

#### ####

Measured: ####

Age:####

Gender: ####

Birth Date: ####

Height: ####

## DEXA BODY COMPOSITION SUMMARY

### Body Composition Results

Measured Date	Total Body Fat	Total Tissue Mass (lbs)	Fat Tissue (lbs)	Lean Tissue (lbs)	Bone Mineral Content (BMC)
####	26.3%	144.6 lbs	36.5 lbs	102.2 lbs	5.9 lbs
####	23.4%	140.6 lbs	31.5 lbs	103.3 lbs	5.8 lbs
####	21.5%	137.1 lbs	28.3 lbs	103.0 lbs	5.7 lbs
####	23.2%	138.1 lbs	30.7 lbs	101.7 lbs	5.8 lbs
####	24.1%	143.9 lbs	33.2 lbs	105.0 lbs	5.7 lbs

Total Body Tissue Quantitation

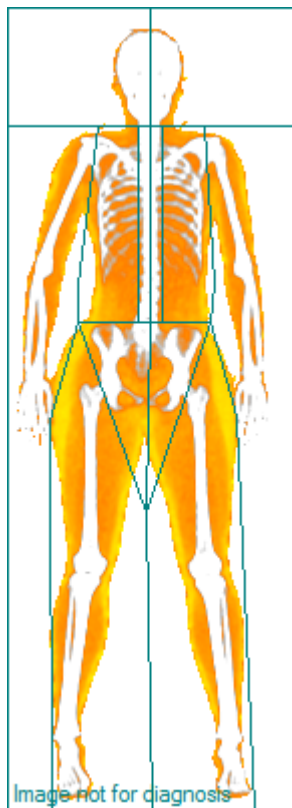


Image not for diagnosis

Color Coding



### Body Fat Percent Ranges

This table provides target body fat percentages based on American Council on Exercise recommendations.

Description	Men	Women
Essential Fat	2 - 5%	10 - 13%
Healthy Range	6 - 24%	14 - 31%
Increased Risk	25% +	32% +

### 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	25.0%	16.2 lbs	4.1 lbs	11.4 lbs	0.8 lbs
Legs	29.2%	57.1 lbs	16.7 lbs	38.3 lbs	2.1 lbs
Trunk	22.6%	61.2 lbs	13.9 lbs	45.7 lbs	1.7 lbs
Android	18.7%	8.5 lbs	1.6 lbs	6.8 lbs	0.1 lbs
Gynoid	32.3%	25.7 lbs	8.3 lbs	16.8 lbs	0.6 lbs

**Arms:** consists of the arm and shoulder area formed by placing a line from the crease of the axilla and through the glenohumeral joint.

**Legs:** includes all of the area below the lines that form the lower borders of the trunk.

**Trunk:** includes the neck, chest, abdominal and pelvic areas. Its upper perimeter is the inferior edge of the chin and the lower borders intersect the middle of the femoral necks without touching the brim of the pelvis.

**Android:** is the area between the ribs and the pelvis and is totally enclosed by the trunk region.

**Gynoid:** includes the hips and upper thighs, and overlaps both the leg and trunk regions. \* The total height of the gynoid region is two times the height of the android region.

*\*Due to this region overlap, the numbers on the graph will not add up to equal total tissue mass*

**Reference:** Stults-Kolehmainen, M A et al. "DXA estimates of fat in abdominal, trunk and hip regions varies by ethnicity in men." Nutrition & diabetes vol. 3,3 e64. 18 Mar. 2013, doi:10.1038/nutd.2013.5

Client	Sex	Facility	Birth Date	Height	Weight	Measured
####	####	Utah	####	####	144.6	####

## METABOLISM & NUTRITION INFORMATION

Resting Metabolic Rate (RMR) is an estimate of how many calories a person would burn if they were to do nothing but rest for 24 hours. This is an estimated number using the Harris-Benedict equation. Generally speaking, most people are not sitting in bed all day, every day. Therefore, energy needs are increased due to physical activity and daily living. It is important to remember that RMR is a baseline number and individuals should avoid eating below this number. If an individual eats below their RMR, their body may not be getting the nutrients it needs and undesirable metabolic changes may occur.

