



WEIGHING ON ME

Keep tabs on weight, body fat, BMI and more with the latest scales. **Charlotte Wickens** sizes up the top machines

Bathroom scales are no longer limited to pounds, stones and ounces. In a world that is becoming increasingly health conscious, some brands have been producing scales with multiple features. Others have stuck to the more traditional line, but with some innovative twists.

The latest crop of smart scales have the ability to connect to Bluetooth or wifi and can stream the results of your “weigh in” to your phone or smart watch, making your results trackable and trends detectable, helping you to stick to whatever your health or fitness goals may be.

The smart scales measure body composition using BIA technology (biometric impedance analysis) which sends electrical impulses through the body to differentiate lean tissue from fat. (You won’t feel this when you step on the scale and it is perfectly safe).

As well as registering your weight, smart scales can also calculate a myriad of other measurements, such as BMI (body mass index), body fat percentage, water percentage, skeletal muscle percentage, bone mass, protein, BMR (basal metabolic rate- the minimum number of calories the body needs to function at rest) and body age. Many are also able to register multiple users and send the relevant data to the correct family member’s phone.

These scales were reviewed on how easy they were to set up and use, their accuracy, their aesthetic appeal and how efficiently they did the promised job.

1. Beurer BF700 Diagnostic Bathroom Scales: £39.92, Amazon

Beurer smart scales stream your results directly to your smartphone via Bluetooth. The HealthManager App is compatible with other Beurer products (activity watch, blood pressure and glucose monitor) so users can monitor their general health. In addition to the usual measurements (weight, BMI, body fat and the like) the BF700 also calculates your active metabolic rate (AMR) enabling users to understand how many calories their body requires daily when it’s in an active state, aiding either weight maintenance, gain or loss. On the app, data can be displayed in various ways (overview, diagram or table) and similarly to other apps, is colour coded (blue for low, red for high) based on overall values calculated on your age, height and gender. The minimalist design means these scales suit most modern bathrooms and the white backlit display makes results clearly readable.

2. Renpho Healthbuddy 2 Lite: £32.99, Amazon

Renpho is a digital scales specialist and these keenly priced smart scales will calculate seven other measurements in addition to weight, including BMI, body fat, and water and bone mass. The results are streamed to the corresponding app on your phone. Here, your results are colour coded (green for standard,



yellow for high, and so on) according to a scale calculated on user's height, gender and age, enabling you to see beyond the initial number received. The scales also register multiple users and send the results to the correct phone, making them an investment for the whole family. The slick black case will suit a modern bathroom.

3. Salter Bathroom Analyser Ultra Slim Scales: £24.99, Salter

If you don't want to bother with an app, these easy-to-set-up scales will give you a quick insight into your body health and fitness. Your weight is displayed clearly and is easily readable on the screen. By using the function buttons to scroll across, other results (BMI, body fat and water percentage and BMR) are quickly accessible. The scales can store the data for eight different people. They also come with the addition of "carpet feet" enabling users to accurately weigh in carpeted bathrooms. While these look more like classic electric scales, the slimline design aides easy storage if you don't want them on display

4. Terrillon Pocket Bathroom Scale: £19.67, Amazon

These compact scales are ideal for bijou bathrooms. The user's weight is the only measurement taken and despite the smaller-than-average size, results are easily readable. They come in several different designs (city silver, skyline, patterned) and we think they could make them a good gift for any university students wanting to avoid the Freshers' 15.

5. Weight Watchers Precision Slim Glass Body Analyser Scale: £24.99, Argos

Slimmer than most of the scales we tested, we loved the glass feel of the Precision Slim Glass Scales by Weight Watchers. They can be used in two ways: simply to monitor your weight, or to analyse BMI, body fat, bone mass and so on. Weight is displayed on the screen while you're using the scales and is clear and easy to read. Other aspects of body composition (such as BMI) are also displayed on the screen once the user has set up a profile, eliminating the need for an app. These scales can register up to four users, however we found that setting up the different user profiles was more complicated as the buttons on the scales weren't as touch sensitive as others we tried.

