

Obesity Tsunami in NSW

FACTS

“More than half of the NSW population considers itself overweight or obese”,
(Oct 2006, *The Age*).

“It is clear that this is a tsunami which will swamp us unless we take action,”
NSW Health Minister, Mr John Hatzistergos stated.



TANITA CAN MAKE A DIFFERENCE...

In conjunction with eating the correct foods and implementing the required exercise needed to help lose weight, Tanita™ health and fitness monitors can make a difference with the weight loss process.

Using Tanita, you can monitor improvements in your health and fitness by observing changes in;

- Body fat %
- Body water %
- Muscle mass
- Physique rating
- Bone mass
- Abdominal fat rating
- Metabolic age
- Recommended daily calorie intake



By observing and monitoring these changes during the weight loss process, you can see your progress in many different facets other than just weight measurement. It is important to make sure your body fat% is within the healthy range, along with increasing your muscle mass and body water % - as keeping well hydrated is very important. Also, by knowing your recommended daily calorie intake you can effectively make better dieting decisions.

Having doubts about the accuracy and performance of a Tanita InnerScan Health And Fitness Monitor?

Choice magazine rated Tanita InnerScan the top in a study of 13 different monitors from 11 different brands:

References:

“Obesity ‘tsunami’ in NSW”, *The Age*, (<http://www.theage.com.au/news/health/obesity-tsunami-in-nsw/2006/10/31/1162056968019.html>)
Choice Magazine, October 2005, pp 26-27

1 Brand / model (in rank order)	PERFORMANCE				
	2 Overall score (%)	3 Weight accuracy score (%)	4 Weight sensitivity score (%)	5 Body fat measurement score (%)	6 Ease of use score (%)
TANITA InnerScan Body Composition Monitor BC-532	87	90	100	80	85
TEFAL Bodymaster Vision 79570	85	95	80	80	80
TANITA Body Fat Monitor / Scale BF-679W	83	90	80	80	80
PROPERT Glass Body Fat Electronic Bathroom Scale 3040	82	80	100	80	80
OREGON SCIENTIFIC High Precision Body Weight Monitor with Body Fat Index GA101	82	90	80	80	75
SOEHNLE Body Balance Chicago GSM-63671 (A)	82	90	80	90	65
SOEHNLE Volga 63674	80	95	80	70	75
SALTER Body Analyser Scale plus Body Fat & Body Water % 9140	78	85	40	80	80
HANSON Advanced HFA6	76	85	40	80	75
HOMEDICS Body Fat Analyser & Scale SC-510	75	80	40	80	78
HFI IFR Body Fat Analyser / Electronic Bathroom Scale BSTH75	75	85	40	80	73
TERRAILLON Advanced LIFA2	70	65	40	80	75
WEIGHT WATCHERS Body Fat Precision Electronic Scale WW70MA	61	30	40	80	80

Figure 1.1 Choice Magazine Body Fat Scale Test

Call Christine Goodwin now on (08) 9353 7815 or email christine.goodwin@milners.com.au to secure your stock of the Tanita BC 541 Fitness InnerScan – or ask her about our wide range of InnerScans and Health monitors available!

-ENDS-

References:

“Obesity ‘tsunami’ in NSW”, The Age, (<http://www.theage.com.au/news/health/obesity-tsunami-in-nsw/2006/10/31/1162056968019.html>)
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