

TANITA®

IT'S HOW
WE MEASURE.





TANITA®

WORLDWIDE SCIENTIFIC EXCELLENCE

Founded in Japan in 1944, Tanita is recognised as the world's leader in precision electronic scales within the medical, health and fitness industry. The company's success and expanding global presence is the result of superior technology, unique design and high manufacturing standards.

TRAIN WITH TANITA

Bio-electrical Impedance Analysis (BIA) is considered to be one of the most reliable and accessible methods of screening body fat. This technique measures an individual's impedance or resistance to the electrical signal as it travels through the water that is found in muscle and fat. The more muscle a person has, the easier it is for the electrical signal to pass through it; the more fat an individual has, the more resistance they have to the electrical signal.

Based on extensive medical research and testing, Tanita patented a revolutionary way of measuring BIA that is faster, easier and less intrusive than traditional means. Consumers would normally visit a health clinic, where they would be weighed and their height, gender, age and other physical characteristics are entered into a computer. While the person is lying down, electrodes are attached to various parts of the body and a small electrical current is applied.

Using the same technology found in our professional range, Tanita developed the world's first body fat monitor for home use in 1994. Tanita's body composition monitors rely on a person's natural electrical conductivity and resistance to the electrodes. This pioneering work has led to the creation of an entirely new category of consumer products that could make the conventional weight scale obsolete. Till this day, Tanita strives to empower consumers with products that will enable them to achieve a healthier and happier lifestyle.

www.tanitaaustralia.com





TRAIN. TRACK. TRANSFORM.

Your body is mainly composed of muscle, fat and water. When you start a new training regime or a new diet, your body composition will naturally start to change even if your weight appears the same. This is because of the following reasons:



As you exercise more, your body will begin to develop more muscle mass and reduce your body fat level. Your weight may even increase at a certain point as your muscle mass increases.



Very low calorie diets may force your body into starvation mode, causing it to start storing fat instead of burning it. So while it may appear that you're losing weight, your body fat ratio will increase.



Quick-fix crash diets may produce quick results, but the weight loss will be in the form of body water and healthy lean muscle tissue.

By thinking 'body composition' rather than weight loss, you'll not only achieve success and transform the way you look and feel, you'll also be able to monitor and improve other factors that are essential to your long-term health such as your metabolism, visceral fat level and bone mass.

IF YOU CAN MEASURE IT, YOU CAN MANAGE IT!



BODY WATER %

Body water is the total amount of fluid in a human body. The human body should consist of at least 50% of water. The exact percentage varies based on several factors (e.g. age and gender). Body water is the primary building block for cells. It helps to regulate the internal body temperature, strengthens your muscles and moisturizes your skin. To achieve accurate readings, the required hydration levels must be reached.



MUSCLE MASS

The predicted weight of muscle in your body. Muscle mass includes the skeletal muscles, smooth muscles such as cardiac and digestive muscles and the water contained in these muscles. Muscles act as an engine in consuming energy.



MUSCLE QUALITY

Indicates the condition (quality) of muscle, which changes according to factors like age and exercise level. The muscle of young people or those who exercise regularly is normally in a good state, but the state of muscle deteriorates in elderly people or those who not have enough exercise. Both Quantity and Quality are important for a healthy muscle! Please make sure you maintain a good balance between muscle mass and quality.



BODY FAT %

Body Fat Percentage is the proportion of fat to the total body weight. Body Fat Mass is the actual weight of fat in your body, essential for maintaining body temperature, cushioning joints and protecting internal organs. Measuring weight alone and/or relying on BMI is not an accurate assessment of your health or fitness. This is because these measurements cannot distinguish the kilograms that comes from fat and the kilograms associated with lean muscle mass.



BONE MASS

The predicted weight of bone mineral in your body. While your bone mass is unlikely to undergo noticeable changes in the short term, it's important to maintain healthy bones by having a balanced diet rich in calcium and by doing plenty of weight-bearing exercise. You should track your bone mass over time and look for any long-term changes.



