

#### ####

Measured: ####

Age: ####  
Gender: ####

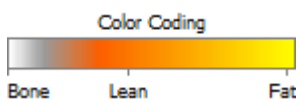
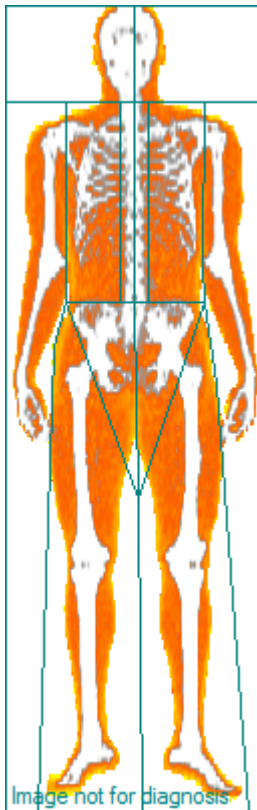
Birth Date: ####  
Height: ####

## SUMMARY LEVEL RESULTS

### Total Body Composition

Measured Date	Total Body Fat	Total Tissue Mass (lbs)	Fat Tissue (lbs)	Lean Tissue (lbs)	Bone Mineral Content (BMC)
####	13.5%	191.22 lbs	24.65 lbs	157.85 lbs	8.71 lbs
####	13.1%	186.86 lbs	23.34 lbs	155.06 lbs	8.46 lbs

Total Body Tissue Quantitation



### Ideal Body Fat Percentage

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

Description	Men	Women
Essential Fat	2 - 5%	10 - 13%
Athletes	6 - 13%	14 - 20%
Fitness	14 - 17%	21 - 24%
Average	18 - 24%	25 - 31%
Above Average	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	11.0%	24.87 lbs	2.75 lbs	20.92 lbs	1.20 lbs
Legs	14.6%	66.66 lbs	9.75 lbs	53.16 lbs	3.75 lbs
Trunk	11.3%	87.88 lbs	9.95 lbs	75.31 lbs	2.62 lbs
Android	8.1%	11.45 lbs	0.92 lbs	10.36 lbs	0.17 lbs
Gynoid	10.6%	30.05 lbs	3.19 lbs	25.88 lbs	0.98 lbs

Client	Sex	Facility	Birth Date	Height	Weight	Measured
####	####	Georgia Mobile	####	####	####	####

## METABOLIC & MUSCLE DISTRIBUTION REPORT

### RESTING METABOLIC RATE (RMR)

Test Date ####	<b>1,901 cal/day</b>	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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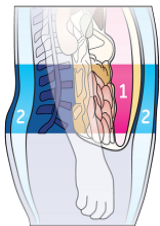
### RELATIVE SKELETAL MUSCLE INDEX (RSMI)

Test Date ####	<b>9.51 kg/m<sup>2</sup></b>	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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### 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.		
Total	<b>82.6%</b>	This metric indicates what percentage of the total tissue in your body is considered lean tissue.
Trunk	<b>85.7%</b>	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.
Android	<b>90.5%</b>	This metric indicates what percentage of the total tissue in your android region is considered lean tissue. The android includes your waist and stomach.
Gynoid	<b>86.1%</b>	This metric indicates what percentage of the total tissue in your gynoid region is considered lean tissue. The gynoid includes your hips and buttocks.
Legs	<b>79.7%</b>	This metric indicates what percentage of the total tissue in your legs is considered lean tissue.
Arms	<b>84.1%</b>	This metric indicates what percentage of the total tissue in your arms is considered lean tissue.

### ABDOMEN COMPOSITION



Adipose Tissue  
1 Visceral  
2 Subcutaneous

The Android region is that of the abdomen, and often the body type with increased fat in this area is described as "apple shaped." The Gynoid region is that around the hips and thighs and often the body type with increased fat in this area is described as "pear shaped." Understanding where fat is stored on the body is recognized as an important predictor of the potential health risks of obesity. The A/G ratio compares Android fat to Gynoid fat. The ideal ratio is less than **1.0** for optimal fat distribution. Your A/G ratio is **0.74**.

