

Sample Scan

Measured: 05/08/2015

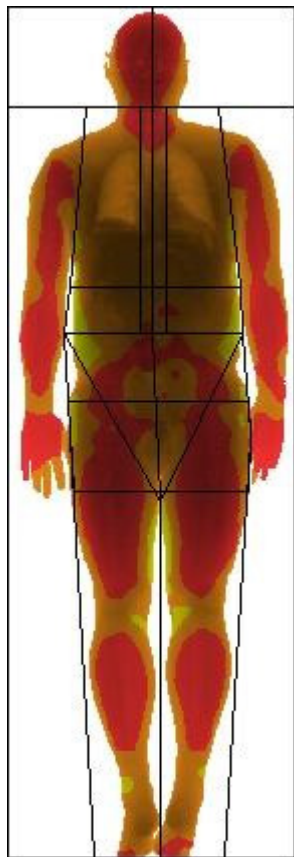
Age: 39.6 **Birth Date:** XX/XX/XXXX
Gender: Male **Height:** 76.0 in.
Baseline Date: (none) **Weight:** 235.0 lbs.

SUMMARY LEVEL RESULTS

Total Body Composition

Measured Date	Total Body Fat	Total Mass (lbs)	Fat Tissue (lbs)	Lean Tissue (lbs)	Bone Mineral Content (BMC)
05/08/2015	30.3%	231.1 lbs	67.74 lbs	155.64 lbs	7.69 lbs
05/06/2015	30.4%	231.5 lbs	68.02 lbs	155.95 lbs	7.58 lbs

Total Body Tissue Quantitation



Recommended Body Fat %

This table provides target body fat percentages based on empirical DEXA scan results. It is meant to provide general guidance for individuals, and to help set goals. (Sample Size n=754)

WOMEN

Age	0 - 20th Percentile	20th - 40th Percentile	40th - 60th Percentile	60th - 80th Percentile	80th - 99th Percentile
20-29	< 24%	24% - 28%	28% - 32%	32% - 38%	> 38%
30-39	< 26%	26% - 30%	30% - 34%	34% - 38%	> 38%
40-49	< 26%	26% - 31%	31% - 35%	35% - 39%	> 39%
50-59	< 29%	29% - 33%	33% - 38%	33% - 38%	> 41%
>60	< 30%	30% - 34%	34% - 37%	37% - 40%	> 40%

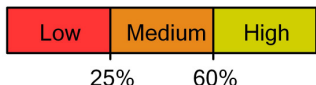
MEN

20-29	< 15%	15% - 18%	18% - 23%	23% - 27%	> 27%
30-39	< 16%	16% - 21%	21% - 25%	25% - 29%	> 29%
40-49	< 18%	18% - 24%	24% - 27%	27% - 32%	> 32%
50-59	< 19%	19% - 25%	25% - 27%	27% - 32%	> 32%
> 60	< 24%	24% - 27%	27% - 32%	32% - 33%	> 33%

Regional Composition

The table below divides your body into 5 key regions and provides the composition breakdown for each. Dexa Body will track these regions over time to chart individual progress.

Region	Total Region Fat %	Total Mass (lbs)	Fat Tissue (lbs)	Lean Tissue (lbs)	Bone Mineral Content (BMC)
Arms	24.6%	27.5 lbs	6.78 lbs	19.67 lbs	1.09 lbs
Legs	23.6%	79.7 lbs	18.81 lbs	57.69 lbs	3.15 lbs
Trunk	35.4%	112.5 lbs	39.81 lbs	70.44 lbs	2.22 lbs
Android	38.9%	18.7 lbs	7.29 lbs	11.29 lbs	0.13 lbs
Gynoid	26.3%	37.3 lbs	9.80 lbs	26.62 lbs	0.85 lbs
Total	29.3%	231.1 lbs	67.74 lbs	155.64 lbs	7.69 lbs





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Client	Sex	Facility	Birth Date	Height	Weight	Measured
Sample Scan	Male	Highland Dr.	XX/XX/XXXX	76.0 in.	235.0 lbs.	05/08/2015

METABOLIC & MUSCLE DISTRIBUTION REPORT

RESTING METABOLIC RATE (RMR)

