5263 South Commerce Drive
Suite #201
Murray, Utah 84107
(801) 274-3392
https://dexabody.com

**Measured: ####**

Age: #### Gender: #### Birth Date: #### Height:####

DEXA BODY COMPOSITION SUMMARY

Measured Date	Total Body Fat	Change	Total Mass	Change	Fat Tissue	Change	Lean Tissue	Change
####	18.8%	-2.1%	121.5 lbs	-7.3 lbs	21.9 lbs	-4.0 lbs	94.4 lbs	-3.4 lbs
####	20.9%	0.3%	128.8 lbs	5.0 lbs	25.9 lbs	1.4 lbs	97.8 lbs	3.5 lbs
####	20.6%	1.4%	123.8 lbs	4.0 lbs	24.5 lbs	2.5 lbs	94.3 lbs	1.6 lbs
####	19.2%	2.9%	119.8 lbs	1.6 lbs	22.0 lbs	3.6 lbs	92.7 lbs	-1.9 lbs
####	16.3%	-1.1%	118.2 lbs	-0.8 lbs	18.4 lbs	-1.4 lbs	94.6 lbs	0.5 lbs
####	17.4%	1.5%	119.0 lbs	1.3 lbs	19.8 lbs	1.9 lbs	94.1 lbs	-0.5 lbs
####	15.9%	-0.9%	117.7 lbs	-1.0 lbs	17.9 lbs	-1.2 lbs	94.6 lbs	0.1 lbs
####	16.8%	-2.4%	118.7 lbs	-2.6 lbs	19.1 lbs	-3.2 lbs	94.5 lbs	0.6 lbs

BODY FAT PERCENT RANGES

These are suggested general ranges based on research. Ranges may vary slightly from person to person. The body fat percent chart below is based upon data from studies that utilized dual energy x-ray absorptiometry (DXA).

Males

Age	Normal Body Fat	Elevated Risk	High Risk
11-17 years old	Less than 22%	22% to 31.9%	Greater than 32%
18-49 years old	Less than 24.9%	25% to 29.9%	Greater than 30%
50-84 years old	Less than 27.9%	28% to 31.9%	Greater than 32%

Females

Age	Normal Body Fat	Elevated Risk	High Risk
11-17 years old	Less than 34%	34% to 44.9%	Greater than 45%
18-49 years old	Less than 36.9%	37% to 41.9%	Greater than 42%
50-84 years old	Less than 39.9%	40% to 43.9%	Greater than 44%

Sources:

Heo M, Faith MS, Pietrobelli A, Heymsfield SB. 2012. Percentage of body fat cutoffs by sex, age, and race-ethnicity in the US adult population from NHANES 1999-2004. American Journal of Clinical Nutrition 95:594-602.
Taylor RW, Jones EI, Williams SM, Goulding A. 2002. Body fat percentages mesasured by dual-energy X-ray absorptiometry corresponding to recently recommended body mass index cutoffs for overweight and obesity in children and adolescents aged 3-18y. American Journal of Clinical Nutrition 76:1416-1421.
Nieman, David. 2019. Nutritional Assessment (7th Edition). McGraw Hill Education.

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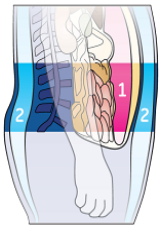
####	####	Utah	####	####	####	####

Abdomen Composition



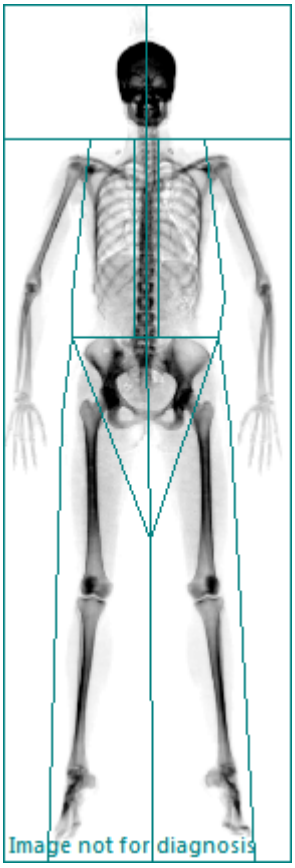
Adipose Tissue
1 Visceral
2 Subcutaneous

Knowing where fat is stored on the body is acknowledged as an important predictor of health, more specifically, knowing how much of it is visceral vs subcutaneous fat.