Dexa Body estimates the VAT (Visceral Adipose Tissue) content within the android region, VAT is a specific type of fat that is associated with several types of metabolic diseases such as obesity, metabolic syndrome, and type 2 diabetes. Dexa Body results have been validated for adults between ages 18-90, and with a BMI in the range of 18.5-40. Your VAT has been measured at **0.71 lbs**.

Client	Sex	Facility	Birth Date	Height	Weight	Measured
#### ####	####	Georgia Mobile	####	####	####	####

## MUSCLE BALANCE REPORT

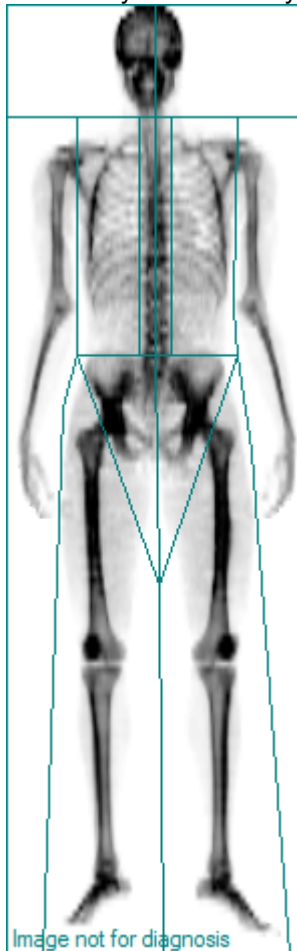
The table below regionalizes your arms and legs to assess muscle symmetry. Arms will often have tissue imbalances up to 0.5 lbs, while legs will have tissue imbalances up to 1.5 lbs. Dexa Body looks at movement efficiency, and having a balanced body composition improves overall physical capability, especially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

Region	% Fat	Total Mass	Fat Mass	Lean Mass	BMC
Right Arm	11.0%	13.01 lbs	1.43 lbs	10.95 lbs	0.63 lbs
Left Arm	11.1%	11.87 lbs	1.32 lbs	9.98 lbs	0.58 lbs
<b>Arms Total</b>	<b>11.0%</b>	<b>24.87 lbs</b>	<b>2.75 lbs</b>	<b>20.92 lbs</b>	<b>1.20 lbs</b>
Right Leg	14.8%	34.19 lbs	5.06 lbs	27.30 lbs	1.84 lbs
Left Leg	14.5%	32.46 lbs	4.70 lbs	25.86 lbs	1.91 lbs
<b>Legs Total</b>	<b>14.6%</b>	<b>66.66 lbs</b>	<b>9.75 lbs</b>	<b>53.16 lbs</b>	<b>3.75 lbs</b>

## 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	2.146 g/cm <sup>2</sup>	-	-
Arms	1.120 g/cm <sup>2</sup>	-	-
Legs	1.820 g/cm <sup>2</sup>	-	-
Trunk	1.334 g/cm <sup>2</sup>	-	-
Ribs	0.998 g/cm <sup>2</sup>	-	-
Spine	1.410 g/cm <sup>2</sup>	-	-
Pelvis	1.570 g/cm <sup>2</sup>	-	-
Total	1.548 g/cm <sup>2</sup>	-	-

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.

T-Score	Result	Z Score	% Population (Greater Than)
-1 and above	Normal	-1.5 to -0.5	7% - 30%
		-0.5 to 0.0	30% - 50%
-1.0 to -2.5	Potential Osteopenia	-0.0 to 0.5	50% - 69%
		0.5 to 1.5	69% - 93%
-2.5 and below	Potential Osteoporosis	1.5 to 2.0	93% - 97%
		2.0 and above	97% - 99%

Client	Sex	Facility	Birth Date	Height	Weight	Measured
####	####	Georgia Mobile	####	####	####	####