Test Date 05/08/2015	2,230 cal/day	This is a nutritional baseline indicating the number of calories you need to intake to sustain lean tissue. Depending on your goals, you will need a caloric deficit or surplus. Dexa Body offers a comprehensive RMR test which offers an in depth calculation of your total body caloric requirements.
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RELATIVE SKELETAL MUSCLE INDEX (RSMI)

Test Date 05/08/2015	9.42 kg/m²	RSMI represents the relative amount of muscle in the arms and legs. Sarcopenia is the degenerative loss of skeletal mass (0.5 - 1% loss per year after the age of 25), quality, and strength associated with aging. Men should have an RSMI greater than 7.26, and women should be greater than 5.45.
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FAT DISTRIBUTION REPORT

ANDROID/GYNOID

Region	Tissue Fat %	Notes
Android	38.9%	Android fat is associated with visceral (unhealthy) fat. It is concentrated in the abdominal region, lends itself to an "apple shape," and can be metabolically active. <i>Ideally, Android Tissue Fat % should be less than Total Body Fat %.</i>
Gynoid	29.3%	Gynoid fat is concentrated in the hips, upper thighs, and buttocks. It is not necessarily unhealthy, but it is where excess fat deposits reside and results in a "pear shape."
A/G Ratio	1.46	The A/G ratio compare Android Fat to Gynoid Fat. <i>The ideal ratio is less than 1.0 for optimal fat distribution.</i>

LEAN MASS RATIOS

Lean mass ratios provide a quick snapshot of how lean tissue is distributed in our bodies. This is an individualized approach to understanding lean tissue distribution relative to your total body composition.		
Trunk	62.6%	This metric indicates what percentage of the total tissue in your trunk is considered lean tissue. The trunk includes the area spanning from your pelvic region to the top of your neck, not including your arms.
Legs	72.4%	This metric indicates what percentage of the total tissue in your legs is considered lean tissue.
Arms	71.4%	This metric indicates what percentage of the total tissue in your arms is considered lean tissue.

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MUSCLE BALANCE REPORT

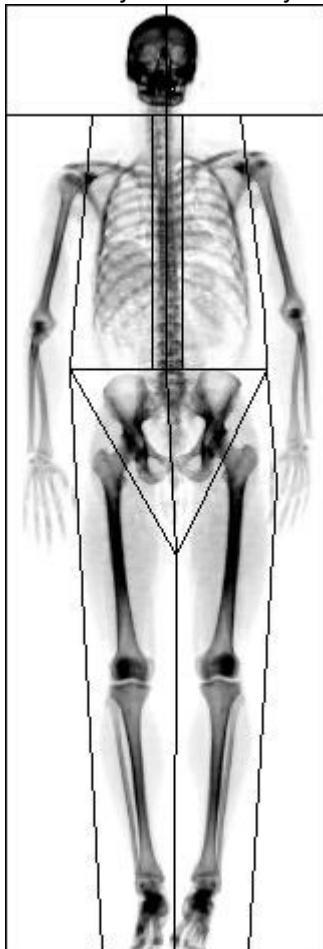
The table below regionalizes your arms and legs to assess muscle symmetry. Arms will often have tissue imbalances up to 0.5 lbs, while legs will have tissue imbalances up to 1.5 lbs. Dexa Body looks at movement efficiency, and having a balanced body composition improves overall physical capability, especially with functional movements.

Region	% Fat	Total Mass	Fat Mass	Lean Mass	BMC
Right Arm	25.3%	14.3 lbs	3.63 lbs	10.13 lbs	0.58 lbs
Left Arm	23.8%	13.2 lbs	3.15 lbs	9.54 lbs	0.52 lbs
Arms Total	24.6%	27.5 lbs	6.78 lbs	19.67 lbs	1.09 lbs
Right Leg	24.1%	39.3 lbs	9.45 lbs	28.27 lbs	1.54 lbs
Left Leg	23.2%	40.4 lbs	9.36 lbs	29.42 lbs	1.61 lbs
Legs Total	23.6%	79.7 lbs	18.81 lbs	57.69 lbs	3.15 lbs

BONE REPORT

Bone density is a critical component of our overall health and physical capabilities. As we age, our bone strength naturally deteriorates through a process called fibrosis. Fibrosis causes our bone structure to slowly convert to fibrous tissue. Weight-bearing exercises that stress our skeletal tissue can increase bone density.

