



MetaCal Body Fat Caliper

The 10 Top Frequently Asked Questions

1) What makes the MetaCal a good body fat caliper?

MetaCal was originally marketed under another name by American Hospital Supply which was purchased by Baxter Healthcare Corporation. The product has been in the market for over 30 years since its original configuration. It has been tested over and over again and used by trainers, physicians, and medical clinics around the world.

2) Why is the MetaCal accurate?

On the left side of the caliper there is a small arm with an arrow. There is also an arrow on the left arm of the caliper. You line up the arrows when taking measurements. The design of the caliper and the materials used make sure that the correct skinfold pressure is obtained through the alignment of the arrows.

3) Why is MetaCal so inexpensive?

Well, since almost 3 million calipers have been produced, we are able to keep costs down. This is a product that is easy for us to manufacture in large batches, so we can pass along savings to our customers.

4) Is MetaCal a better caliper than Defender?

Defender is more advanced and you pay a little more for the technology. The MetaCal is very easy to use, but the measurements do not stay locked in. The Defender uses a Results Wheel Slide Chart, so you don't have to look up on paper charts. MetaCal has accurate results and is targeted for those that want a simple plastic caliper.

5) What is MetaCal made of?

It is made of a proprietary thermoplastic product that guarantees performance over thousands of uses. It retains its shape after each use, so you do not have to worry about consistency.

6) Is MetaCal a better caliper than Accu-Measure?

Absolutely YES! MetaCal was originally introduced and tested and marketed by American Hospital Supply, proving that this caliper, although plastic, has met the scientific community's need for accuracy. Accu-Measure was based on the MetaCal original design – just look at the shape, curvature at the bottom, size of the jaws. Note that the measurement tables on Accu-Measure are made up with no scientific evidence for measurements over 36 mm. Plus, the Accu-Measure charts have too many gaps – MetaCals charts are every 2 mm and every 2 years, while Accu-Measure has age gaps every 5 years. Your body fat measurements have way too great a range than to use charts with 5 year spacing.

7) I never measured body fat before, how do I do it?

MetaCal comes packaged with instructions on how to measure body fat and use the caliper, images to show where to take measurements, and body fat measurement charts. This is the lowest priced body fat caliper on the market and if you are budget conscious, then this is the caliper for you.

8) What if I need help with the item?

Call Sequoia Fitness Products USA at 877-987-3737. Ask for Matt. He has been designing body fat calipers for almost 15 years and is the expert on body fat analysis and support. We also have pdf files of the instructions in case you misplace them.

9) What is the Military Standard for Physical Readiness logo associated with Sequoia Fitness Products?

It is an emblem of trust and guarantee that all of the company's products meet a standard of excellence required by the armed forces when measuring body fat. If you were to join the military, you would have to pass a body fat exam and Sequoia has the tools to help you prepare.

10) Why would I use this caliper over an Omron body impedance product or a Tanita scale?

Calipers are known to be more accurate than impedance devices. Electronic body impedance devices pass an electronic current through your body. They change with your hydration status, metabolic rate, and women on their periods. Plus, they are more expensive. Experts will tell you that calipers are the best and most accurate way to measure body fat.