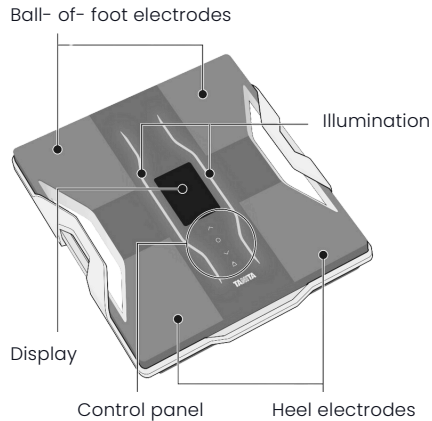
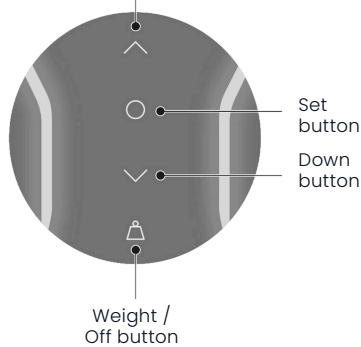


## Features and Functions

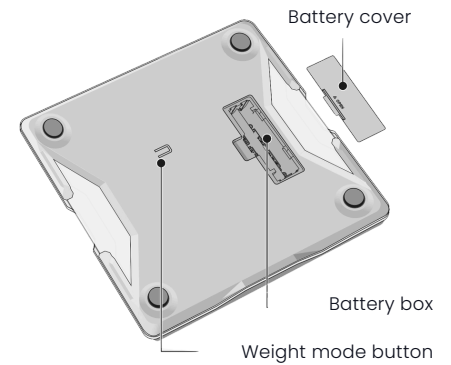
### Front



### Up/Recall button



### Back







## Preparation before use

- Turn the device around.

### Inserting the batteries

- Open the battery cover on the back.
- Insert the supplied AA-batteries.

### Set your location code

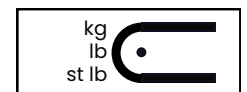
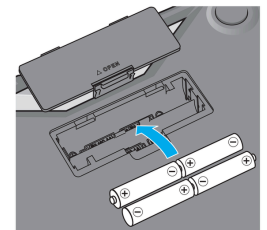
- When the power is off, press and hold the  button.
- Scan the QR code on the right, to see your location code and then use the  and  buttons to select your location code on the device.
- Press the  button to enter and save the setting.

### Change the weighing unit

- Change the weight unit on the back of the scale, by using the button.

### Positioning the monitor

- Place the device on a hard, flat surface.



## Setting up your device via Smartphone

Create your My TANITA account  
by scanning this QR code



See your location code



# Download the free My TANITA app



## Getting the most from your TANITA RD-953 Body Composition Scale

### Top tips for how to best measure and monitor your body composition

Remember, a TANITA Body Composition Scale is completely different to a normal bathroom scale; showing you not just your weight, but also what that weight is made up of.

Your body composition naturally changes due to factors such as eating, drinking, sweating and going to the bathroom. These factors can change your body weight up to 2.5kg during the course of the day, so it is important to measure under most consistent circumstances possible.

By following these guidelines, normal daily fluctuations will average out, and you will be able to better assess the real changes in your body composition over time.



**1** Measure **once a week, at a similar time of day.**



**2** Position your **scale on a flat, solid, floor surface**, not on carpet.



**3** **Avoid taking a measurement straight after exercise.** Exercise affects your body in a number of ways, this can lead to inconsistent results.



**4** **Measure 2-3 hours after a meal** as undigested food/drink will artificially increase your weight. Large amounts of caffeine or alcohol tend to impact water transfer in your body and will have a negative impact on the accuracy of the results.

**5**

Always stand on the scale with bare feet because the electrodes need skin contact. Preferably measure with **as little clothing as possible and empty your pockets** (especially electrical devices such as phones, smart watches and GPS devices).



**6**

Make sure you **stand completely still** during the measurements.



**7**

Keep the scale in a room with a **moderate temperature and without high humidity** – for this reason it is best not to keep your scale in the bathroom.



**8**

Finally, **keep your scale clean and free from dust.**



Visit our webpage  
“Understanding your measurements”  
to learn more about your results