6. Terrillon Speedometer Bathroom Scale: £50, John Lewis

Want to keep things simple? These scales give you both a digital reading alongside an analogue one. They will only measure your weight so there are no apps or extra buttons to worry about. These are larger than some we tested but the black and chrome casing means they will be a sleek addition to the bathroom.

7. Garmin Index Smart Scale: £129.99, Currys

Garmin has a wide range of range of fitness and health devices on the market, and if you already own one or more of them, this is a great addition to the family. With Bluetooth and wi-fi connectivity, you can sync these scales to your smartphone through the Garmin Connect app. Here, you can easily keep track of all of the data recorded by the scales, including weight, BMI, body fat and muscle mass. You can see this all on the scales, too, which have a bright, clear LCD display). The app allows you to set a target weight, and then visualises your progress towards it through graphs and numbers. If you own other Garmin devices, such as a fitness tracker, your data from that can feed into the app as well. The scales can recognise up to 16

► 6 October 2017

different users and are available in black or white.

8. Tanita Innerscan Dual RD-545: £413.96, Tanita

As the high price tag suggests, these smart scales from the Japanese specialist are for those who are very serious about monitoring their fitness goals and are after “medical grade” accuracy. Using dual frequency BIA technology – an extra current to other body analyser scales on the market for greater accuracy – they take 12 different measurements and send them to the MyTanita app for analysis. The difference here is that these measure your four limbs and torso separately – you hold onto the grip handle while it analyses your body – giving you a “muscle quality score” so you can see where you need to make tweaks to your training programme. The information is then presented in a series of easy-to-read charts and graphs so you can set goals. If that sounds more than you need, there are cheaper models in the range that will still give you a comprehensive set of measurements.

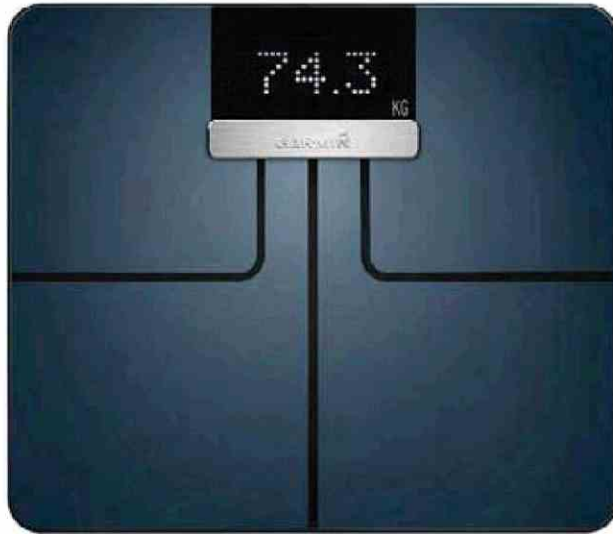
The Verdict:

We reckon that the scales from Beurer tick pretty much all of the boxes, offering effective smart capabilities at a reasonable price. They're easy to use and we think they look great.



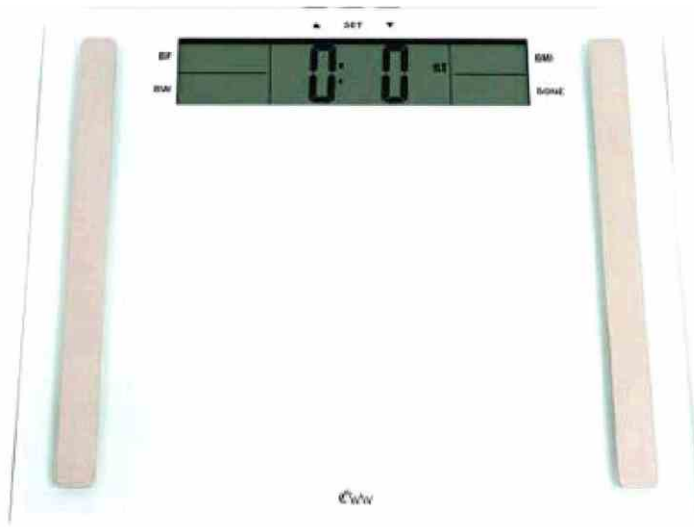


► 6 October 2017





► 6 October 2017





► 6 October 2017





► 6 October 2017