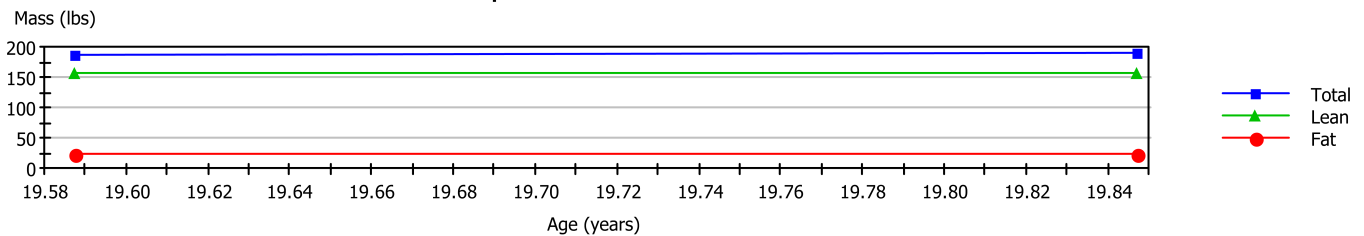
## BODY COMPOSITION PROGRESS & TRENDING

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)
####	13.5%	191.22 lbs	24.65 lbs	157.85 lbs	8.71 lbs
####	13.1%	186.86 lbs	23.34 lbs	155.06 lbs	8.46 lbs

Composition Trend: Total



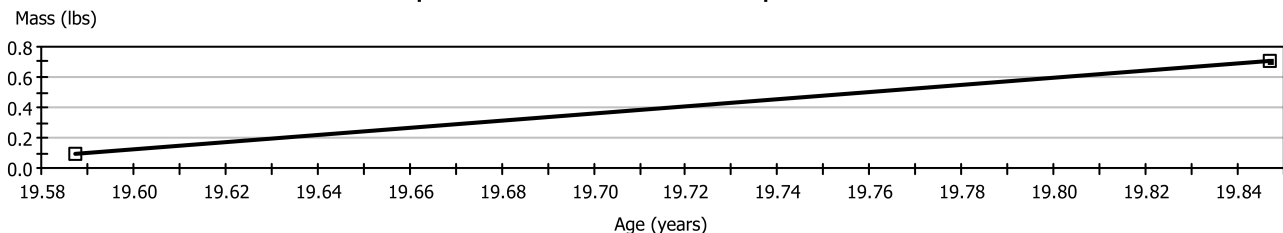
### Total Body (Summary Data)

Measured Date	RSMI	RMR	A/G Ratio	BMD T-Score	BMD Z-Score
####	9.51 kg/m <sup>2</sup>	1,901	0.74	-	-
####	9.92 kg/m <sup>2</sup>	1,874	0.60	-	-

### Visceral Adipose Tissue

Measured Date	Mass	Change
####	0.71 lbs	0.61 lbs
####	0.10 lbs	-

Composition Trend: Estimated Visceral Adipose Tissue

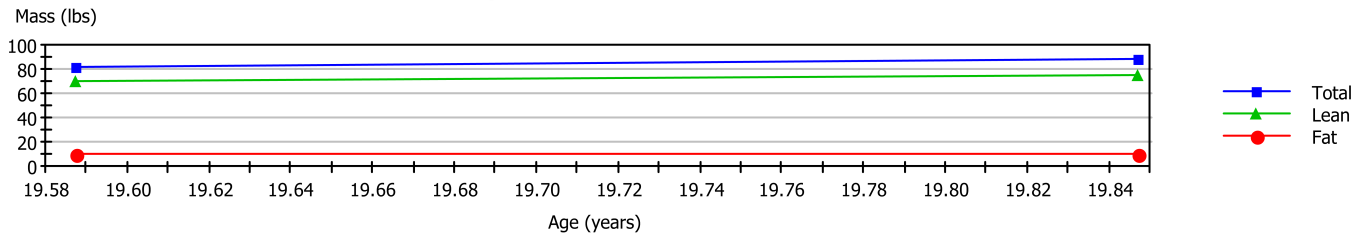


Client	Sex	Facility	Birth Date	Height	Weight	Measured
#### ####	####	Georgia Mobile	####	####	####	####

## Trunk

Measured Date	Region Fat %	Total Mass (lbs)	Fat Tissue (lbs)	Lean Tissue (lbs)	Bone (BMC)
####	11.7%	87.88 lbs	9.95 lbs	75.31 lbs	2.62 lbs
####	12.0%	81.54 lbs	9.49 lbs	69.62 lbs	2.43 lbs