HEART RATE MONITORING

The predicted current heart rate in your body. Heart Rate is the speed of the heartbeat measured by the number of contractions of the heart per minute (BPM). The Heart Rate can vary according to many factors including lifestyle.



PHYSIQUE RATING

Assesses muscle and body fat levels and rates the result as one of nine body types. As your activity level changes the balance of body fat and muscle mass will gradually alter, which in turn will affect your overall physique.



VISCERAL FAT

Visceral fat is located deep in the core abdominal area, surrounding and protecting the vital organs. Even if your weight and body fat remain constant, as you get older the distribution of the fat changes and is more likely to shift to the abdominal area.

Ensuring you have a healthy level of visceral fat directly reduces the risk of certain diseases such as heart disease, high blood pressure and may delay the onset of type 2 diabetes.



METABOLIC AGE

This is calculated by comparing your basal metabolic rate (BMR) to the BMR average of your chronological age group. If your metabolic age is higher than your actual age, it's an indication that you need to improve your metabolic rate. Increased exercise will build healthy muscle tissue, which in turn will improve your metabolic age. Stay on track by monitoring regularly.



BASAL METABOLIC RATE (BMR)

The daily minimum level of energy or calories your body requires when at rest (including sleeping) in order to function effectively. About 70% of calories consumed every day are used for your basal metabolism. Increasing your muscle mass helps raise your BMR, which increases the number of calories you burn and helps to decrease body fat levels.



DAILY CALORIE INTAKE (DCI)

An estimate of how many calories you can consume within the next 24 hours to maintain your current weight. Use this as a guideline in your daily meal planning. Consuming fewer calories than your predicted DCI value will help you lose weight, be sure to maintain good physical activity so you don't lose muscle mass.



PHYSIQUE RATING

| RESULT | PHYSIQUE RANGE | EXPLANATION |
|--------|---------------------------|--|
| 1 | Hidden Excess Fat | High Body Fat % with Low Muscle Mass |
| 2 | Medium Frame & Excess Fat | High Body Fat %, Moderate Muscle Mass |
| 3 | Solidly Built | Large Frame, High Body Fat % & Muscle Mass |
| 4 | Low Muscle | Average Body Fat % & Low Muscle Mass |
| 5 | Standard | Average Body Fat % & Muscle Mass |
| 6 | Muscular | Average Body Fat % & High Muscle Mass |
| 7 | Low Muscle & Low Fat | Low Body Fat % & Low Muscle Mass |
| 8 | Thin & Muscular (Athlete) | Low Body Fat % & Adequate Muscle Mass |
| 9 | Very Muscular (Athlete) | Low Body Fat % & High Muscle Mass |



BODY WATER %

| MALE STANDARD RANGE | |
|---------------------|---------|
| DEHYDRATED | < 50% |
| HEALTHY | 50%-65% |
| MALE ATHLETIC RANGE | |
| DEHYDRATED | < 55% |
| HEALTHY | 55%-70% |



BONE MASS

| MALE WEIGHT | HEALTHY BM WEIGHT |
|-------------------|-------------------|
| Less than 64kg | 2.65kg* |
| Between 65kg-95kg | 3.29kg* |
| Over 95kg | 3.69kg* |

Note, * indicates healthy weight (your reading should be around this mass).



VISCERAL FAT

| RATING GUIDE | |
|----------------------|-------|
| Healthy Level Rating | 1-12 |
| Excess Level Rating | 13-59 |



BODY FAT %

| MALE AGE | UNDERFAT | HEALTHY | EXCESS FAT | OBESE |
|----------|----------|-----------|------------|-------|
| 20 - 39 | 0% - 8% | 8% - 19% | 19% - 25% | 25%+ |
| 40 - 59 | 0% - 11% | 11% - 21% | 21% - 28% | 28%+ |
| 60 - 79 | 0% - 13% | 13% - 25% | 25% - 30% | 30%+ |