Total Body Bone Density



Bone Density: USA (Combined NHANES/Lunar)

Region	BMD	Young Adult T-Score	Age Matched Z-Score
Head	2.363 g/cm ²	N/A	N/A
Arms	0.880 g/cm ²	N/A	N/A
Legs	1.430 g/cm ²	N/A	N/A
Trunk	1.052 g/cm ²	N/A	N/A
Ribs	0.956 g/cm ²	N/A	N/A
Spine	1.183 g/cm ²	N/A	N/A
Pelvis	1.059 g/cm ²	N/A	N/A
Total	1.266 g/cm²	0.6	-0.3

The chart above provides a Total Body Bone Mineral Density (BMD) quantity along with a T-Score and a Z-Score. The T-Score compares your bones to a healthy 30-year old adult of your gender. The Z-Score compares your BMD to a person at your same age and of the same gender. The values given are measured in units called standard deviations, and they show how your BMD compares to the given reference population. If you have any concerns regarding these numbers, you should contact your physician.

Z-Score	% Population (Greater Than)
-1.5 - (-0.5)	7% - 30%
-0.5 - 0.0	30% - 50%
0.0 - 0.5	50% - 69%
0.5 - 1.5	69% - 93%
1.5 - 2.0	93% - 97%
2.0 - 2.5	97% - 99%



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REGIONAL FAT TISSUE REPORT

The following graphs display how fat tissue in different regions of your body have changed over time. These graphs show how the different regions in your body have responded to your training and/or nutrition program. Each individual will gain and lose fat differently. Dexa Body will continue to track and report on each of these regions in follow up scans.

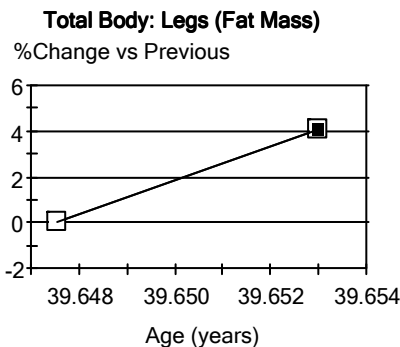
Arms



Measured Date	Region Fat Totals	Change vs. Baseline	Change vs. Previous
05/08/2015	6.78 lbs	0.01 lbs	0.01 lbs
05/06/2015	6.77 lbs	baseline	-

Measured Date	Region Fat Percent	Change vs. Baseline	Change vs. Previous
05/08/2015	24.6%	0.2%	0.2%
05/06/2015	24.4%	baseline	-

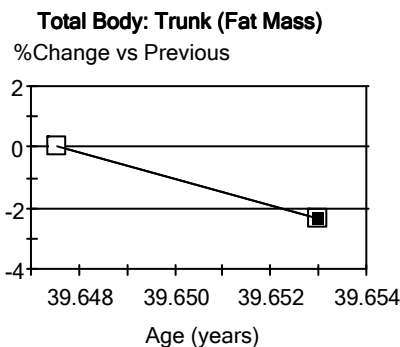
Legs



Measured Date	Region Fat Totals	Change vs. Baseline	Change vs. Previous
05/08/2015	18.81 lbs	0.73 lbs	0.73 lbs
05/06/2015	18.08 lbs	baseline	-

Measured Date	Region Fat Percent	Change vs. Baseline	Change vs. Previous
05/08/2015	23.6%	0.5%	0.5%
05/06/2015	23.1%	baseline	-

Trunk



Measured Date	Region Fat Totals	Change vs. Baseline	Change vs. Previous
05/08/2015	39.81 lbs	-0.97 lbs	-0.97 lbs
05/06/2015	40.78 lbs	baseline	-

Measured Date	Region Fat Percent	Change vs. Baseline	Change vs. Previous
05/08/2015	35.4%	-0.4%	-0.4%
05/06/2015	35.8%	baseline	-



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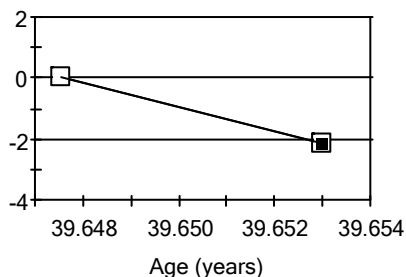
Client	Sex	Facility	Birth Date	Height	Weight	Measured
Sample Scan	Male	Highland Dr.	XX/XX/XXXX	76.0 in.	235.0 lbs.	05/08/2015