Use the chart below to determine your *estimated* energy needs based off of your daily living and physical activity. For *most* people, the actual energy requirement falls within  $\pm 200$  kcal.

RMR	Estimated Energy Requirements	Daily Activity Category	Example
<b>1,437 cal/day</b>  For a more accurate RMR measurement schedule an appointment for a RMR Analysis Test with a staff member.	$1,437 \times 1.25 =$	Sedentary	Only those physical activities required for typical daily living
	$1,437 \times 1.50 =$	Low level of physical activity	Daily living + 30-60 min. moderate activity
	$1,437 \times 1.70 =$	Active	Daily living + $\geq 60$ min moderate activity
	$1,437 \times 1.95 =$	Very Active	Daily living + $\geq 60$ min moderate activity <i>and</i> $\geq 60$ min vigorous activity <i>or</i> $\geq 120$ min moderate activity

This graph is adapted from the *Institute of Medicine (2002)*, and *Dietary Reference Intakes for energy, Carbohydrate, Fiber, Fat, Fatty Acids, Cholesterol, Protein, and Amino Acids (Washington, D.C.: National Academies Press, 2005)*

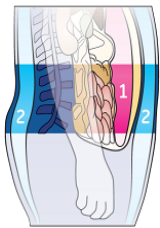


To learn more about our Registered Dietitian Nutritionist, Sam Shanahan, or to schedule an appointment, scan this QR code or go to <https://dexabody.com/nutritioncoaching>.

Client	Sex	Facility	Birth Date	Height	Weight	Measured
####	####	Utah	####	####	144.6	####

## ANDROID AND GYNOID COMPOSITION REPORT

### Abdomen Composition



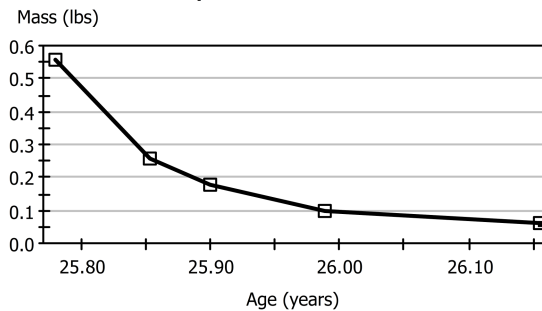
Adipose Tissue  
1 Visceral  
2 Subcutaneous

Understanding where fat is stored on the body is acknowledged as an important predictor of health status. The A/G ratio is one way to look at fat distribution and it compares the fat in the android region to fat in the gynoid region. The ideal ratio is less than 1.0 for optimal fat distribution.

A potentially more important predictor of health status is knowing how much subcutaneous and visceral fat is on the body. Subcutaneous fat is stored directly under the skin. This is the fat you can pinch and is recognized as the less dangerous fat because it is not as well associated with chronic disease. Whereas, visceral fat is stored within the android region in association with internal abdominal organs and is recognized as the more dangerous fat. Excess visceral fat increases an individual's risk of developing life-threatening medical conditions such as, heart disease, stroke, diabetes, hypertension, gallstones, and some types of cancers.

### Visceral Adipose Tissue (VAT)

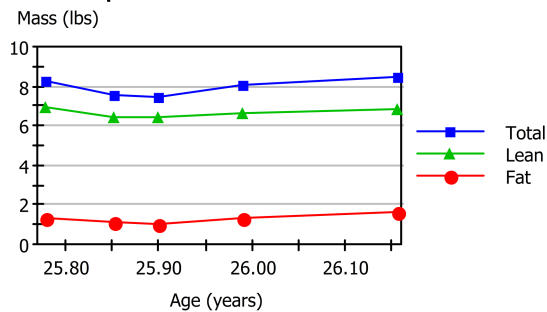
Composition Trend: VAT



Date	Age	Fat Mass (lbs)	Volume (in <sup>3</sup> )	Change vs Previous
##	##	0.06	1.74	-0.04
##	##	0.10	2.86	-0.08
##	##	0.18	5.25	-0.08
##	##	0.26	7.52	-0.30
##	##	...	...	...
##	##	0.07	1.92	-