MUSCLE QUALITY SCORE (EXCLUSIVE TO RD MODELS)

| MALE AGE | 18-29 | 30-39 | 40-49 | 50-59 | 60-69 | 70-79 | 80 |
|----------|-------|-------|-------|-------|-------|-------|-------|
| HIGH | >74 | >73 | >70 | >64 | >56 | >46 | >39 |
| AVERAGE | 49-73 | 47-72 | 44-69 | 39-63 | 33-55 | 25-45 | 21-38 |
| LOW | <48 | <46 | <43 | <38 | <32 | <24 | <20 |



MUSCLE MASS %

(MUSCLE MASS (KG) ÷ TOTAL BODY WEIGHT (KG) x 100 = MUSCLE MASS%)

| MALE AGE | 18-39 | 40-59 | 60-79 |
|-----------|-----------|-----------|-----------|
| VERY LOW | <72% | <55% | <54% |
| LOW | 71%-76% | 68% - 74% | 66% - 71% |
| GOOD | 76% - 88% | 74% - 85% | 71% - 83% |
| INCREASED | >88% | >85% | >83% |





PHYSIQUE RATING

| RESULT | PHYSIQUE RANGE | EXPLANATION |
|--------|---------------------------|--|
| 1 | Hidden Excess Fat | High Body Fat % with Low Muscle Mass |
| 2 | Medium Frame & Excess Fat | High Body Fat %, Moderate Muscle Mass |
| 3 | Solidly Built | Large Frame, High Body Fat % & Muscle Mass |
| 4 | Low Muscle | Average Body Fat % & Low Muscle Mass |
| 5 | Standard | Average Body Fat % & Muscle Mass |
| 6 | Muscular | Average Body Fat % & High Muscle Mass |
| 7 | Low Muscle & Low Fat | Low Body Fat % & Low Muscle Mass |
| 8 | Thin & Muscular (Athlete) | Low Body Fat % & Adequate Muscle Mass |
| 9 | Very Muscular (Athlete) | Low Body Fat % & High Muscle Mass |



BODY WATER %

| FEMALE STANDARD RANGE | |
|-----------------------|---------|
| DEHYDRATED | < 45% |
| HEALTHY | 45%-60% |
| FEMALE ATHLETIC RANGE | |
| DEHYDRATED | < 50% |
| HEALTHY | 50%-65% |



BONE MASS

| FEMALE WEIGHT | HEALTHY BM WEIGHT |
|-------------------|-------------------|
| Less than 49kg | 1.95kg* |
| Between 50kg-75kg | 2.40kg* |
| Over 76kg | 2.95kg* |

Note, * indicates healthy weight (your reading should be around this mass).



VISCERAL FAT

| RATING GUIDE | |
|----------------------|-------|
| Healthy Level Rating | 1-12 |
| Excess Level Rating | 13-59 |



BODY FAT %

| FEMALE AGE | UNDERFAT | HEALTHY | EXCESS FAT | OBESSE |
|------------|----------|-----------|------------|--------|
| 20 - 39 | 0% - 21% | 21% - 33% | 33% - 39% | 39%+ |
| 40 - 59 | 0% - 23% | 23% - 34% | 34% - 40% | 40%+ |
| 60 - 79 | 0% - 24% | 24% - 36% | 36% - 42% | 42%+ |



MUSCLE QUALITY SCORE (EXCLUSIVE TO RD MODELS)

| FEMALE AGE | 18-29 | 30-39 | 40-49 | 50-59 | 60-69 | 70-79 | 80 |
|------------|-------|-------|-------|-------|-------|-------|-------|
| HIGH | >68 | >70 | >69 | >67 | >61 | >54 | >50 |
| AVERAGE | 48-67 | 48-69 | 45-68 | 41-66 | 34-60 | 26-53 | 22-49 |
| LOW | <40 | <47 | <44 | <40 | <33 | <25 | <20 |



