLE. Avoid taking readings after you've woken up in the morning. Not only will you be dehydrated, but also any fluid will be stored centrally in your body's trunk. As the day goes by, water becomes more evenly distributed through the limbs. This increases the readings' accuracy. Several other factors can affect hydration and the readings' accuracy. These include:

- Temperature
- The amount of exercise you've taken
- Menstruation – see the panel (across)
- Medical conditions and medications
- Alcohol
- Caffeine
- Bathing patterns

Take these into account when you take readings. The more your body is dehydrated, the more the potential fluctuation in your body composition percentage.

SO REMEMBER Take your readings at the same time and under the same conditions every day. Look for the long-term trend - body fat levels change slowly over time.

HOW PERIODS AFFECT HYDRATION LEVELS

- Women experience a much greater change in hydration levels throughout their menstrual cycle.
- You need to take a body fat reading every day for a month to understand the full range of normal fluctuations and establish the most reliable baseline.
- Hormonal changes during menopause can also cause water retention and measurement variations.

SETTING YOUR BASELINE

YOUR BODY'S HYDRATION LEVEL AND WEIGHT FLUCTUATE NATURALLY THROUGHOUT THE DAY. AS YOUR BODY GOES THROUGH ITS DAILY RHYTHMS, YOU WILL PROBABLY GET DIFFERENT READINGS FROM YOUR TANITA MONITOR IF YOU TAKE MEASUREMENTS AT DIFFERENT TIMES OF THE DAY. THIS IS BECAUSE BIA RELIES ON YOUR BODY'S HYDRATION LEVEL.

To make sense of the readings, you need a baseline or reference point before you set your weight and body composition goals. This will help you measure your progress realistically over time.

The readings recording chart at the back of this booklet shows how to calculate your baseline average or use the on-line health monitoring charts found at www.tanita.co.uk



SETTING YOUR TARGETS AND MONITORING RESULTS

REGULAR EXERCISE AND HEALTHY EATING HELPS INCREASE MUSCLE MASS AND LOWERS THE PROPORTION OF FAT IN YOUR BODY, CHANGING THE BODY'S OVERALL COMPOSITION. MONITORING YOUR BODY COMPOSITION REGULARLY WILL SHOW HOW WELL YOUR DIET OR FITNESS PROGRAMME IS WORKING.

For a sustained, healthy fat loss, aim to lose no more than 1% to 2% body fat each month. You won't need to make drastic lifestyle changes. It's much easier to make moderate restrictions in your diet – you'll still achieve a successful, sustainable weight and fat loss. Start changing slowly and gradually increase the amount of exercise you take. You'll find it easier to adapt to your new, healthy lifestyle this way – and you'll be much more likely to stick to it.



EATING SENSIBLY: A WELL-BALANCED DIET

ENJOY DELICIOUS FOOD – ENJOY SENSIBLE FOOD. THE TWO GO TOGETHER PERFECTLY SO YOU CAN ACHIEVE YOUR GOAL OF REDUCING CALORIES AND BODY FAT.

A balanced diet will contain all the nutrients you need to satisfy your appetite and maintain good health. Popular diets help you lose weight, but they are only a short-term solution. Some – particularly those which avoid major food groups – may not provide the nutrients you need for a healthy body. A truly balanced diet has:

- Enough protein – for tissue and cell replacement.
- Carbohydrates – for energy.
- Small amounts of essential fats – for forming cell-walls and modulating the body's metabolism.

The body also needs a range of vitamins, minerals and trace elements and at least 2 litres of water or other low-calorie fluids a day.

To lose weight and reduce body fat, be honest about what you eat. Include snacks and drinks in your daily calorie count and find out the calorific values of certain foods. You don't need to stop eating the snacks you love - chocolate or crisps, for example. Just be sensible about snacking.

Forbidding yourself the foods you love can make any diet a tough proposition – and it makes any diet much more likely to fail. So enjoy yourself a little, but not too much. Eating lots of different foods will ensure that you enjoy a balanced diet. As our table on the next page shows, there are five different food groups.