### Android / Gynoid

Composition Trend: Android



Date	Age	Android Mass (lbs)	Android Lean (lbs)	Android Fat (lbs)	Android %Fat	Gynoid %Fat	A/G Ratio
##	##	8.5	6.8	1.6	19.0	33.1	0.57
##	##	8.1	6.6	1.3	16.8	29.3	0.57
##	##	7.5	6.4	1.0	13.2	28.0	0.47
##	##	7.6	6.4	1.1	14.6	30.6	0.48
...	...	...	...	...	...	...	...
##	##	7.8	6.1	1.7	21.5	34.8	0.62

Client	Sex	Facility	Birth Date	Height	Weight	Measured
####	####	Utah	####	####	144.6	####

## MUSCLE BALANCE REPORT

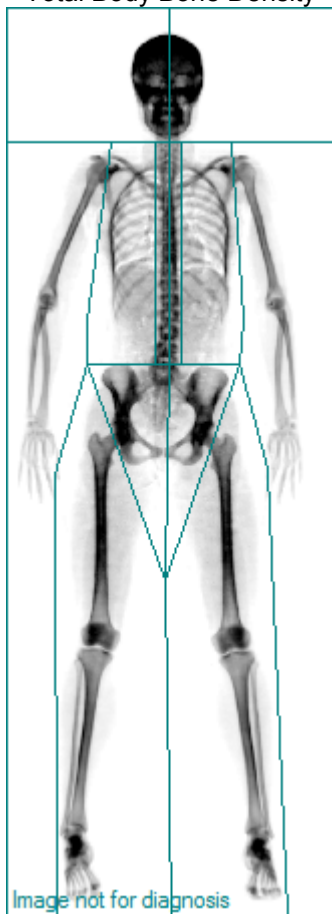
The table below regionalizes your arms and legs to assess muscle symmetry. It is normal to see an imbalance in all categories, however, when looking at the lean tissue category, the smaller the difference, the less likely you are to incur a musculoskeletal injury.

Region	% Fat	Total Mass	Fat Mass	Lean Mass
Right Arm	25.0%	8.5 lbs	2.1 lbs	5.9 lbs
Left Arm	24.9%	7.8 lbs	1.9 lbs	5.5 lbs
<b>Arms Total</b>	<b>25.0%</b>	<b>16.2 lbs</b>	<b>4.1 lbs</b>	<b>11.4 lbs</b>
Right Leg	29.0%	29.1 lbs	8.4 lbs	19.6 lbs
Left Leg	29.5%	28.1 lbs	8.3 lbs	18.7 lbs
<b>Legs Total</b>	<b>29.2%</b>	<b>57.1 lbs</b>	<b>16.7 lbs</b>	<b>38.3 lbs</b>

## TOTAL BODY BONE DENSITY REPORT

Bone Mineral Density (BMD) is a measurement of minerals (mainly calcium and phosphorus) contained in a certain volume of bone. BMD is strongly linked to bone strength and resistance to fracture but people with low bone mass are not always at high risk of fracture. The BMD report predicts risk for osteopenia (mild bone loss, usually without symptoms) and osteoporosis (more severe bone loss) but it is NOT a diagnosis. If you have concerns with your numbers or want to assess your fracture risk, please contact your physician.

Total Body Bone Density



Bone Density: USA (Combined NHANES/Lunar)

Region	BMD
Head	2.478 g/cm <sup>2</sup>
Arms	0.792 g/cm <sup>2</sup>
Legs	1.271 g/cm <sup>2</sup>
Trunk	1.066 g/cm <sup>2</sup>
Ribs	0.882 g/cm <sup>2</sup>
Spine	1.168 g/cm <sup>2</sup>
Pelvis	1.158 g/cm <sup>2</sup>
Mean Value	1.235 g/cm <sup>2</sup>

T-Score: 1.5	
-1 and above	Normal
-1.0 to -2.5	Potential Osteopenia
-2.5 and below	Potential Osteoporosis

The chart above provides a Total Body Bone Mineral Density (BMD) quantity along with a T-Score. The T-Score compares your bones to a healthy 30-year old adult of your gender.

