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 Mass	Change	Lean Tissue	Change	Fat Tissue	Change	Total Body Fat	Change
####	205.6 lbs	-1.7 lbs	158.1 lbs	-1.9 lbs	39.2 lbs	0.3 lbs	19.9%	0.4%
####	207.3 lbs	3.2 lbs	160.0 lbs	3.2 lbs	38.9 lbs	0.0 lbs	19.5%	-0.4%
####	204.1 lbs	-5.0 lbs	156.8 lbs	-0.5 lbs	38.9 lbs	-4.5 lbs	19.9%	-1.7%
####	209.1 lbs	-2.3 lbs	157.3 lbs	2.1 lbs	43.4 lbs	-4.3 lbs	21.6%	-1.9%
####	211.4 lbs	-3.5 lbs	155.2 lbs	-0.6 lbs	47.7 lbs	-2.7 lbs	23.5%	-0.9%
####	214.9 lbs	-4.7 lbs	155.8 lbs	-6.5 lbs	50.4 lbs	1.5 lbs	24.4%	1.2%
####	219.6 lbs	-1.1 lbs	162.3 lbs	1.7 lbs	48.9 lbs	-2.7 lbs	23.2%	-1.1%
####	220.7 lbs	-1.2 lbs	160.6 lbs	1.7 lbs	51.6 lbs	-2.9 lbs	24.3%	-1.2%

BODY FAT PERCENT RANGES

Ages	Average Body Fat *	10th	20th	30th	40th	50th*	60th	70th	80th	90th
Female										
16-20	**35.2%**	26.6%	29.0%	31.1%	32.9%	34.8%	37.0%	39.1%	41.7%	45.1%
21-30	**36.8%**	27.6%	30.7%	33.3%	35.6%	37.7%	39.5%	41.4%	43.4%	46.2%
31-40	**38.0%**	29.1%	33.0%	35.4%	37.1%	38.9%	40.7%	42.2%	44.5%	46.9%
41-50	**39.5%**	31.2%	34.8%	37.2%	39.2%	40.7%	42.1%	43.5%	45.3%	47.7%
51-60	**40.4%**	32.6%	36.3%	38.4%	40.4%	42.0%	43.3%	44.6%	46.3%	48.7%
61-70	**42.6%**	35.5%	38.2%	40.2%	41.7%	43.1%	44.3%	45.7%	47.4%	49.2%
71-80	**42.2%**	34.8%	37.6%	40.1%	41.6%	42.9%	44.3%	45.6%	47.0%	49.2%
81+	**40.3%**	32.7%	35.4%	37.7%	39.8%	41.0%	42.2%	43.5%	45.2%	47.6%
Male										
16-20	**22.5%**	14.6%	16.0%	17.4%	19.0%	20.7%	23.0%	25.9%	29.0%	33.5%
21-30	**24.8%**	16.2%	19.2%	21.5%	23.3%	25.2%	26.7%	28.5%	30.5%	33.7%
31-40	**26.0%**	18.2%	21.3%	23.7%	25.2%	26.8%	28.0%	29.4%	31.2%	33.9%
41-50	**27.0%**	19.6%	23.0%	24.8%	26.2%	27.6%	28.8%	30.2%	32.1%	34.3%
51-60	**27.9%**	20.3%	23.9%	25.9%	27.3%	28.6%	30.0%	31.3%	32.9%	35.4%
61-70	**30.2%**	23.5%	25.8%	27.5%	28.9%	30.3%	31.7%	33.0%	34.7%	37.2%
71-80	**30.7%**	24.3%	26.3%	28.1%	29.5%	30.8%	32.1%	33.4%	35.1%	37.5%
81+	**30.8%**	24.6%	26.8%	28.2%	29.5%	31.0%	32.2%	33.4%	35.1%	37.2%

This chart comes from an analysis of the 1999-2018 NHANES study that looked at populations of males and females between the ages of 8 and 85, with a total of 101,316 DXA scans. Our analysis displays ages 16-81+ and 33,049 participants who were considered eligible for the study. Body composition was measured using DXA technology, and averages and percentiles were calculated and constructed from the 33,049 participants.

