

HOW TO WORK YOUR TONUS PE BODY MASS CALCULATOR

There is only 1 switch to use on the Tonus PE Body Mass Calculator, with 4 positions, like a compass:

NORTH = UP = +

EAST = ENTER = \leftarrow , which triggers the storage of your input and prompts to the next screen

SOUTH = DOWN = -

WEST = ON/OFF = \odot

TURNING ON THE UNIT

To turn the unit on, hit \odot and the display will show BOY.

CHANGING BOY TO GIRL (AND BACK AGAIN)

If you need to change from BOY to GIRL, hit + OR - to change BOY to GIRL and back again.

Hit \leftarrow to ENTER your selection, and the display will show AGE-Y 11 for age in years. You will first be choosing AGE in YEARS, then AGE in MONTHS.

NOTE: AGE must be between 2 YEARS and 16 YEARS for the unit to function correctly.

CHANGING YOUR AGE in YEARS and MONTHS

If you need to change the AGE in YEARS, hit + OR - to scroll up or down to your child's AGE.

Then hit ← to ENTER and the display will show AGE-M 05 for age in months.

If you need to change the AGE in MONTHS, hit + OR - to scroll up or down to your child's AGE.

NOTE: If you enter a YEAR and MONTH outside of the recommended range, the unit will revert back to AGE in YEARS and will flash.

Then hit ← to ENTER your selection and the display will show LB for POUNDS.

CHANGING POUNDS TO KILOGRAMS

If you need to change from LB TO KG, hit + OR - to change LB to KG and back again.

Hit ← to ENTER your selection, and the display will show WEIGHT 055 LB (or 25.0 KG), which is the starting point for WEIGHT.

NOTE: selecting KG assumes that you are using metric numbers for weight and height measurements.

CHANGING WEIGHT

To change your child's WEIGHT, you must start with the first digit. To change each digit of your child's WEIGHT measurement, hit + or - followed by ← to ENTER. (If you do not need to change the digit, hit ← to ENTER.)

NOTE: if using kilograms (KG), record the WEIGHT to the nearest 0.5 KG.

NOTE: if the weight is less than 100 LB keep the first digit set to 0.

After entering the last digit of your WEIGHT, the display will show HEIGHT 55.0 IN (or 140 CM for CENTIMETERS if KG was selected above), which is the starting point for HEIGHT.

CHANGING HEIGHT

To change your child's HEIGHT, you must start with the first digit. To change each digit of your child's HEIGHT measurement, hit + or - followed by ← to ENTER. (If you do not need to change the digit, hit ← to ENTER.)

NOTE: if using inches, record the HEIGHT to the nearest ½ (0.5) inch.

NOTE: if using centimeters and height is less than 100 CM, keep the first digit set to 0.

After entering the last digit of your child's HEIGHT:

The display will show **BMI (BODY MASS INDEX)**.

Hit **+** and the display will show **BMI %ILE (BMI PERCENTILE)** and the **Weight Status Category**:

--UW-- (UNDERWEIGHT),
NW (NORMAL WEIGHT),
+RO+ (RISK of OVERWEIGHT), or
++OW++ (OVERWEIGHT)

Hit **+** and the display will show **HT %ILE (HEIGHT PERCENTILE)**

Hit **+** and the display will show **WT %ILE (WEIGHT PERCENTILE)**

Hitting **←** or **ENTER**, will return you to the main screen.

MODIFYING PRIOR ENTRIES

The numbers you entered will remain in the calculator in case you want to modify any of the entries.

HIT **←** or **ENTER** until you need to change or review a number.

Note that the numbers will be stored for several weeks or longer depending on the battery life at the time.

TONUS PE BODY MASS CALCULATOR

Thank you for purchasing the Tonus PE BMI and Growth Calculator. This product, the first of its kind, gives you a portable digital tool to use at home with your children, to calculate BMI and BMI percentiles, as well as their height and weight percentiles. You only need to know your child's height, weight, and age. TONUS PE calculates the info when you want it and works for all children ages 2-16, up to 220 lbs (100KG). The U.S. Government Centers for Disease, Control, and Prevention (CDC) and the American Academy of Pediatrics recommend monitoring your child's BMI percentile to screen for overweight in children and teens starting at age 2.

BODY MASS INDEX (BMI) and BMI PERCENTILES

Calculating BMI is one of the best methods for population assessment of overweight and obesity. It is a useful screening tool to identify possible weight categories that may lead to health problems. The CDC specifies the same formula for children as adults. But because body fat changes with age and is different for boys and girls, a BMI percentile is generated to know where your child's results are relative to the general population and norms.

Percentiles are the most commonly used indicator to assess the size and growth patterns of individual children in the United States. The percentile indicates the relative position of the child's BMI number among children of the same sex and age. Percentile lets you know for every 100 children, where your child relates. For example, if your child is in the 60th percentile of weight, then he or she is in a group where 60 of every 100 children weigh equal to or less than yours.

The 50th percentile means that half of the children would weigh more (50%) and half would weigh less, or that your child is of average weight.

Also, since healthy weight changes for every month of age differently for boys and girls, and healthy weight changes as height increases, just knowing BMI is not enough. Likewise healthy BMI results change for boys and girls as they age. That is why you need to know your child's BMI percentile.

The following growth chart contains the published and accepted BMI percentiles and weight status categories from the CDC:

Weight Status Category	Percentile Range
Underweight	Less than the 5th percentile
Healthy weight	5th percentile to less than the 85th percentile
At risk of overweight	85th to less than the 95th percentile
Overweight	Equal to or greater than the 95th percentile

HEIGHT AND WEIGHT PERCENTILES

Your child's doctor always provides you with height and weight percentiles during wellness visits. With TONUS PE, you can know these numbers at any time. They are automatically calculated after BMI percentile, so you can track your child's growth rate whenever you want.

RESULTS AND DISCLAIMER:

If you are concerned about your child's results, please contact your child's doctor and enquire if other health assessments or diagnostic tests should be performed. Doctors and other health care professionals are the best people to determine whether your child's weight is healthy, and they can help rule out rare medical problems as the cause of unhealthy weight. A physician will also consider your child's age and growth patterns to determine whether his or her weight is healthy.

BATTERY TYPE:

2 LR44 batteries are required (included).

CUSTOMER SERVICE:

Please fill out the contact form on www.sequoiafitness.com if you need further information.