Z Score: 1.7	% Population (Greater Than)
-1.5 to -0.5	7% - 30%
-0.5 to 0.0	30% - 50%
0.0 to 0.5	50% - 69%
0.5 to 1.5	69% - 93%
1.5 to 2.0	93% - 97%
2.0 and above	97% - 99%

Measure Date	BMD T-Score	BMD Z-Score
##	1.5	1.7
##	1.3	1.5
##	1.3	1.5
##	1.4	1.6
##	1.3	1.4

The Z-Score listed in the above table compares your BMD to a person at your same age and of the same gender. The values are measured in standard deviations, and they show how your BMD compares to the given reference population.

Client	Sex	Facility	Birth Date	Height	Weight	Measured
####	####	Utah	####	####	144.6	####

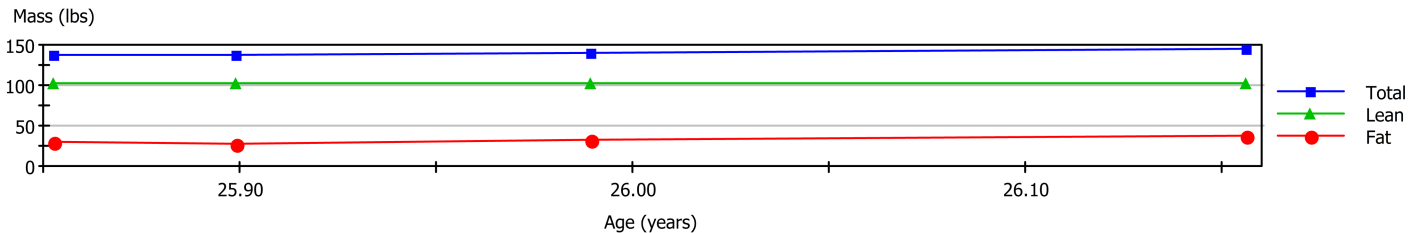
## BODY COMPOSITION PROGRESS & TRENDING

The following pages display how each region of your body has changed over time. This data shows the how the different regions in your body have responded to your training and/or nutrition program. Each individual experiences body composition changes differently. Dexa Body recommends quarterly follow-up scans in order to maximise your results.

### Total Body (Composition)

Measured Date	Region Fat %	Total Mass (lbs)	Fat Tissue (lbs)	Lean Tissue (lbs)	Bone (BMC)
##	26.3%	144.6 lbs	36.5 lbs	102.2 lbs	5.9 lbs
##	23.4%	140.6 lbs	31.5 lbs	103.3 lbs	5.8 lbs
##	21.5%	137.1 lbs	28.3 lbs	103.0 lbs	5.7 lbs
##	23.2%	138.1 lbs	30.7 lbs	101.7 lbs	5.8 lbs

Composition Trend: Total



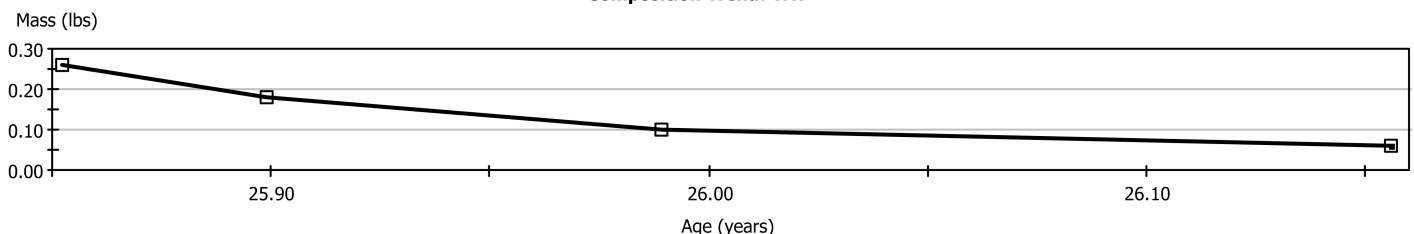
### Total Body (Summary Data)

