
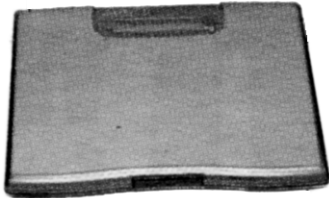




**Tekst 3**

- 1p 3 Welke weegschaal kan precies voor je bijhouden hoeveel je bent afgevallen of aangekomen in een bepaalde periode?
- A nummer 1
  - B nummer 2
  - C nummer 3
  - D nummer 4

<p style="text-align: center;"><b>1</b></p> <p><b>Tanita Body Fat Monitor BF-555, £79.99</b></p>  <p>THIS calculates your body fat percentage while weighing you. Simply key in your details (age, height, sex and your activity level) and press a switch. It can store readings and then compare them. Stockists: 0800 731 6994</p> <p style="text-align: right;"><b>9/10</b></p>	<p style="text-align: center;"><b>2</b></p> <p><b>A &amp; D Personal Precision Health Scale UC-321, £99</b></p>  <p>THIS electronic scale is accurate to 50g – you could even use it for weighing the baby. It also calculates your BMI (body mass index), which experts say is a better fitness indicator. Stockists: 01628 773233</p> <p style="text-align: right;"><b>7/10</b></p>
<p style="text-align: center;"><b>3</b></p> <p><b>Seca 791 Health Scale, £79</b></p>  <p>A LARGE, heavy scale that feels reassuringly solid. It has a very easy-to-read dial displaying both kilos and stones and pounds. A good investment – if you've got the space. Available from John Lewis 020 7629 7711</p> <p style="text-align: right;"><b>8/10</b></p>	<p style="text-align: center;"><b>4</b></p> <p><b>Salter Electronic Bathroom Scales, £29.75</b></p>  <p>THERE is a switch at the back to change the display from kilos to stones and pounds. It comes with replaceable long-life lithium batteries and a ten-year guarantee. Available from John Lewis, as before.</p> <p style="text-align: right;"><b>8/10</b></p>