HEALTHY EATING GUIDE

Food Group	What's included	Recommendations
Bread, other cereals and potatoes	Other cereals includes things like breakfast cereals, pasta, rice, oats, noodles, maize, etc.	Make these foods the main part of your meal. Choose whole grain, high fibre varieties wherever possible.
Fruit and vegetables	Can be fresh, frozen or canned fruit and vegetables and dried fruit. A glass of fruit juice can also be counted.	A rich source of vitamins and minerals. Try to eat at least 5 portions of fruit and vegetables a day.
Milk and dairy products	Milk, cheese, yoghurt and fromage frais. This group does not include butter, eggs and cream.	These are an important source of protein, vitamins and minerals. Use lower fat versions of these foods whenever possible.
Meat, fish and alternatives	Meat, poultry, fish, eggs, nuts, beans and pulses. Meat includes: bacon, salami, sausages, beefburgers, paté, etc. These are all relatively high in fat. Beans, eg. baked beans, and pulses are also in this group. Fish includes frozen and canned fish, eg. sardines and tuna, fish fingers and fish cakes.	These are a good source of protein. Choose lean cuts of meat, and remove the skin from poultry. Use cooking methods, which don't add fat such as stewing, roasting and grilling. Nuts and nut products are high in fat, so use lower fat sources of protein such as tofu, beans and lentils.
High-fat/ high-sugar foods	Foods rich in fat: Margarine, butter, other spreading fats and low fat spreads, cooking oils, oil-based salad dressings, mayonnaise, cream, chocolate, crisps, biscuits, pastries, cakes, puddings, ice-cream, rich sauces and gravies. Foods rich in sugar: Soft drinks, sweets, jams and sugar, as well as foods such as cake, puddings, biscuits, pastries and ice-cream.	These foods provide us with the most calories but the least nutrients. Eat foods containing fat sparingly and look out for the low fat alternatives. Foods containing sugar should not be eaten too often, as they can also contribute to tooth decay.

EATING SENSIBLY: SOME MORE TIPS

- Plan three meals a day. Don't skip breakfast – you're more likely to snack later. Plan any healthy low-fat snacks like fruit and low-fat yoghurt in advance. Reduce the amount you eat at meals accordingly. Try to save dessert as a snack for later.
- At each meal, try to fill half your plate with vegetables, a quarter with bread, potatoes, pasta, rice or other starchy foods and the remainder with lean meat, fish, poultry or alternative types of protein.
- Choose low fat foods wherever possible. For example, skimmed or semi-skimmed milk, low fat spreads, extra lean meat, tomato rather than creamy pasta sauces, salad dressings such as lemon juice or balsamic vinegar instead of mayonnaise.
- Eat baked, steamed or grilled foods, rather than fried or sautéed.
- Don't add extra fat during cooking or serving food. Avoid buttering vegetables and have low-fat cheese with baked potatoes, not butter. Eat high fat/high sugar, calorie-rich foods only occasionally and in small quantities.
- Watch out for products labelled as low fat but which are still packed with calories, especially cakes, biscuits and desserts.
- Although drinking alcohol in moderation is thought to be beneficial to health it's high in calories, so if trying to lose weight and body fat, aim for no more than one unit per day.
- If you're not losing weight or reducing your body fat level, stick with the types of food described above, but reduce the portions. Yes, you really can eat too much of even the healthiest foods!
- Doctors recommend you should aim to lose no more than 1kg (2lbs) per week and reduce body fat by 1-2% a month. Your weight and fat loss may fluctuate weekly, but as long as they decrease overall, don't worry.

fact

BEWARE
LOW-FAT
CAKES, BISCUITS
AND DESSERTS
MAY STILL BE
PACKED WITH
CALORIES

FOOD LABELS CAN HELP: UNDERSTAND THEM

READING NUTRITIONAL INFORMATION ON FOOD LABELS HELPS YOU TO CHOOSE FOODS LOWER IN FAT AND ENERGY. THE INFORMATION SHOULD INCLUDE HOW MUCH ENERGY AND NUTRIENTS ARE PRESENT IN 100 GRAMS OF THE PRODUCT, AND MAY ALSO SHOW YOU HOW MUCH IS PRESENT IN A SINGLE PORTION.