Measured Date	RMR	A/G Ratio	BMD T-Score	BMD Z-Score
##	1,437	0.57	1.5	1.7
##	1,438	0.57	1.3	1.5
##	1,438	0.47	1.3	1.5
##	1,439	0.48	1.4	1.6

### Visceral Adipose Tissue

Measured Date	Mass	Change
##	0.06 lbs	-0.04 lbs
##	0.10 lbs	-0.08 lbs
##	0.18 lbs	-0.08 lbs
##	0.26 lbs	-0.30 lbs

Composition Trend: VAT

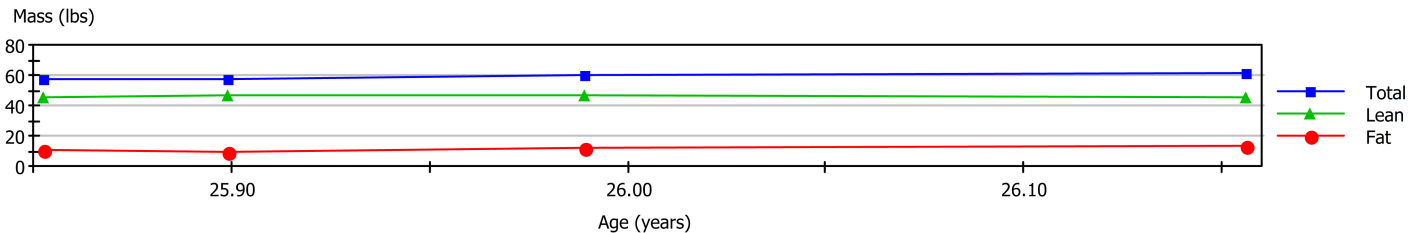


Client	Sex	Facility	Birth Date	Height	Weight	Measured
####	####	Utah	####	####	144.6	####

## Trunk

Measured Date	Region Fat %	Total Mass (lbs)	Fat Tissue (lbs)	Lean Tissue (lbs)	Bone (BMC)
##	23.3%	61.2 lbs	13.9 lbs	45.7 lbs	1.7 lbs
##	20.4%	60.2 lbs	11.9 lbs	46.6 lbs	1.7 lbs
##	17.6%	57.6 lbs	9.8 lbs	46.1 lbs	1.7 lbs
##	20.0%	57.7 lbs	11.2 lbs	44.8 lbs	1.7 lbs

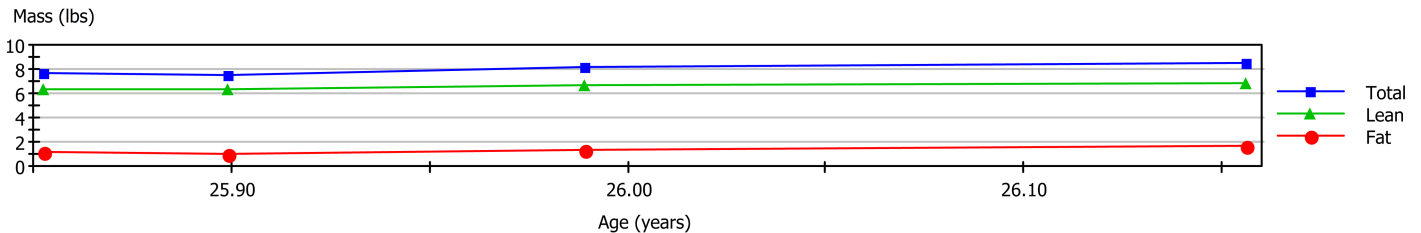
Composition Trend: Trunk



## Android

Measured Date	Region Fat %	Total Mass (lbs)	Fat Tissue (lbs)	Lean Tissue (lbs)	Bone (BMC)
##	19.0%	8.5 lbs	1.6 lbs	6.8 lbs	0.1 lbs
##	16.8%	8.1 lbs	1.3 lbs	6.6 lbs	0.1 lbs
##	13.2%	7.5 lbs	1.0 lbs	6.4 lbs	0.1 lbs
##	14.6%	7.6 lbs	1.1 lbs	6.4 lbs	0.1 lbs