REGIONAL FAT TISSUE REPORT (Continued)

Android

Total Body: Android (Fat Mass)

%Change vs Previous



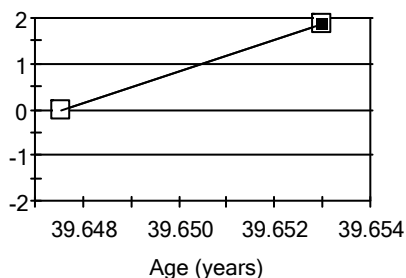
Measured Date	Region Fat Totals	Change vs. Baseline	Change vs. Previous
05/08/2015	7.29 lbs	-0.16 lbs	-0.16 lbs
05/06/2015	7.45 lbs	baseline	-

Measured Date	Region Fat Percent	Change vs. Baseline	Change vs. Previous
05/08/2015	38.9%	-0.3%	-0.3%
05/06/2015	39.2%	baseline	-

Gynoid

Total Body: Gynoid (Fat Mass)

%Change vs Previous



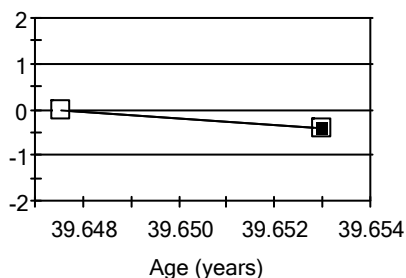
Measured Date	Region Fat Totals	Change vs. Baseline	Change vs. Previous
05/08/2015	9.80 lbs	0.18 lbs	0.18 lbs
05/06/2015	9.62 lbs	baseline	-

Measured Date	Region Fat Percent	Change vs. Baseline	Change vs. Previous
05/08/2015	26.3%	0.1%	0.1%
05/06/2015	26.2%	baseline	-

Total

Total Body: Total (Fat Mass)

%Change vs Previous



Measured Date	Region Fat Totals	Change vs. Baseline	Change vs. Previous
05/08/2015	67.74 lbs	-0.28 lbs	-0.28 lbs
05/06/2015	68.02 lbs	baseline	-

Measured Date	Region Fat Percent	Change vs. Baseline	Change vs. Previous
05/08/2015	29.3%	-0.1%	-0.1%
05/06/2015	29.4%	baseline	-



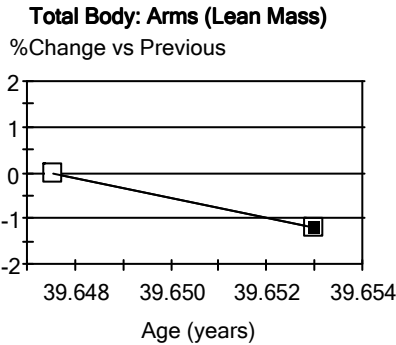
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REGIONAL LEAN TISSUE REPORT

The following graphs display how lean tissue in different regions of your body have changed over time. These graphs show how the different regions in your body have responded to your training and/or nutrition program. Each individual will gain and lose lean mass differently. Dexa Body will continue to track and report on each of these regions in follow up scans.

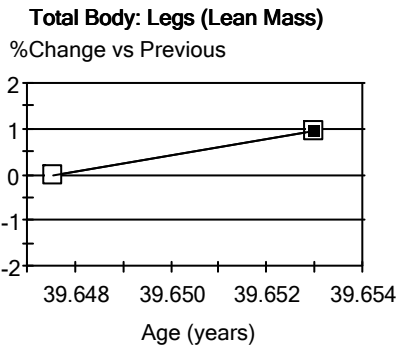
Arms



Measured Date	Region Lean Totals	Change vs. Baseline	Change vs. Previous
05/08/2015	19.67 lbs	-0.24 lbs	-0.24 lbs
05/06/2015	19.91 lbs	baseline	-

Measured Date	Region Lean Percent	Change vs. Baseline	Change vs. Previous
05/08/2015	71.4%	-1.2%	-1.2%
05/06/2015	71.7%	baseline	-