So use the labels to see how much fat, saturated fat and sugar you're eating. This is what the label categories mean:

- **Energy** a calculation of the carbohydrate, protein, fat, vitamin and mineral content of the food measured in kilocalories (kcal) or kilojoules (kJ). One kilocalorie equates to 4.2 kilojoules.
- **Protein** helps to form, grow and repair the body's cells and tissues.
- **Carbohydrate** made up of the sugar (simple carbohydrate), starch and fibre (complex carbohydrate) content of the food. They provide the main source of energy for physical activity, whether vigorous or not.
- **Sugar** used in the body as a fuel to power activity in the muscles, organs and cells. Can account for high calorie content in food. Excess sugar in the body will eventually be converted and stored as body fat.
- **Starch** broken down and used in the body in the same way as sugar. Starchy foods are typically lower in calories, higher in fibre and contain more nutrients than foods high in sugar.



- **Fat** needed to make hormones, and for the absorption of fat-soluble vitamins A, D, E and K. It's important to monitor dietary fat as it's easily converted to body fat and stored in the body as excess weight. For a low-fat diet, a rough guide is to look for foods that contain less than 5g of fat per 100g.
- **Fibre** adds bulk to food and keeps the digestive tract functioning properly.
- **Sodium** necessary to regulate the fluid balance of the body, helps transmit nerve impulses and enable the muscles to function properly.

Some food packets state that the contents are "low" or "reduced" in fat or sugar. Others may be "high in fibre", while others may be "low calorie". This is what they actually mean:

- **Reduced fat** this product contains 25% less fat than a similar product.
- **Reduced sugar** this product contains 25% less sugar than a similar product.
- **Low fat** there is less than 5g of fat per 100g of food or per serving if the usual serving is greater than 100g.
- **Low sugar** there is less than 5g of sugar per 100g of food or per serving if the usual serving is greater than 100g.
- **Low calorie** the food must provide less than 40 (kilo) calories per 100g of food.
- **High fibre** the food must contain 6g of fibre per 100g of food or daily serving.
- **Source of fibre** the food must contain at least 3g of fibre per 100g of food.

ALCOHOL: MODERATION IS THE KEY

ALCOHOL IN MODERATION IS THOUGHT TO HELP REDUCE THE RISK OF CORONARY HEART DISEASE AND PROTECT THE BODY FROM CERTAIN CANCERS. THESE BENEFICIAL EFFECTS ARE THOUGHT TO DERIVE FROM PROTECTIVE PLANT CHEMICALS LIKE FLAVANOIDS, SOME OF WHICH ACT AS NATURAL ANTIOXIDANTS.

The key word with alcohol consumption is moderation. Drinking too much and binge drinking can undo all your good work and lead to complications including gastritis – stomach inflammation – ulcers and liver disease as well as social and psychological consequences.

The recommendations for women are a maximum of 2-3 units a day and for men a maximum of 3-4 units a day. A unit is 8g of alcohol, roughly equivalent to a small glass of wine, half a pint of beer or one pub measure of spirits. But the alcohol content of different drinks does vary.

Remember – alcohol is a high-calorie source, providing 7 calories per gram. If you're looking to lose weight and body fat, limit yourself to no more than 1 unit a day.



fact

A SMALL GLASS
OF WINE TYPICALLY
CONTAINS BETWEEN
80-90 CALORIES



GET ACTIVE

TRY TO INCORPORATE AT LEAST 20 TO 30 MINUTES OF A SPECIFIC EXERCISE ON MOST DAYS OF THE WEEK. PLAN ACTIVITIES YOU FIND COMFORTABLE TO STICK WITH AND WHICH FIT EASILY INTO YOUR LIFESTYLE. IT MIGHT BE WALKING, SWIMMING, DIGGING THE GARDEN, DANCING OR LOW IMPACT AEROBICS. TRY A VARIETY OF EXERCISES – YOU’LL FIND IT FAR MORE INTERESTING.