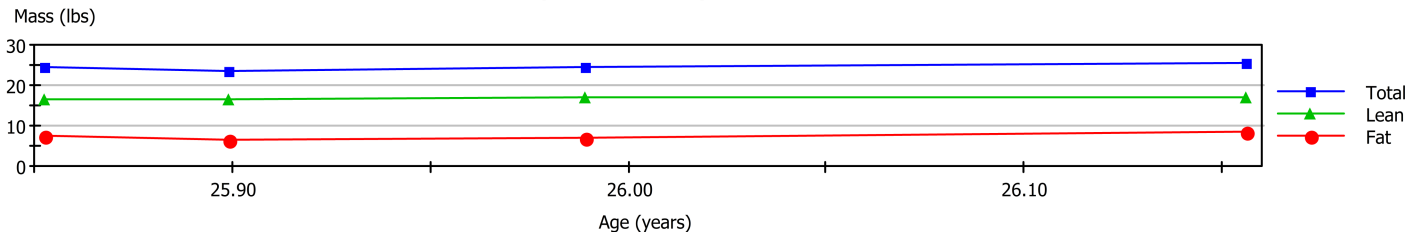
Composition Trend: Android



## Gynoid

Measured Date	Region Fat %	Total Mass (lbs)	Fat Tissue (lbs)	Lean Tissue (lbs)	Bone (BMC)
##	33.1%	25.7 lbs	8.3 lbs	16.8 lbs	0.6 lbs
##	29.3%	24.4 lbs	7.0 lbs	16.9 lbs	0.6 lbs
##	28.0%	23.3 lbs	6.4 lbs	16.4 lbs	0.6 lbs
##	30.6%	24.3 lbs	7.3 lbs	16.4 lbs	0.6 lbs

Composition Trend: Gynoid

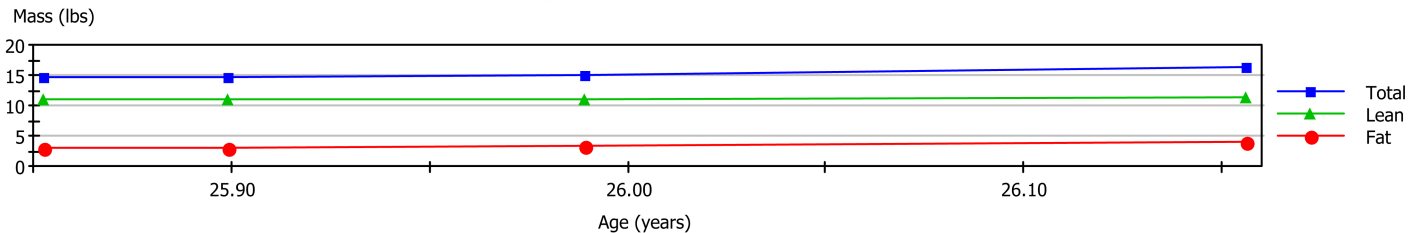


Client	Sex	Facility	Birth Date	Height	Weight	Measured
####	####	Utah	####	####	144.6	####

## Arms (Total)

Measured Date	(e)	Region Fat %	Total Mass (lbs)	Fat Tissue (lbs)	Lean Tissue (lbs)	Bone (BMC)
##		26.2%	16.2 lbs	4.1 lbs	11.4 lbs	0.8 lbs
##		23.1%	14.9 lbs	3.3 lbs	10.9 lbs	0.8 lbs
##		21.4%	14.8 lbs	3.0 lbs	11.1 lbs	0.8 lbs
##		22.0%	14.7 lbs	3.1 lbs	10.9 lbs	0.7 lbs