MUSCLE MASS %

(MUSCLE MASS (KG) ÷ TOTAL BODY WEIGHT (KG) x 100 = MUSCLE MASS%)

| FEMALE AGE | 18-39 | 40-59 | 60-79 |
|------------|-----------|-----------|-----------|
| VERY LOW | <56% | <55% | <54% |
| LOW | 56%-61% | 56% - 62% | 54% - 60% |
| GOOD | 63% - 75% | 62% - 73% | 60% - 72% |
| INCREASED | >75% | >73% | >72% |





**RD-545
BODY COMPOSITION MONITOR**

CODE: 51546 | EAN: 490785817968

RRP: \$699.00

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HealthPlanet



RD-545 FEATURES

- Segmental Technology
- Auto-recognition
- iPhone/Android Compatible
- Long Term Tracking
- Normal/Athlete Mode

MEASUREMENTS

- Body Fat Percentage
- Body Water Percentage
- Muscle Mass
- Muscle Quality
- Visceral Fat Rating
- Basal Metabolic Rate
- Metabolic Age up to 99
- Physique Rating
- Bone Mass
- Total Weight
- Heart Rate Monitoring

TECHNICAL SPECIFICATIONS

| | |
|--------------------------|-----------------------------------|
| Max Capacity/Graduation: | 0-100kg/0.05kg 100-200kg/0.1kg |
| Product Size | 348x320x57mm |
| Product Weight | 2.8kg |
| Batteries | AA x 4 |
| No. of User Memories | 4 |



**RD-953 WHITE/BLACK
BODY COMPOSITION MONITOR**
(WHITE) CODE: 51954 | EAN: 4904785816763
(BLACK) CODE: 51953 | EAN: 4904785816756
RRP: \$399.00

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HealthPlanet



RD-953 FEATURES

- iPhone/Android Compatible
- Long Term Tracking
- Auto-recognition
- Normal/Athlete Mode

MEASUREMENTS

- Body Fat Percentage
- Body Water Percentage
- Muscle Mass
- Muscle Quality
- Visceral Fat Rating
- Basal Metabolic Rate
- Metabolic Age up to 99
- Physique Rating
- Bone Mass
- Total Weight

TECHNICAL SPECIFICATIONS

| | |
|--------------------------|-----------------------------------|
| Max Capacity/Graduation: | 0-100kg/0.05kg 100-200kg/0.1kg |
| Product Size | 298x328x32mm |
| Product Weight | 2.1kg |
| Batteries | AA x 4 |
| No. of User Memories | 4 |



BC-401 BLUETOOTH BODY COMPOSITION MONITOR

(WHITE) CODE: 51401W | EAN: 4904785042667

(BLACK) CODE: 51401B | EAN: 4904785042674

RRP: \$199.00

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BC-401 FEATURES

- 3 Measurements available for kids aged 5+
- Bluetooth Compatible
- Small & Compact A4 Size for easy storage.
- Auto Recognition

MEASUREMENTS

- Body Fat Percentage
- Body Water Percentage
- Muscle Mass
- Visceral Fat Rating
- Basal Metabolic Rate
- Metabolic Age up to 99
- Physique Rating
- Bone Mass
- Body Mass Index
- Total Weight

TECHNICAL SPECIFICATIONS

| | |
|--------------------------|--------------|
| Max Capacity/Graduation: | 150kg/0.1kg |
| Product Size | 217x316x27mm |
| Product Weight | 1.5kg |
| Batteries | AAA x 4 |
| No. of User Memories | 5 |



**BC-545N
BODY COMPOSITION MONITOR**

CODE: 51545N | EAN: 4904785813953

RRP: \$449.00

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BC-545N FEATURES

- Segmental Measurements
- Healthy Range Indicator
- Normal/Athlete Mode

MEASUREMENTS

- Body Fat Percentage
- Body Water Percentage
- Muscle Mass
- Visceral Fat Rating
- Basal Metabolic Rate
- Metabolic Age up to 99
- Physique Rating
- Bone Mass
- Body Mass Index
- Total Weight