READY FOR MORE?

THINK ABOUT JOINING A GYM OR TRYING SOME RESISTANCE TRAINING AT HOME TO INCREASE MUSCLE STRENGTH AND TONE. Resistance or strength training involves working the muscles to make them stronger.

Exercises like weight lifting, sit-ups and toning classes may not burn excess fat directly, but they enable muscles to work more efficiently. They also help rebuild lost muscle and strengthen bones, ligaments and tendons. You should also carry out regular cardiovascular activities like cycling, jogging or skipping. These are designed to get your heart pumping and will also help improve your co-ordination, endurance and stamina, as well as tone muscle.

Exercise videos are an excellent way to keep fit at home, with many combining an aerobic workout with strength training.

Combining strength training and cardiovascular exercise will give your body a full and thorough workout.



WE HAVE KEPT THIS SPREAD HERE AS IT SEEMS TO FIT WITH ORDER OF INFORMATION WE LIKE USING THE 'EQUALS' SIGN IN THE HEADING - WHAT DO YOU THINK?

ACTIVE PARENTS = ACTIVE KIDS

PARENTS LEADING BY EXAMPLE – EATING A WELL-BALANCED DIET AND FOLLOWING AN ACTIVE LIFESTYLE – WILL HAVE A POSITIVE IMPACT ON THE WHOLE FAMILY.

Health experts recommend that kids are active for at least an hour every day. Walking, dancing, football, or cycling all count.

The whole family can benefit from being active. A child who is active is more likely to:

- Have stronger muscles and bones
- Have a leaner body because exercise helps control body fat
- Be less likely to become overweight
- Decrease the risk of developing type 2 diabetes
- Possibly lower blood pressure and blood cholesterol levels

In addition to the health benefits of regular exercise, adults and kids who are physically fit sleep better and are better able to handle the physical challenges of daily life.



IS THERE A 'FACT' WHICH COULD GO ON THIS PAGE?