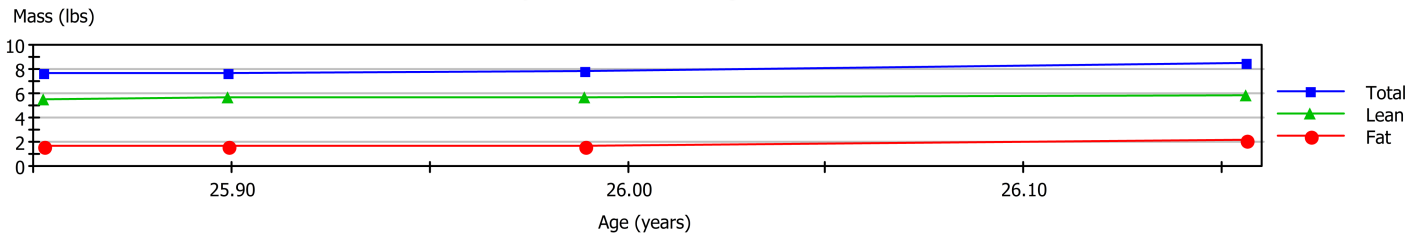
Composition Trend: Arms



## Arms (Right)

Measured Date	(e)	Region Fat %	Total Mass (lbs)	Fat Tissue (lbs)	Lean Tissue (lbs)	Bone (BMC)
##		26.3%	8.5 lbs	2.1 lbs	5.9 lbs	0.4 lbs
##		22.3%	7.8 lbs	1.6 lbs	5.7 lbs	0.4 lbs
##		21.5%	7.7 lbs	1.6 lbs	5.7 lbs	0.4 lbs
##		23.6%	7.6 lbs	1.7 lbs	5.5 lbs	0.4 lbs

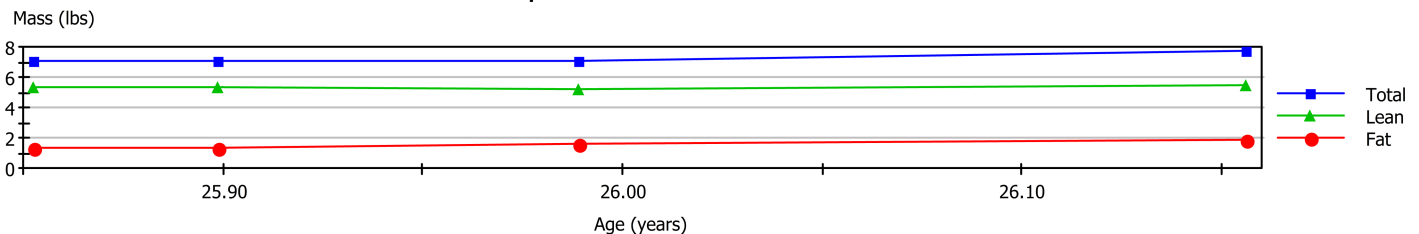
Composition Trend: Arm Right



## Arms (Left)

Measured Date	(e)	Region Fat %	Total Mass (lbs)	Fat Tissue (lbs)	Lean Tissue (lbs)	Bone (BMC)
##		26.1%	7.8 lbs	1.9 lbs	5.5 lbs	0.4 lbs
##		23.9%	7.1 lbs	1.6 lbs	5.2 lbs	0.4 lbs
##		21.2%	7.1 lbs	1.4 lbs	5.3 lbs	0.4 lbs
##		20.4%	7.1 lbs	1.4 lbs	5.4 lbs	0.4 lbs

Composition Trend: Arm Left

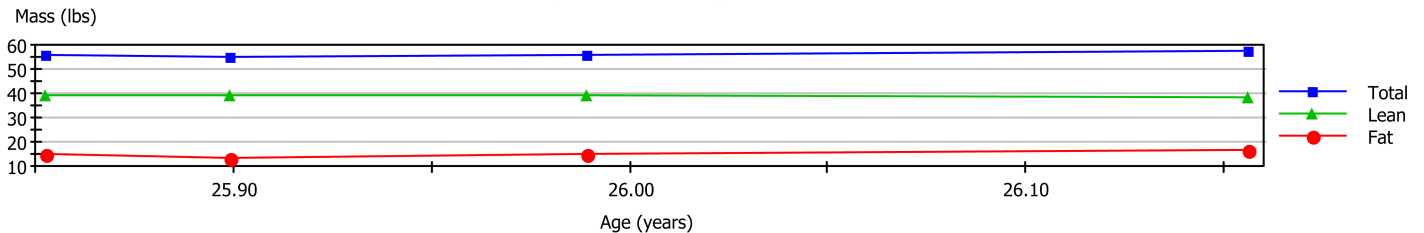


Client	Sex	Facility	Birth Date	Height	Weight	Measured
####	####	Utah	####	####	144.6	####