TECHNICAL SPECIFICATIONS

| | |
|--------------------------|--------------|
| Max Capacity/Graduation: | 150kg/0.1kg |
| Product Size | 344x320x54mm |
| Product Weight | 2.3kg |
| Batteries | AA x 4 |
| No. of User Memories | 4 |



BC-587
BODY COMPOSITION MONITOR
 CODE: 51587 | EAN: 4904785811980
 RRP: \$199.00
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BC-587 FEATURES

- Healthy Range Indicator
- Recall Function
- Normal/Athlete Mode

MEASUREMENTS

- Body Fat Percentage
- Body Water Percentage
- Muscle Mass
- Visceral Fat Rating
- Basal Metabolic Rate
- Metabolic Age up to 50
- Physique Rating
- Bone Mass
- Total Weight

TECHNICAL SPECIFICATIONS

| | |
|--------------------------|--------------|
| Max Capacity/Graduation: | 200kg/0.1kg |
| Product Size | 300x340x43mm |
| Product Weight | 2.7kg |
| Batteries | AA x 4 |
| No. of User Memories | 4 |



BC-730
BODY COMPOSITION MONITOR

CODE: 54730 | EAN: 4904785813434

RRP: \$119.00

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BC-730 FEATURES

- Compact/Light Weight
- Recall Function
- Normal/Athlete Mode

MEASUREMENTS

- Body Fat Percentage
- Body Water Percentage
- Muscle Mass
- Visceral Fat Rating
- Basal Metabolic Rate
- Metabolic Age up to 90
- Physique Rating
- Bone Mass
- Total Weight

TECHNICAL SPECIFICATIONS

| | |
|--------------------------|--------------|
| Max Capacity/Graduation: | 150kg/0.1kg |
| Product Size | 216x260x33mm |
| Product Weight | 880g |
| Batteries | AA x 4 |
| No. of User Memories | 5 |



**UM-075
BASIC BODY COMPOSITION MONITOR**

CODE: 52075 | EAN: 4904785810068

RRP: \$99.00

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UM-075 FEATURES

- Healthy Range Indicator
- Note: For Children Aged 5-17, the unit will only display the previously measured weight and body fat %

MEASUREMENTS

- Body Fat Percentage
- Visceral Fat Rating
- Body Water Percentage
- Total Weight
- Muscle Mass

TECHNICAL SPECIFICATIONS

| | |
|--------------------------|--------------|
| Max Capacity/Graduation: | 150kg/0.1kg |
| Product Size | 323X310x34mm |
| Product Weight | 2.2kg |
| Batteries | AA x 4 |
| No. of User Memories | 4 |



**UM-051
BODY FAT MONITOR**

CODE: 52012 | EAN: 4904785809451

RRP: \$89.00

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UM-051 FEATURES

- Auto Shut Down
- Guest Mode Feature

MEASUREMENTS

- Body Fat Percentage
- Body Water Percentage
- Total Weight

TECHNICAL SPECIFICATIONS

| | |
|--------------------------|--------------|
| Max Capacity/Graduation: | 150kg/0.1kg |
| Product Size | 290x288x43mm |
| Product Weight | 2.2kg |
| Batteries | AA x 4 |
| No. of User Memories | 4 |
| Recall Function | |



**UM-040
BODY FAT MONITOR**

CODE: 52040 | EAN: 4904785812697

RRP: \$79.00

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UM-040 FEATURES

- Auto Shut Down
- Guest Mode Feature

MEASUREMENTS

- Body Fat Percentage
- Body Water Percentage
- Total Weight

TECHNICAL SPECIFICATIONS

| | |
|--------------------------|--------------|
| Max Capacity/Graduation: | 150kg/0.1kg |
| Product Size | 304x320x26mm |
| Product Weight | 2.2kg |
| Batteries | AAA x 4 |
| No. of User Memories | 4 |