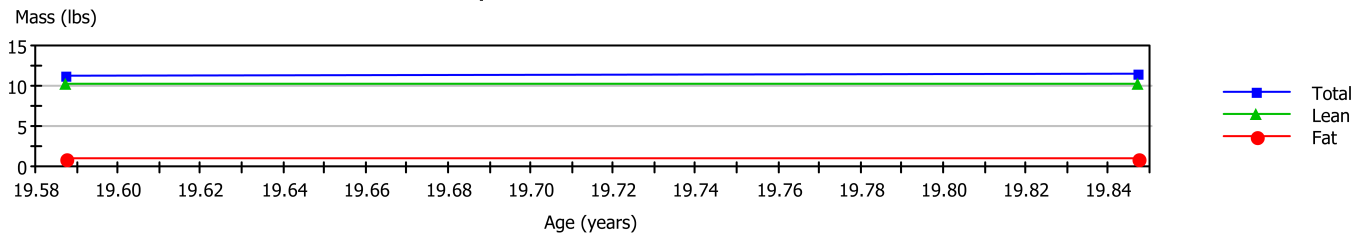
Composition Trend: Trunk



## Android

Measured Date	Region Fat %	Total Mass (lbs)	Fat Tissue (lbs)	Lean Tissue (lbs)	Bone (BMC)
####	8.2%	11.45 lbs	0.92 lbs	10.36 lbs	0.17 lbs
####	8.1%	11.24 lbs	0.90 lbs	10.21 lbs	0.13 lbs

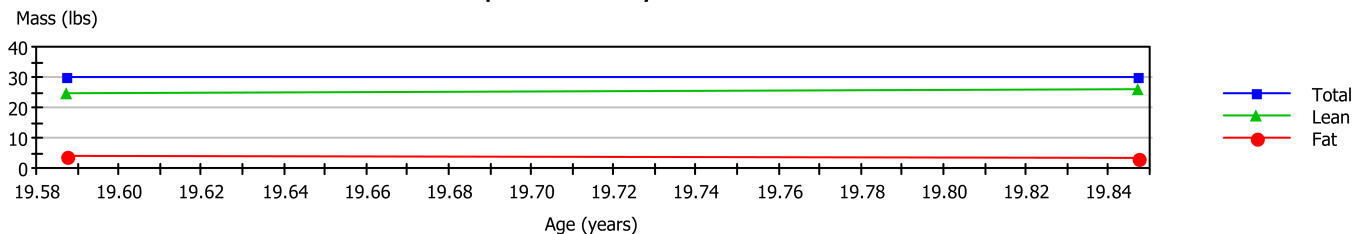
Composition Trend: Android



## Gynoid

Measured Date	Region Fat %	Total Mass (lbs)	Fat Tissue (lbs)	Lean Tissue (lbs)	Bone (BMC)
####	11.0%	30.05 lbs	3.19 lbs	25.88 lbs	0.98 lbs
####	13.6%	29.93 lbs	3.93 lbs	24.95 lbs	1.05 lbs

Composition Trend: Gynoid

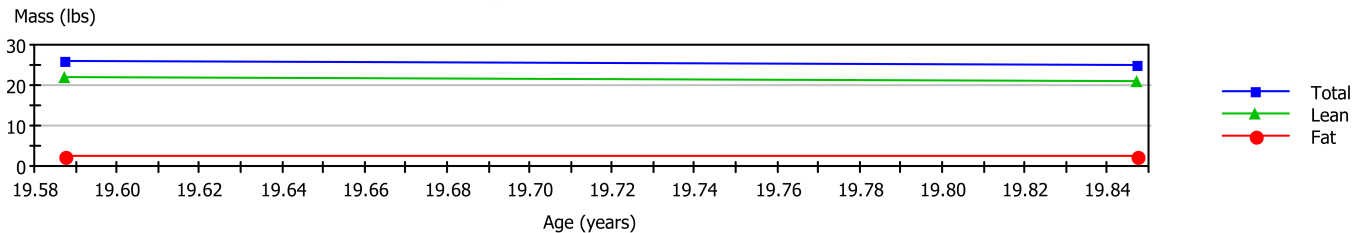


Client	Sex	Facility	Birth Date	Height	Weight	Measured
####	####	Georgia Mobile	####	####	####	####

## Arms (Total)

Measured Date	Region Fat %	Total Mass (lbs)	Fat Tissue (lbs)	Lean Tissue (lbs)	Bone (BMC)
####	11.6%	24.87 lbs	2.75 lbs	20.92 lbs	1.20 lbs
####	11.0%	25.77 lbs	2.69 lbs	21.87 lbs	1.20 lbs

