



WITHINGS

## BODY SCALE WHITE

Connected scale - Body composition analysis

REF : NOK-WBS06-WHT

EAN : 3700546702525

EXISTS IN : BLACK, WHITE

### DESCRIPTION :

#### **An ideal weight loss companion**

High-accuracy weight and full body composition is just the beginning. Get to know a scale that coaches, rewards, and records all data automatically. And with tools at hand such as trend screens and nutrition tracking, you can set goals — and achieve them.

#### **Weigh smarter**

While people focus on weight, full body composition helps you know what goes into that number, so you can pinpoint your efforts.

#### **Be a trendsetter**

Don't get thrown by one "bad" day — the trend screen shows the previous 8 weigh-ins to help you see the big picture so you won't get discouraged.

#### **See yourself in a better mirror**

Every weigh-in appears in the Health Mate app automatically, via WiFi or Bluetooth sync. With your history available 24/7, you can see what works, reinforce positive behaviors and stay focused on your goals.

#### **Nutrition tracking: Knowledge is power**

What makes your numbers go up or down? Health Mate gives you perspective. Fact: Users who set a goal, track nutrition, and step on the scale regularly lose on average 4x more weight.

#### **Howdy partner**

Health Mate plays well with others, pairing with more than 100 health and fitness apps. Easily connect with favorite food tracking apps such as MyFitnessPal, Lose It!, and Weight Watchers. Or train for a race with Runkeeper, Runtastic and MapMyRun. Whatever you decide to add to the mix, Health Mate centralizes all your information to help you achieve your goals.

#### **More reasons to step on it**

Unique scale screens motivate you to hop on the scale every morning:

When connected to WiFi, the scale serves up a daily, local weather forecast to help you plan your outfit and your day's activities. And if you track activity, the scale's screen can display the previous day's steps, to reinforce just how much movement impacts the numbers you see on the scale.

### **For the whole family**

Up to 8 users can be recognized automatically, and each will have their data independently synced to their Health Mate profile.

### **One less thing to think about**

- Automatic sync : Every weigh-in is sent over WiFi or Bluetooth and delivered right to the Health Mate app.
- Goes the distance : Body will operate for up to 18 months using four standard AAA batteries (included).

## **STRENGTHS :**

- Full body composition: Track weight, BMI, total body fat and water percentage plus bone and muscle mass
- Nutrition tracking: Set a weight goal and manage your daily calorie budget with integrated nutrition tracking
- Best-in-class accuracy via Position Control™ technology, a patented body position detector
- Automatic WiFi or Bluetooth synchronization with your smartphone

## **CHARACTERISTICS :**

### Withings Body

- Length: 325 mm (12.8")
- Width: 325 mm (12.8")
- Depth: 23 mm (0.90")
- Weight: 2.1 kg (4.6 lbs)
- Weight range: 5 kg - 180 kg (9 lbs - 396 lbs)
- Weight units: kg, lb, stlb
- Precision: 100 g (0.2 lbs)

### Display

- 6.1 cm x 4.1 cm (2.4" x 1.6")
- 128 x 64 pixels
- Backlighting

### Connectivity

- Wi-Fi 802.11 b/g/n (2,4 GHz only)
- Bluetooth / Bluetooth Low Energy (Bluetooth Smart Ready)

### Sensors

- 4 weight sensors
- Position Control™ technology

#### Metrics

- Weight
- Fat mass (%) - standard and athlete mode
- Muscle mass (kg)
- Bone mass (kg)
- Water mass (%)

#### Batteries

- 8 months autonomy
- 4 AAA batteries

#### Features

- Automatic user recognition
- Weather forecast