HD-387 BATHROOM SCALES

CODE: 53388 | EAN: 4904785813137

RRP: \$89.00

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HD-387 FEATURES

- Reinforced Tempered Glass
- Large LCD Display
- 200kg Weight Capacity

TECHNICAL SPECIFICATIONS

| | |
|--------------------------|--------------|
| Max Capacity/Graduation: | 200kg/0.1kg |
| Product Size | 319x379x28mm |
| Product Weight | 2.7kg |
| Batteries | AAA x 2 |



**HD-325
BATHROOM SCALES**

CODE: 53325 | EAN: 4904785808058

RRP: \$69.00

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HD-325 FEATURES

- BMI readings
- Kilo / Pound / Stone switch
- 150kg Weight Capacity

TECHNICAL SPECIFICATIONS

| | |
|--------------------------|--------------|
| Max Capacity/Graduation: | 150kg/0.1kg |
| Product Size | 310x310x47mm |
| Product Weight | 2.3kg |
| Batteries | AA x 4 |



KD-321 DIGITAL KITCHEN SCALE WITH LIQUID MEASUREMENT MODE

CODE: 54321 | EAN: 4904785035478

RRP: \$79.00

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KD-321 FEATURES

- Easy-to-clean removable stainless steel tray
- Micro-mode available for measurement with 0.1g graduation
- Easy measurement conversion from gram to ml






TECHNICAL SPECIFICATIONS

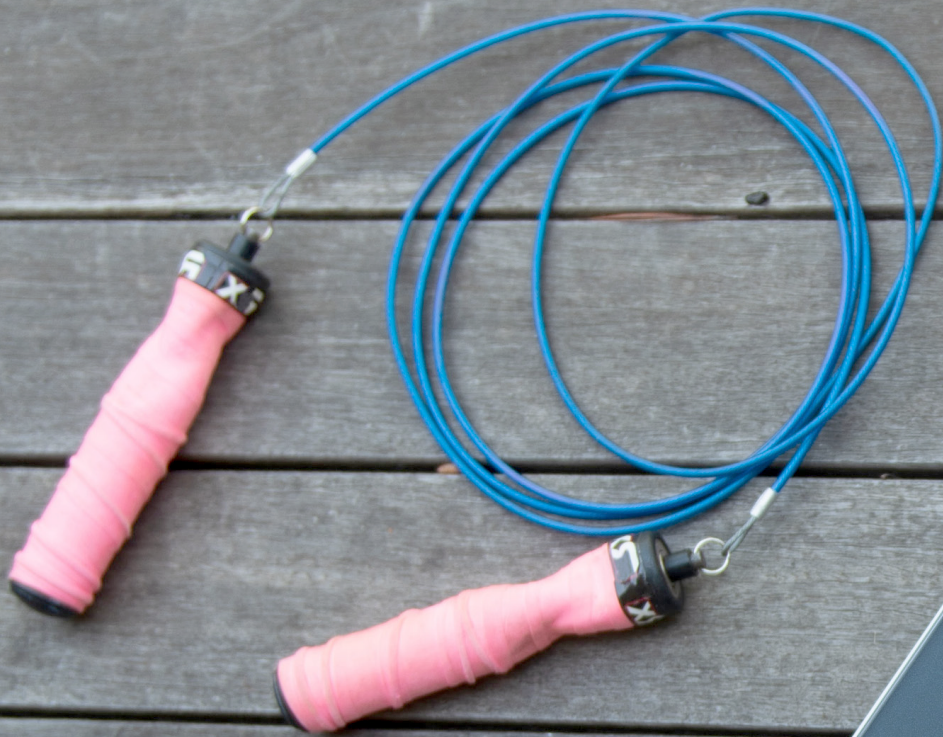
| | |
|--------------------------|------------------|
| Max Capacity/Graduation: | 3kg/ 0.1g |
| Product Size | 210 x 150 x 35mm |
| Product Weight | 0.573kg |
| Batteries | AA x 2 |