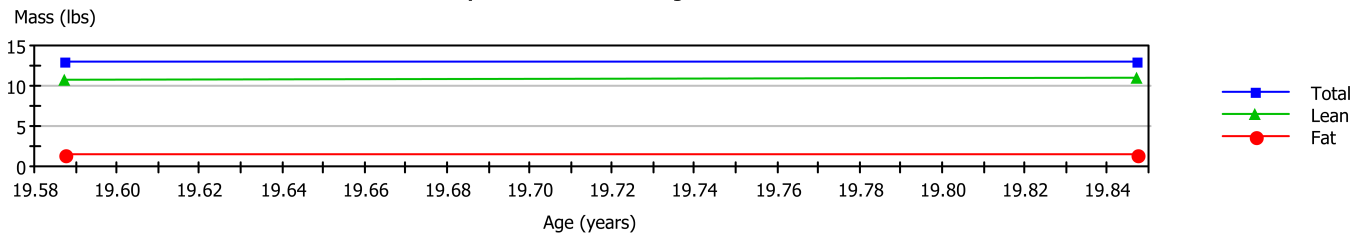
Composition Trend: Arms



## Arms (Right)

Measured Date	Region Fat %	Total Mass (lbs)	Fat Tissue (lbs)	Lean Tissue (lbs)	Bone (BMC)
####	11.6%	13.01 lbs	1.43 lbs	10.95 lbs	0.63 lbs
####	12.1%	12.97 lbs	1.50 lbs	10.84 lbs	0.63 lbs

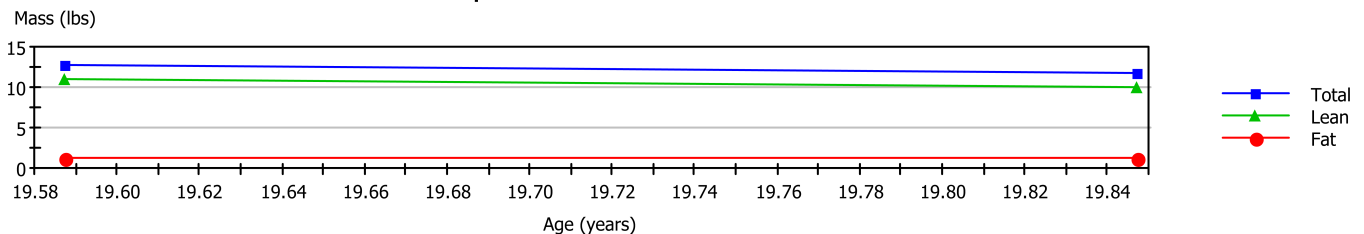
Composition Trend: Arm Right



## Arms (Left)

Measured Date	Region Fat %	Total Mass (lbs)	Fat Tissue (lbs)	Lean Tissue (lbs)	Bone (BMC)
####	11.7%	11.87 lbs	1.32 lbs	9.98 lbs	0.58 lbs
####	9.8%	12.80 lbs	1.19 lbs	11.03 lbs	0.58 lbs

Composition Trend: Arm Left

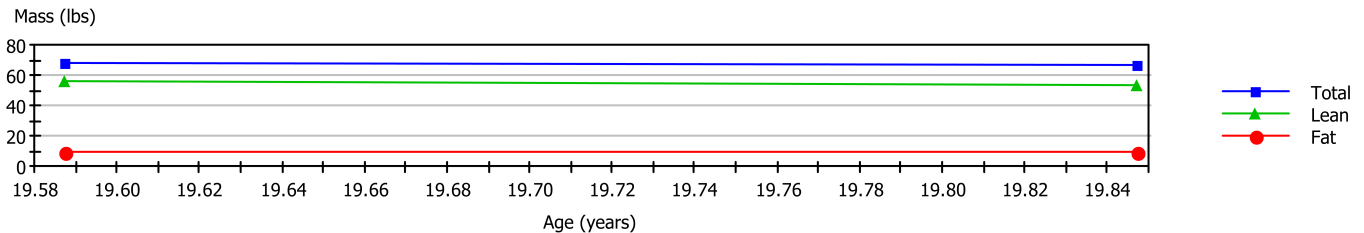


Client	Sex	Facility	Birth Date	Height	Weight	Measured
####	####	Georgia Mobile	####	####	####	####