Subcutaneous fat is stored directly under the skin and is not as well associated with chronic disease. On the other hand, visceral fat is stored within the abdominal cavity with the digetive organs located in the android region. Visceral fat has been shown to increase an individual's risk of developing life-threatening medical conditions such as heart disease, stroke, diabetes, hypertension, gallstones, and some types of cancer.

The android to gynoid (A/G) ratio is a secondary measurement used to assess potential risk of the above-mentioned health conditions in the event that a visceral fat measurement is unavailable. The ideal A/G ratio is less than 1.0 for optimal fat distribution.

Measured Date	Visceral Fat	Change	A/G Ratio
####	0.34	0.05	0.57
####	0.29	-	0.71
			0.47
			0.53



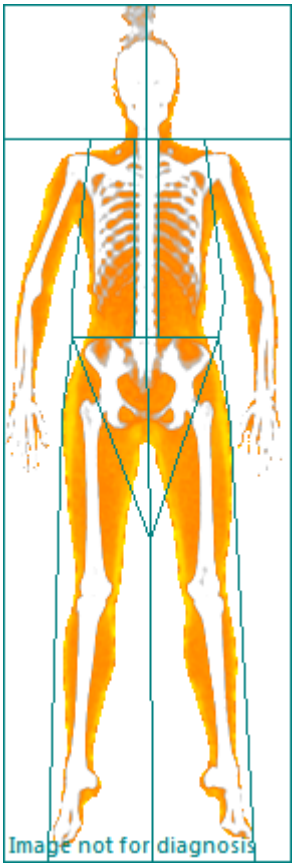
Head

Trunk

Android

Gynoid

Legs



Color Coding
Bone Lean Fat

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####	####	Utah	####	####	####	####

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.

Measured Date	Region Fat	Change	Total Mass	Change	Fat Tissue	Change	Lean Tissue	Change
####	15.7%	-2.9%	56.5 lbs	-5.2 lbs	8.6 lbs	-2.6 lbs	46.4 lbs	-2.6 lbs
####	18.6%	2.0%	61.7 lbs	3.4 lbs	11.2 lbs	1.7 lbs	49.0 lbs	1.6 lbs
####	16.6%	2.1%	58.3 lbs	4.5 lbs	9.5 lbs	1.9 lbs	47.4 lbs	2.7 lbs
####	14.5%	3.2%	53.8 lbs	1.1 lbs	7.6 lbs	1.8 lbs	44.7 lbs	-0.7 lbs
####	11.3%	-1.2%	52.7 lbs	-1.1 lbs	5.8 lbs	-0.7 lbs	45.4 lbs	-0.3 lbs
####	12.5%	2.1%	53.8 lbs	-0.1 lbs	6.5 lbs	1.1 lbs	45.7 lbs	-1.2 lbs
####	10.4%	-0.9%	53.9 lbs	0.1 lbs	5.4 lbs	-0.5 lbs	46.9 lbs	0.6 lbs
####	11.3%	-2.9%	53.8 lbs	-1.2 lbs	5.9 lbs	-1.7 lbs	46.3 lbs	0.4 lbs

Android

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

Measured Date	Region Fat	Change	Total Mass	Change	Fat Tissue	Change	Lean Tissue	Change
####	12.3%	-5.1%	7.5 lbs	-1.1 lbs	0.9 lbs	-0.6 lbs	6.5 lbs	-0.5 lbs
####	17.4%	5.1%	8.6 lbs	0.4 lbs	1.5 lbs	0.5 lbs	7.0 lbs	-0.1 lbs
####	12.3%	0.5%	8.2 lbs	0.8 lbs	1.0 lbs	0.1 lbs	7.1 lbs	0.7 lbs
####	11.8%	3.7%	7.4 lbs	-0.2 lbs	0.9 lbs	0.3 lbs	6.4 lbs	-0.5 lbs
####	8.1%	-0.5%	7.6 lbs	0.0 lbs	0.6 lbs	0.0 lbs	6.9 lbs	0.0 lbs
####	8.6%	0.9%	7.6 lbs	0.2 lbs	0.6 lbs	0.0 lbs	6.9 lbs	0.2 lbs
####	7.7%	0.3%	7.4 lbs	-0.1 lbs	0.6 lbs	0.1 lbs	6.7 lbs	-0.1 lbs
####	7.4%	-3.4%	7.5 lbs	-0.5 lbs	0.5 lbs	-0.3 lbs	6.8 lbs	-0.2 lbs

Gynoid

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.

