

Body Fat Composition Monitor

The **Tanita BC533** Glass Innerscan Body Composition Monitor is one of the most comprehensive body monitors on the market today that's designed for home use. Using advanced Bioelectric Impedance Analysis (BIA) technology that was previously available only to medical professionals, health clubs and professional athletes, this monitor analyzes a full range of body measurements, including weight, body fat percentage, body water percentage, metabolic age, physique rating, visceral fat, muscle mass, and bone mass. It's a mouthful of measurements, but what it means is that with the Tanita BC533, you now have the unprecedented ability to monitor your body and the effects of your diet and fitness routines, comfortably and affordably in the convenience of your own home.

With the Tanita BC533 up to four unique users can benefit. Simply supply your gender, age, height and weight into the memory, step on the scale, and the monitor does the rest. The results are analyzed according to each user's information, and the result -- displayed in the monitor's 2.25-inch LCD screen -- is the one of the most comprehensive at-home readings you can get.

This monitor, which is about the same size as a typical bathroom scale, is ideal for anyone who is serious about monitoring their health and fitness. Knowing your body fat percentage -- the amount of body fat as a proportion of your body weight -- is essential if you want to create a diet and exercise plan that helps reduce the risk of certain conditions such as high blood pressure, heart disease, diabetes and cancer. Body water percentage is the total amount of fluid in your body expressed as a percentage of your total weight. Maintaining a healthy body water percentage ensures that your body functions efficiently. The metabolic age level is related to your body's metabolic rate and helps you maintain the daily minimum level of energy or calories your body requires when resting or sleeping to function effectively. Even though your total body weight might not change drastically over time, your muscle mass and body fat levels may be changing. Keeping tabs on them can help you stay at a lower risk of certain diseases. And knowing your levels of visceral fat -- the fat in the abdominal cavity and surrounding the vital organs -- can help you keep heart disease and high blood pressure at bay, and may delay the onset of type two diabetes. In short, this monitor gives you essential information and greater control as you work to stay healthy and live a more active, vital life.

Features :-

- Weight
- Body Fat %
- Body Water %
- Muscle Mass
- Physique Rating
- Daily Caloric Intake (DCI)
- Metabolic Age
- Bone Mass
- Visceral Fat Rating
- Easy-to-read 2.25" LCD display
- Highly accurate body composition monitor
- Weight and Body Fat recall



Specification :-

Model	BC-532
Capacity	150kg x 100g
Dimension (L x W x H)	340 x 340 x 34mm
Origin	Japan

** Designs and specifications are subject to change for improvement without prior notice.*

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