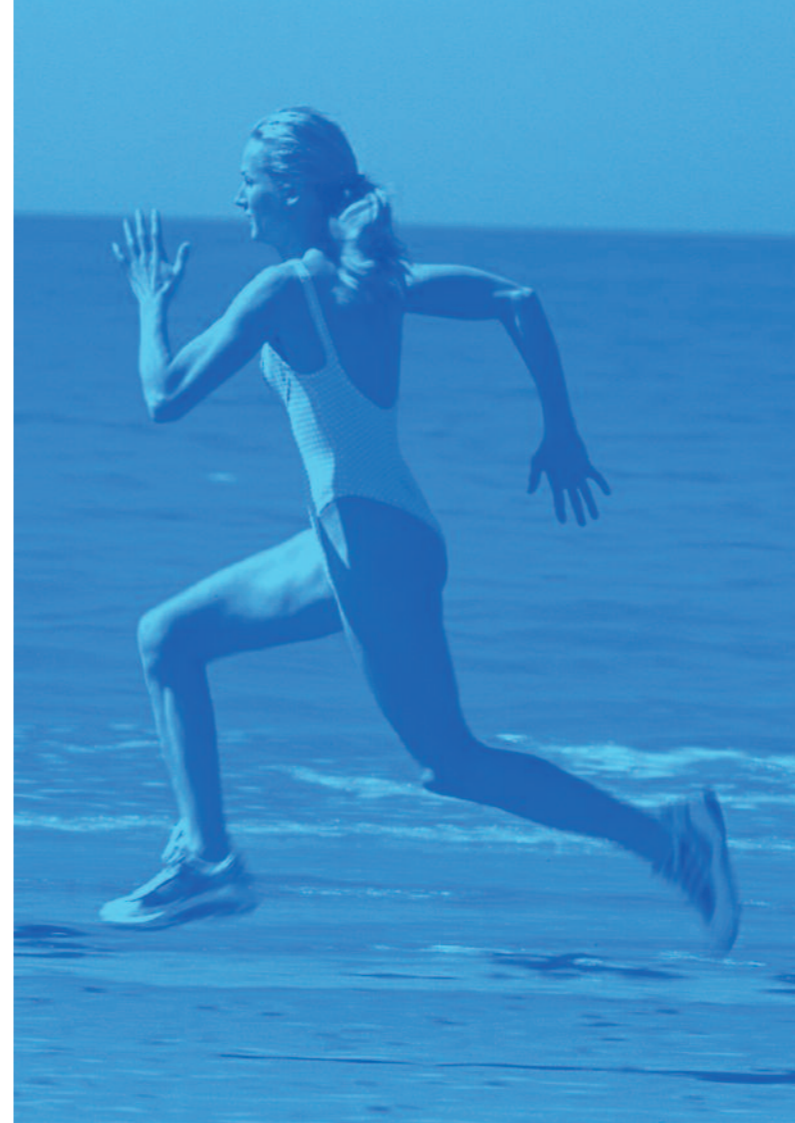


HOW DOES DIETING AND EXERCISE AFFECT MY BODY FAT READING?

AT THE START, YOU MAY SEE A SLIGHT RISE IN YOUR BODY FAT PERCENTAGE. THIS IS BECAUSE YOU'LL LOSE BODY WATER IN THE EARLY STAGES OF YOUR NEW EXERCISE AND EATING REGIME. BUT AS YOU START TO BURN BODY FAT, THE READINGS WILL GRADUALLY DECLINE AT A SLOW, STEADY RATE.

When you begin a new exercise routine, particularly if it includes resistance training, your weight may increase slightly. This is due to the fact that the new muscle tissue you're building is denser than fat. But, using your Tanita Monitor, you'll start to see the decrease in your body fat percentage over time.

To check how you're doing, keep a log of your weight and body composition on the tear-out **monthly chart** at the back of this booklet. **Make a dozen photocopies** to cover the whole year.



MONITORING IN ATHLETE MODE

People who take lots of aerobic exercise have different body types to those who take less. Their hydration levels will be different and their muscle tissue composition may also differ.

If these people use the Standard Adult mode on their Tanita Body Fat Monitor, their readings could be overestimated. The Athlete mode on several Tanita Monitors takes these differences into account to give a more accurate reading.

As a general guideline, we recommend Athlete mode for anyone who carries out more than 10 hours of intensive aerobic exercise a week and who has a resting heartbeat of under 60bpm. They should also have been exercising at this level for at least 6 months.

Athlete mode is particularly suitable for people in endurance sports like running and cycling and also those in cross training.

HOW TO: CALCULATE YOUR BASELINE AVERAGE

Using the chart, record your readings every day for a week (a month for women), and then use the corresponding calculation to determine your baseline average.

The extra box in the chart is for you to record data that is relevant to your personal lifestyle such as exercise programmes, stress, alcohol consumption, menstruation, etc. These notes will provide an overview of the natural changes that occur to your body. An online version can be found at Online Health Monitoring at www.tanita.co.uk



EXAMPLE CHART

	WEEK 1								
	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7	Total	Total divided by 7 days
Time	1900H	1930H	2000H	1945H	2010H	2020H	1940H	N/A	N/A
Weight	65.7	65.5	65.2	65.5	65.7	65.9	65.7	459.2	65.6
Body Fat %	28.1	27.5	27.8	28.5	29.1	29.2	28.5	198.7	28.4
Body Water %	65 ?	68	60	60	62	63	65	443	63.3
Muscle Mass	38.9	40.2	40.5	41.3	39.5	40.6	41.6	282.6	40.4
Basal Metabolic Rate (BMR)	1237	1567	1666	1442	1623	1801	1522	10858	1551
Basal Metabolic Age (BMA)	23	24	24	23	24	23	24	165	23.6
Visceral Fat	3	3	3	2	3	4	3	21	3
Physique Rating	5	5	5	3	5	5	5	33	4.7
Bone Mass	2.1	2.2	2.5	2.1	2.2	2.7	2.9	16.7	2.4

The Calculation: To determine your baseline, add up your total readings, and divide by the total number of days you've measured (7).

For more information call our customer hotline on 0800 731 6994
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