Measured Date	Region Fat	Change	Total Mass	Change	Fat Tissue	Change	Lean Tissue	Change
####	21.7%	-3.0%	19.7 lbs	-1.7 lbs	4.2 lbs	-0.9 lbs	15.0 lbs	-0.7 lbs
####	24.7%	-1.3%	21.4 lbs	1.1 lbs	5.1 lbs	0.0 lbs	15.7 lbs	1.1 lbs
####	26.0%	3.8%	20.3 lbs	0.5 lbs	5.1 lbs	0.8 lbs	14.6 lbs	-0.4 lbs
####	22.2%	2.9%	19.8 lbs	0.5 lbs	4.3 lbs	0.7 lbs	15.0 lbs	-0.2 lbs
####	19.3%	-0.9%	19.3 lbs	0.2 lbs	3.6 lbs	-0.2 lbs	15.2 lbs	0.4 lbs
####	20.2%	2.0%	19.1 lbs	0.2 lbs	3.8 lbs	0.5 lbs	14.8 lbs	-0.2 lbs
####	18.2%	-1.6%	18.9 lbs	-0.7 lbs	3.3 lbs	-0.5 lbs	15.0 lbs	-0.3 lbs
####	19.8%	-4.0%	19.6 lbs	-0.2 lbs	3.8 lbs	-0.8 lbs	15.3 lbs	0.6 lbs

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####	####	Utah	####	####	####	####

Arms (Total)

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

Measured Date	(e)	Region Fat	Change	Total Mass	Change	Fat Tissue	Change	Lean Tissue	Change
####		21.9%	-1.0%	13.6 lbs	-0.3 lbs	2.8 lbs	-0.2 lbs	10.1 lbs	-0.1 lbs
####		22.9%	0.4%	13.9 lbs	0.8 lbs	3.0 lbs	0.2 lbs	10.2 lbs	0.5 lbs
####		22.5%	1.1%	13.1 lbs	-0.4 lbs	2.8 lbs	0.1 lbs	9.7 lbs	-0.4 lbs
####		21.4%	0.9%	13.5 lbs	0.2 lbs	2.7 lbs	0.1 lbs	10.1 lbs	0.0 lbs
####		20.5%	-0.4%	13.3 lbs	-0.1 lbs	2.6 lbs	-0.1 lbs	10.1 lbs	0.0 lbs
####		20.9%	0.7%	13.4 lbs	0.5 lbs	2.7 lbs	0.2 lbs	10.1 lbs	0.3 lbs
####		20.2%	-0.8%	12.9 lbs	-0.5 lbs	2.5 lbs	-0.2 lbs	9.8 lbs	-0.2 lbs
####		21.0%	-2.0%	13.4 lbs	0.0 lbs	2.7 lbs	-0.2 lbs	10.0 lbs	0.2 lbs

Arms (Right)

Measured Date	(e)	Region Fat	Change	Total Mass	Change	Fat Tissue	Change	Lean Tissue	Change
####		22.9%	0.0%	6.9 lbs	0.0 lbs	1.5 lbs	0.0 lbs	5.0 lbs	-0.1 lbs
####		22.9%	-1.9%	6.9 lbs	0.2 lbs	1.5 lbs	-0.1 lbs	5.1 lbs	0.3 lbs
####		24.8%	2.9%	6.7 lbs	-0.2 lbs	1.6 lbs	0.2 lbs	4.8 lbs	-0.3 lbs
####		21.9%	-0.6%	6.9 lbs	0.1 lbs	1.4 lbs	0.0 lbs	5.1 lbs	0.1 lbs
####		22.5%	-0.1%	6.8 lbs	0.0 lbs	1.4 lbs	-0.1 lbs	5.0 lbs	0.0 lbs
####		22.6%	1.8%	6.8 lbs	0.2 lbs	1.5 lbs	0.2 lbs	5.0 lbs	0.1 lbs
####		20.8%	-1.8%	6.6 lbs	-0.2 lbs	1.3 lbs	-0.2 lbs	4.9 lbs	-0.1 lbs
####		22.6%	-0.1%	6.8 lbs	0.0 lbs	1.5 lbs	0.0 lbs	5.0 lbs	0.0 lbs

Arms (Left)

