

# Fit Body Light Operations

*(DISCLAIMER: The Fit Body Light System is not intended for use in the diagnosis, cure, mitigation, treatment, or prevention of disease or any other condition, and is not intended to affect the structure or function of the body. The product is cosmetic in nature and does not claim to impart any health benefits. The statements below have not been evaluated by the US Food and Drug Administration.)*

## Getting to Know the Fit Body Light

The Fit Body Light Body Contouring System includes two oversized 12" x 30" treatment pads which offer flexibility and full coverage for the tummy, thighs, buttocks, arms, etc. Each treatment pad has 270 LEDs (not lasers). Looking at them will not hurt the eyes. Each LED (Light Emitting Diode) emits safe 635 nm wavelength visible red light with unique therapeutic benefits. The light works for all skin types and emits a soothing, gentle warmth.

The control unit has a touch-screen display and timers that shut the LED pads off after 10 minutes automatically. A beeping sound signals the end of the treatment. You can restart for another 10 minutes but no additional benefits will accrue. It will not hurt to increase the time.

The custom treatment pads have clear, hygienic, easily cleaned covers. You can use any method of cleaning you like. Alcohol, Lysol, a damp cloth or sponge with soap and water, etc.

Help your clients loose inches and improve their body with the simple, effective Fit Body Light LED System. Each hands-free treatment takes only ten minutes to get scientifically proven results. With the recommended ten-treatment series, the Fit Body Light can easily be incorporated into a healthy lifestyle program of diet and exercise.

## Initial System Setup

***WARNING: Do not connect or disconnect pads when the power is on as this may damage the pads or system body. In order to prevent equipment defects, the AC power cord should not be plugged into the outlet prior to assembly of the equipment.***

### Step 1: Treatment Pad Connection

Connect one treatment pad to either of the round ports at the front of the unit, underneath the display. The male and female connectors fit perfectly when properly aligned, ***don't force them***. Just turn the end gently and it will click into place and seat. Tighten the securing ring.

Connect the second treatment pad to the second port next to the first port.

### Step 2: Power Connection

Connect power cord to the AC power inlet at the back of the Fit Body Light.

### Step 3: Power On

Turn on the power switch at the back of the Fit Body Light.

## **The Treatment Pads**

Place one treatment pad flat on your treatment table with the LEDs facing up.

When treating a client you will place the other treatment pad over the client's treatment area with the LEDs facing the treatment area.

After treatment you may clean the treatment pads with your disinfectant of choice.

Reminder: Leave the covers on the treatments pads at all times.

Place the treatment pads flat until next use.

## **Operating Procedures**

The Fit Body Light is preprogrammed with the company's default setting protocol of ten minutes per treatment pad placement. There is no need for any other setting as increased time does not enhance results.

### Treatment Procedure

Step 1: Select treatment pad one and press the "on" key.

Step 2: Next select treatment pad two and press "on" key.

Step 3: Once the timer is finished, an audible alarm will sound and you may press "off" key.

## **After the treatment**

It is highly recommended that the client participate in cardiovascular activity immediately after the treatment to both stimulate the lymphatic's further, and to engage the muscles to use the free fatty acids as an energy source.

It is also recommended to advise clients to drink plenty of water following the treatment.

## **Contraindications**

Epilepsy

Pregnancy/Lactating/Breast Feeding

Liver/Kidney Disorder

Pacemakers

Uncontrolled Hypertension

Severe Thyroid Gland Dysfunction

Cancer/Radiation treatment

Immunosuppressive Disorders

Heart Disease/Cardiac Arrhythmias

Not recommended for individuals under the age of 18

***For more information on the Fit Body Light and other cutting edge fitness products, visit our website [elixa.com](http://elixa.com).***

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