COMPARISON CHART

| |  |  |  |  |
|---------------------------------|---|---|--|---|
| | RD-545 | RD-953 | BC-545N | BC-401 |
| Max. Capacity | 200kg | 200kg | 150kg | 150kg |
| Graduation | 0.05kg | 0.05kg | 0.1kg | 0.1kg |
| Weight | ✓ | ✓ | ✓ | ✓ |
| Body Fat % | ✓* | ✓ | ✓* | ✓ |
| Total Body Water | ✓ | ✓ | ✓ | ✓ |
| Muscle Mass | ✓* | ✓ | ✓* | ✓ |
| Muscle Quality | ✓* | ✓ | | |
| BMR | ✓ | ✓ | ✓ | ✓ |
| Metabolic Age | ✓ | ✓ | ✓ | ✓ |
| Visceral Fat Rating | ✓ | ✓ | ✓ | ✓ |
| Physique Rating | ✓ | ✓ | ✓ | ✓ |
| Bone Mass | ✓ | ✓ | ✓ | ✓ |
| BMI | ✓ | ✓ | ✓ | ✓ |
| Segmental Measurements | ✓ | | ✓ | |
| Auto Recognition | ✓ | ✓ | ✓ | ✓ |
| No. of User Memories | 4 Users | 4 Users | 5 Users | 5 Users |
| Product Size/ Weight | 348 x 320 x 57mm 2.8kg | 298 x 328 x 32mm 2.1kg | 320 x 384 x 57mm 2.5kg | 217 x 316 x 27mm 1.5kg |
| Carton Size/ Weight | 381 x 318 x 368mm 14.3kg | 265 x 391 x 377mm 14kg | 465 x 298 x 298mm 14.4kg | 233 x 368 x 278mm 9.5kg |
| Carton Quantity | 4 pcs | 5 pcs | 4 pcs | 5 pcs |
| Tanita Factory Location | Japan | China | Japan | China |

*Segmental Readings Available

| |  |  |  |  |  |
|--------------------------------|---|---|--|---|---|
| | BC-587 | BC-730 | UM-075 | UM-051 | UM-040 |
| Max. Capacity | 200kg | 150kg | 150kg | 150kg | 150kg |
| Graduation | 0.1kg | 0.1kg | 0.1kg | 0.1kg | 0.1kg |
| Weight | ✓ | ✓ | ✓ | ✓ | ✓ |
| Body Fat % | ✓ | ✓ | ✓ | ✓ | ✓ |
| Total Body Water | ✓ | ✓ | ✓ | ✓ | ✓ |
| Muscle Mass | ✓ | ✓ | ✓ | | |
| Muscle Quality | | | | | |
| BMR | ✓ | ✓ | | | |
| Metabolic Age | ✓ | ✓ | | | |
| Visceral Fat Rating | ✓ | ✓ | ✓ | | |
| Physique Rating | ✓ | ✓ | | | |
| Bone Mass | ✓ | ✓ | | | |
| BMI | | | | | |
| Segmental Measurements | | | | | |
| Auto Recognition | | | | | |
| No. of User Memories | 4 Users | 5 Users | 4 Users | 4 Users | 4 Users |
| Product Size/ Weight | 300 x 340 x 43mm 2.7kg | 216 x 260 x 33mm 0.9kg | 323 x 310 x 34mm 2.2kg | 290 x 288 x 43mm 2.2kg | 304 x 320 x 26mm 1.7kg |
| Carton Size/ Weight | 306 x 410 x 390mm 14kg | 316 x 288 x 274mm 7.2kg | 253 x 385 x 378mm 12.4kg | 365 x 273 x 366mm 11.7kg | 350 x 215 x 345mm 12.3kg |
| Carton Quantity | 4 pcs | 6 pcs | 4 pcs | 4 pcs | 6 pcs |
| Tanita Factory Location | China | China | China | China | China |





Contact Us

Monday to Friday
8:30 am – 4:00 pm (AWST)

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