Measured Date	(e)	Region Fat	Change	Total Mass	Change	Fat Tissue	Change	Lean Tissue	Change
####		20.8%	-2.2%	6.8 lbs	-0.1 lbs	1.3 lbs	-0.2 lbs	5.1 lbs	0.0 lbs
####		23.0%	2.9%	6.9 lbs	0.5 lbs	1.5 lbs	0.3 lbs	5.1 lbs	0.2 lbs
####		20.1%	-0.7%	6.4 lbs	-0.3 lbs	1.2 lbs	-0.1 lbs	4.9 lbs	-0.1 lbs
####		20.8%	2.3%	6.7 lbs	0.2 lbs	1.3 lbs	0.2 lbs	5.0 lbs	-0.1 lbs
####		18.5%	-0.7%	6.5 lbs	-0.1 lbs	1.1 lbs	-0.1 lbs	5.1 lbs	0.0 lbs
####		19.2%	-0.4%	6.6 lbs	0.3 lbs	1.2 lbs	0.0 lbs	5.1 lbs	0.3 lbs
####		19.6%	0.3%	6.3 lbs	-0.3 lbs	1.2 lbs	0.0 lbs	4.8 lbs	-0.3 lbs
####		19.3%	-4.0%	6.6 lbs	0.0 lbs	1.2 lbs	-0.3 lbs	5.1 lbs	0.3 lbs

DexaBody

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

Legs (Total)

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

Measured Date	(e)	Region Fat	Change	Total Mass	Change	Fat Tissue	Change	Lean Tissue	Change
####		22.2%	-1.3%	42.3 lbs	-2.3 lbs	9.0 lbs	-1.0 lbs	31.5 lbs	-1.2 lbs
####		23.5%	-2.0%	44.6 lbs	0.7 lbs	10.0 lbs	-0.7 lbs	32.7 lbs	1.4 lbs
####		25.5%	1.5%	43.9 lbs	0.0 lbs	10.7 lbs	0.6 lbs	31.3 lbs	-0.6 lbs
####		24.0%	3.4%	43.9 lbs	0.1 lbs	10.1 lbs	1.5 lbs	31.9 lbs	-1.4 lbs
####		20.6%	-1.4%	43.8 lbs	0.6 lbs	8.6 lbs	-0.5 lbs	33.3 lbs	1.1 lbs
####		22.0%	1.0%	43.2 lbs	0.7 lbs	9.1 lbs	0.6 lbs	32.2 lbs	0.1 lbs
####		21.0%	-0.9%	42.5 lbs	-0.6 lbs	8.5 lbs	-0.5 lbs	32.1 lbs	-0.1 lbs
####		21.9%	-2.6%	43.1 lbs	-1.2 lbs	9.0 lbs	-1.4 lbs	32.2 lbs	0.2 lbs

Legs (Right)

Measured Date	(e)	Region Fat	Change	Total Mass	Change	Fat Tissue	Change	Lean Tissue	Change
####		22.2%	-1.6%	21.6 lbs	-1.1 lbs	4.6 lbs	-0.6 lbs	16.1 lbs	-0.5 lbs
####		23.8%	-1.8%	22.7 lbs	0.3 lbs	5.2 lbs	-0.3 lbs	16.6 lbs	0.6 lbs
####		25.6%	1.9%	22.4 lbs	0.1 lbs	5.5 lbs	0.4 lbs	16.0 lbs	-0.2 lbs
####		23.7%	3.0%	22.3 lbs	-0.1 lbs	5.1 lbs	0.7 lbs	16.2 lbs	-0.8 lbs
####		20.7%	-0.9%	22.4 lbs	0.1 lbs	4.4 lbs	-0.2 lbs	17.0 lbs	0.3 lbs
####		21.6%	1.0%	22.3 lbs	0.9 lbs	4.6 lbs	0.4 lbs	16.7 lbs	0.5 lbs
####		20.6%	-1.2%	21.4 lbs	-1.0 lbs	4.2 lbs	-0.5 lbs	16.2 lbs	-0.6 lbs
####		21.8%	-3.1%	22.4 lbs	0.5 lbs	4.7 lbs	-0.5 lbs	16.8 lbs	1.0 lbs

Legs (Left)