## Legs (Total)

Measured Date	Region Fat %	Total Mass (lbs)	Fat Tissue (lbs)	Lean Tissue (lbs)	Bone (BMC)
####	15.5%	66.66 lbs	9.75 lbs	53.16 lbs	3.75 lbs
####	14.0%	68.12 lbs	8.99 lbs	55.43 lbs	3.70 lbs

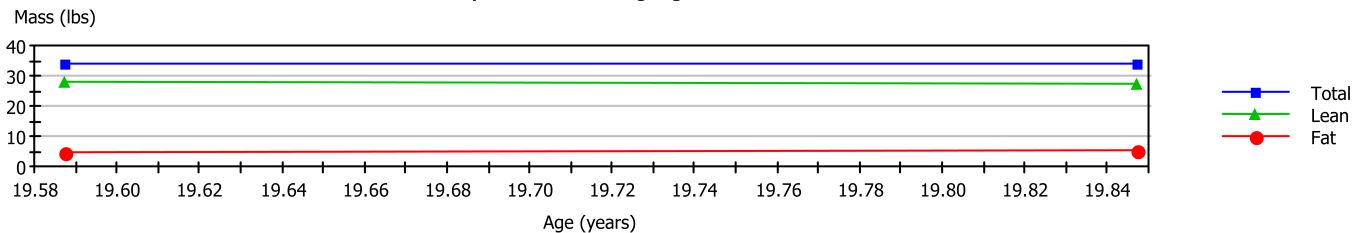
Composition Trend: Legs



## Legs (Right)

Measured Date	Region Fat %	Total Mass (lbs)	Fat Tissue (lbs)	Lean Tissue (lbs)	Bone (BMC)
####	15.6%	34.19 lbs	5.06 lbs	27.30 lbs	1.84 lbs
####	14.4%	34.27 lbs	4.67 lbs	27.77 lbs	1.82 lbs

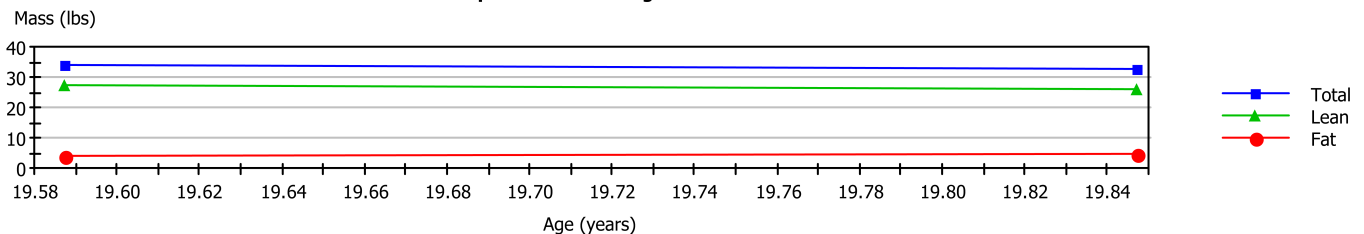
Composition Trend: Leg Right



## Legs (Left)

Measured Date	Region Fat %	Total Mass (lbs)	Fat Tissue (lbs)	Lean Tissue (lbs)	Bone (BMC)
####	15.4%	32.46 lbs	4.70 lbs	25.86 lbs	1.91 lbs
####	13.5%	33.85 lbs	4.32 lbs	27.66 lbs	1.88 lbs

Composition Trend: Leg Left





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### **Follow-Up:**

Dexa Body recommends follow up scans every quarter. Monitoring your body composition is a crucial component to understanding the impact of your nutrition and/or training program. Quarterly follow-ups allow the optimal amount of time for body composition changes to occur and be monitored.

### **Follow-Up Preparation:**

Dexa Body recommends that follow-up scans are conducted under similar circumstances to your previous scans. For your follow-up scan, please maintain the same training routine that you had today in order to ensure that glycogen in the muscles are at a consistent level between scans.

### **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. If your state requires, a licensed practitioner of the healing arts was consulted prior to the administration of this test in order to ensure medical necessity.