## Legs (Total)

Measured Date	(e)	Region Fat %	Total Mass (lbs)	Fat Tissue (lbs)	Lean Tissue (lbs)	Bone (BMC)
##		30.4%	57.1 lbs	16.7 lbs	38.3 lbs	2.1 lbs
##		27.4%	55.5 lbs	14.7 lbs	38.8 lbs	2.1 lbs
##		26.1%	54.7 lbs	13.7 lbs	38.9 lbs	2.1 lbs
##		27.3%	56.1 lbs	14.7 lbs	39.3 lbs	2.1 lbs

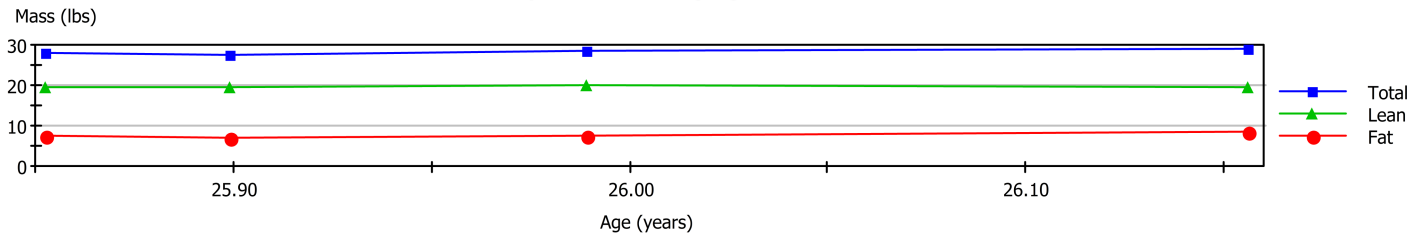
Composition Trend: Legs



## Legs (Right)

Measured Date	(e)	Region Fat %	Total Mass (lbs)	Fat Tissue (lbs)	Lean Tissue (lbs)	Bone (BMC)
##		30.1%	29.1 lbs	8.4 lbs	19.6 lbs	1.1 lbs
##		27.5%	28.4 lbs	7.5 lbs	19.9 lbs	1.0 lbs
##		26.2%	27.5 lbs	6.9 lbs	19.5 lbs	1.0 lbs
##		27.6%	28.2 lbs	7.5 lbs	19.6 lbs	1.0 lbs

Composition Trend: Leg Right



## Legs (Left)

Measured Date	(e)	Region Fat %	Total Mass (lbs)	Fat Tissue (lbs)	Lean Tissue (lbs)	Bone (BMC)
##		30.7%	28.1 lbs	8.3 lbs	18.7 lbs	1.0 lbs
##		27.4%	27.1 lbs	7.1 lbs	18.9 lbs	1.0 lbs
##		26.0%	27.2 lbs	6.8 lbs	19.4 lbs	1.0 lbs
##		26.9%	27.9 lbs	7.2 lbs	19.6 lbs	1.0 lbs

Composition Trend: Leg Left





# NEXT STEPS

Now that you know your Dexa scan results, you can begin creating your own health and wellness plan. Below are additional resources to help you create that plan. Scan the QR code with your phone or tablet or follow the link to the Dexa Body website for these handouts. Dexa Body recommends quarterly scans to monitor the impact of your nutrition and/or training program. If you have additional questions or would like more guidance, please contact the Dexa Body Office to learn about more resource offerings.



What is your **SMART** goal?



**Nutrition  
Recommendations**



**Physical Activity  
Guidelines**



**General  
Bone Health**



**Schedule Your  
Next Appointment**

**\*\*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 information purposes only and is not meant to be used for any type of medical diagnosis. If you have any concerns regarding the data or metrics in this report, please consult your physician.**