Measured Date	(e)	Region Fat	Change	Total Mass	Change	Fat Tissue	Change	Lean Tissue	Change
####		22.3%	-1.0%	20.8 lbs	-1.0 lbs	4.4 lbs	-0.5 lbs	15.4 lbs	-0.7 lbs
####		23.3%	-2.0%	21.8 lbs	0.3 lbs	4.9 lbs	-0.3 lbs	16.1 lbs	0.8 lbs
####		25.3%	1.0%	21.5 lbs	-0.1 lbs	5.2 lbs	0.2 lbs	15.3 lbs	-0.3 lbs
####		24.3%	3.8%	21.6 lbs	0.1 lbs	5.0 lbs	0.8 lbs	15.6 lbs	-0.7 lbs
####		20.5%	-1.9%	21.5 lbs	0.6 lbs	4.2 lbs	-0.3 lbs	16.3 lbs	0.8 lbs
####		22.4%	1.1%	20.9 lbs	-0.3 lbs	4.5 lbs	0.2 lbs	15.5 lbs	-0.4 lbs
####		21.3%	-0.6%	21.2 lbs	0.5 lbs	4.3 lbs	0.0 lbs	15.9 lbs	0.5 lbs
####		21.9%	-2.2%	20.7 lbs	-1.7 lbs	4.3 lbs	-0.9 lbs	15.4 lbs	-0.9 lbs

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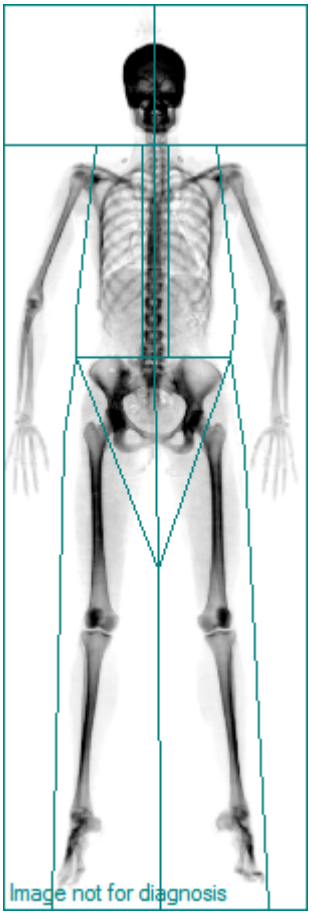
####	####	Utah	####	####	####	####

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.

This is a full body bone density scan which can provide a general indication of relative bone density. This is not a replacement for a detailed bone density assessment ordered by your physician. 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)

The chart below 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.

T-Score: 0.0	
-1 and above	Normal
- 1.0 to -2.5	Potential Osteopenia
-2.5 and below	Potential Osteoporosis

Measure Date	BMD T-Score
####	0.0
####	0.1
####	-0.1
####	0.1
####	0.1

The Z-Score listed in the below table compares your BMD to a person of 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.

Z Score: 0.5	% 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 Z-Score
####	0.5
####	0.5
####	0.3
####	0.6
####	0.5

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####	####	Utah	####	####	####	####

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 for maintenance based off of your daily living and physical activity. For *most* people, the actual energy requirement falls within ± 200 kcal.

RMR	Estimated Energy Requirements	Daily Activity Level
1,330 cal/day For a more accurate RMR measurement schedule an appointment for a RMR Analysis Test with a staff member.	1,330 X 1.25 =	Only those physical activities required for typical daily living
	1,330 X 1.50 =	30-60 min. moderate activity
	1,330 X 1.70 =	≥ 60 min moderate activity
	1,330 X 1.95 =	≥ 120 min moderate to vigorous 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)*

Below, you will see the Acceptable Macronutrient Distribution Ranges (AMDRs) for the healthy adult U.S. population.

Macronutrient	Carbohydrates	Fat	Protein
% of Calories	45-65%	20-35%	10-35%

For information regarding our nutrition services, use the QR code link on this page to schedule a 20-minute nutrition discovery call with our Registered Dietitian Nutritionist (RDN). Our RDN can provide not only a personalized nutrition plan, but can also help your sort through the facts and fiction of nutrition headlines. Take control of your health and schedule your nutirion discovery call today!

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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.

Specific	Measurable	Achievable	Relevant	Timely
S	M	A	R	T
G	O	A	L	S
What do you want to achieve and how?	How will you measure your goal?	Is the goal reasonable enough to achieve?	Is the goal worth-while and will it meet your needs?	When will the goal be accomplished?

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.