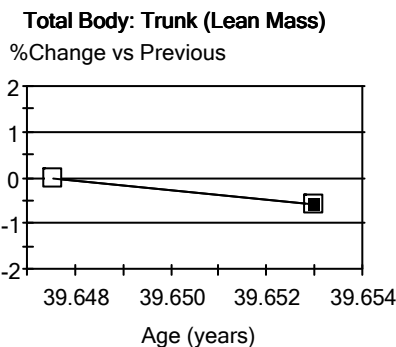
Legs



Measured Date	Region Lean Totals	Change vs. Baseline	Change vs. Previous
05/08/2015	57.69 lbs	0.54 lbs	0.54 lbs
05/06/2015	57.15 lbs	baseline	-

Measured Date	Region Lean Percent	Change vs. Baseline	Change vs. Previous
05/08/2015	72.4%	0.9%	0.9%
05/06/2015	73.0%	baseline	-

Trunk



Measured Date	Region Lean Totals	Change vs. Baseline	Change vs. Previous
05/08/2015	70.44 lbs	-0.43 lbs	-0.43 lbs
05/06/2015	70.87 lbs	baseline	-

Measured Date	Region Lean Percent	Change vs. Baseline	Change vs. Previous
05/08/2015	62.6%	-0.6%	-0.6%
05/06/2015	62.2%	baseline	-



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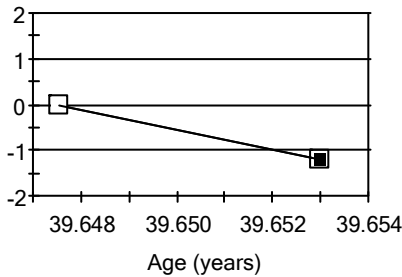
Client	Sex	Facility	Birth Date	Height	Weight	Measured
Sample Scan	Male	Highland Dr.	XX/XX/XXXX	76.0 in.	235.0 lbs.	05/08/2015

REGIONAL LEAN TISSUE REPORT (Continued)

Android

Total Body: Android (Lean Mass)

%Change vs Previous



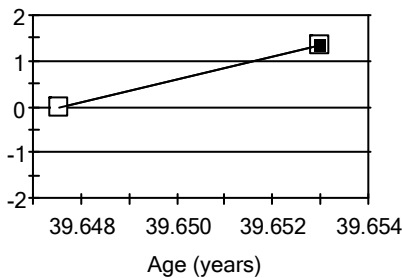
Measured Date	Region Lean Totals	Change vs. Baseline	Change vs. Previous
05/08/2015	11.29 lbs	-0.14 lbs	-0.14 lbs
05/06/2015	11.43 lbs	baseline	-

Measured Date	Region Lean Percent	Change vs. Baseline	Change vs. Previous
05/08/2015	60.4%	-1.2%	-1.2%
05/06/2015	60.2%	baseline	-

Gynoid

Total Body: Gynoid (Lean Mass)

%Change vs Previous



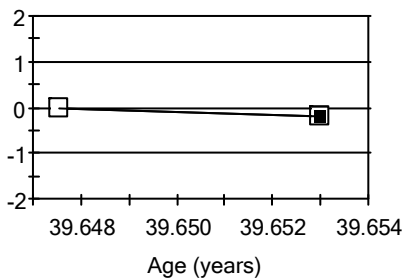
Measured Date	Region Lean Totals	Change vs. Baseline	Change vs. Previous
05/08/2015	26.62 lbs	0.35 lbs	0.35 lbs
05/06/2015	26.27 lbs	baseline	-

Measured Date	Region Lean Percent	Change vs. Baseline	Change vs. Previous
05/08/2015	67.4%	1.3%	1.3%
05/06/2015	67.4%	baseline	-

Total

Total Body: Total (Lean Mass)

%Change vs Previous



Measured Date	Region Lean Totals	Change vs. Baseline	Change vs. Previous
05/08/2015	155.64 lbs	-0.31 lbs	-0.31 lbs
05/06/2015	155.95 lbs	baseline	-

Measured Date	Region Lean Percent	Change vs. Baseline	Change vs. Previous
05/08/2015	67.4%	-0.2%	-0.2%
05/06/2015	67.4%	baseline	-

Note: Dexa Body is not a medical facility, nor do we represent the views of any medical practitioner. The data provided in this report is for informational purposes only and is not meant to be used for any type of medical diagnoses. If you have any concerns regarding the data or metrics in this report, please consult with your physician.