

TANITA

Healthy Habits for Happiness



**Let's improve
lives together**

Healthy habits for happiness

As an innovator in the field of Bioelectrical Impedance Analysis (BIA), TANITA utilises 4C methodology in the development of our technology; which is universally regarded as the **GOLD STANDARD** for analysing body composition, along with superb product quality, which we proudly back-up with an unparalleled guarantee period.

Recently, TANITA has introduced an appealing new company mission; 'Healthy Habits for Happiness' which demonstrates our ambition to not only Measure and Monitor health, but also to Motivate people towards creating and maintaining a healthy lifestyle step by step.

Recent studies* have shown that monitoring one's progress against a goal increases the likelihood of attaining the goal by up to 80%. TANITA prides itself in being the only supplier of BIA devices for professional use, that also offers BIA technology in body composition scales for home use, offering everyone the opportunity to monitor their progress on a regular basis.



Supporting healthy habits

Tanita can help you educate and motivate your patients/ clients to change their habits and behaviours with the Tanita 3M's:

MEASURE

Tanita's advanced BIA technology means you are able to measure a full range of highly accurate, holistic health data.

MONITOR

Monitor your patients/ client's progress; regular monitoring has been shown to increase the attainment of health-related goals by up to 80%*.

MOTIVATE

Finally, help motivate them to continue with their new health habits by sharing their results using our simple reports which track their progress and compare their results with healthy norms.

*Harkin et al (2016) 'Does Monitoring Goal Progress Promote Goal Attainment? A Meta-Analysis of the Experimental Evidence'. Psychological Bulletin, Vol. 142, No. 2, 198-229.



Staying **motivated** is the hardest part of any health improvement process, but Tanita can help your patients/clients stay on track.



Body composition measurements

Our measurements can help you support your patients/clients to improve their holistic health, they include:



Weight, fat % and BMI - Compare your patient's measurements against healthy ranges, set achievable goals, and help them work towards reducing the risk of associated health problems.



Visceral fat - Review your patients 'hidden fat' and help them to reduce their risk of heart disease, type 2 diabetes and some cancers.



Muscle mass - A healthy muscle mass is important for holistic health; supporting better metabolic health and reducing the risk of Sarcopenia and musculoskeletal problems. Improving or maintaining muscle improves patient's mobility and reduces their risk of frailty, falls and fractures.



Total body water - Healthy hydration levels will reduce fatigue, headaches and constipation in the short term, and in the longer term, help to prevent UTI's and kidney stones. Intracellular water data, which is available on some of our devices, can help detect cardiovascular problems and oedema.

Plus so much more!!!

TANITA
Healthy Habits for Happiness



**MC-780
MA P**

**Multi frequency,
segmental, medically
accredited body
composition
monitor**

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for details)

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TANITA

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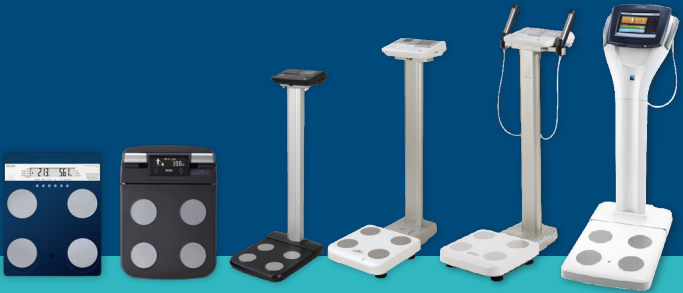
**Speak to us to find out how
your patients can benefit
from Tanita technology.**

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