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## 9 best bathroom scales

Stay healthy and up to date on your vital stats with an easy-to-use set of scales



by  
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Weighing yourself is an activity most of us regard as a reluctant but necessary activity. Whether you do it peeking through your fingers, on hopeful tiptoes or with the confidence that hours in the gym brings, a set of accurate, easy-to-use bathroom scales is essential. And, given that the latest models are packed with features and digital accuracy, weighing yourself could be, dare we say it, fun. While rotary scales pretty much all worked in the same way, with an arrow or a dial zooming its way towards your weight when you stepped on, there's now a wide choice of designs, depending on how much information you'd like. Some models even include modes for expectant mums, so you can chart the stages of pregnancy. At the lower end of the market, you'll find traditional analogue scales and cheap and cheerful digital

models that will tell you your weight but not much more. Spend a bit extra and there's a better choice of features and designs, as well as scales that link to apps for a more balanced overview of how your weight fits into your wellness in general. Shell out more than £100 and you'll be into body analyser territory, so you can see if it really is muscle mass or water weight and not a love of pizza. These use one or more low electrical currents to gauge your stats, so won't be suitable for those with pacemakers. Some models have a weight-only mode for pacemaker users. How we test Your tester normally weighs somewhere between 67.5 and 69kg clothed and exercises moderately. To ensure weight fluctuations didn't play a part in any discrepancies, all of these scales were tested at the same time on the same day. The scales were marked on accuracy and repeated accuracy (with different feet positions), how easy they were to charge or change batteries, overall size and storage needs, and general ease of use.

### **Terraillon R-LINK body fat analyser**

*£99, Amazon*

**Best for:** Motivation



**Key specs - Min/Max weight: 0.1-150kg; Dimensions: 30.2cm x 30.2cm x 1.25cm; Guarantee: 2 years**

If your idea of small talk is wowing people with your ratio of lean muscle to fat or showing off a graph of how healthy you are, then step onto these. They're a stat-lover's dream, tracking body composition including weight, BMI, body fat, muscle mass, body water and bone mass, and collecting the data in its Wellness Coach app. This in turn tracks your eating habits, physical activity and blood pressure and gives advice for achieving goals. The scales will connect to eight devices at a time using Bluetooth and are compatible with Apple Health. A large stainless-steel platform and backlit LCD screen add to the premium feel, plus they are super-slim, so can be stored in a tight space. On the downside, they require twin disc

batteries, so might need a regular change, and connecting to the app was complicated. It's also easy to feel overwhelmed by the amount of information in the app if all you want to know is your weight – there's lots of functionality you may not use. The weight was 67.9kg, which was lower than most.

**Buy**