Sources:
https://wwwn.cdc.gov/nchs/nhanes/search/datapage.aspx?Component=Examination
Centers for Disease Control and Prevention. (n.d.). Examination data - continuous NHANES.

**The mean, also known as the average, in this case is the sum of all body fat percentages in the cohort divided by the total number of scans in the cohort, whereas the median is the middle value of all tested body fat percentages in the cohort.*

Scan the QR code for more information about body composition!

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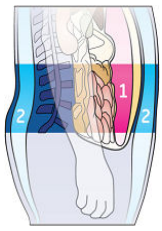
Client	Sex	Facility	Birth Date	Height	Weight	Measured
####	####	####	####	####	####	####

Abdomen Composition



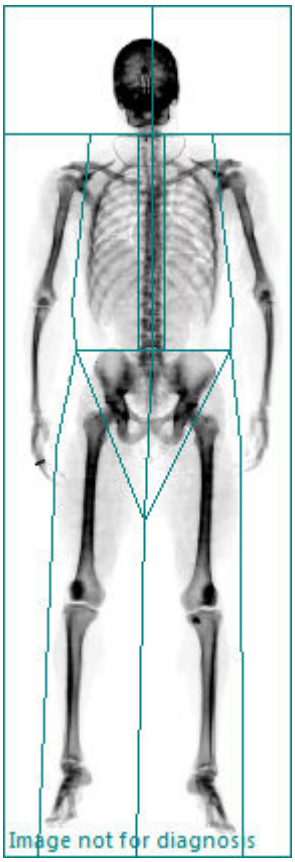
Adipose Tissue
1 Visceral
2 Subcutaneous

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 digestive organs located in the android region. Visceral fat is associated with risk of developing 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.

Scan the QR code for more information about abdominal composition

Measured Date	Visceral Fat Pounds	Change	A/G Ratio
####	0.52	-0.04	0.91
####	0.56	0.22	0.96
####	0.34	-0.23	0.91
####	0.57	-0.24	0.98



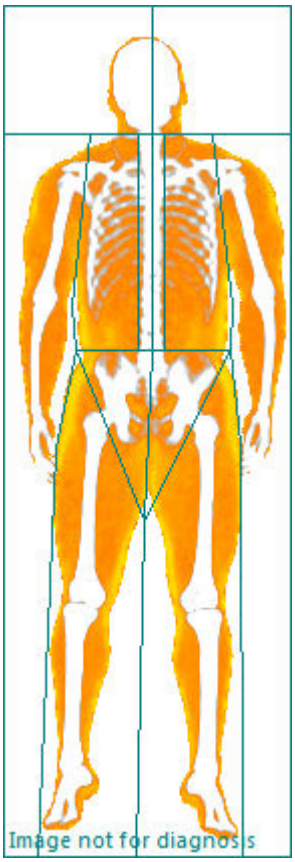
Head

Trunk

Android

Gynoid

Legs



Color Coding
Bone Lean Fat

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

Trunk

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

Measured Date	Total Mass	Change	Lean Tissue	Change	Fat Tissue	Change	Region Fat	Change
####	94.3 lbs	1.2 lbs	72.9 lbs	0.8 lbs	18.9 lbs	0.4 lbs	20.6%	0.2%
####	93.1 lbs	0.1 lbs	72.1 lbs	-0.5 lbs	18.5 lbs	0.6 lbs	20.4%	0.6%
####	93.0 lbs	-1.9 lbs	72.6 lbs	1.1 lbs	17.9 lbs	-3.0 lbs	19.8%	-2.8%
####	94.9 lbs	-0.7 lbs	71.5 lbs	2.5 lbs	20.9 lbs	-3.2 lbs	22.6%	-3.3%
####	95.6 lbs	-3.2 lbs	69.0 lbs	-1.5 lbs	24.1 lbs	-1.5 lbs	25.9%	-0.7%
####	98.8 lbs	-1.0 lbs	70.5 lbs	-3.2 lbs	25.6 lbs	2.0 lbs	26.6%	2.4%
####	99.8 lbs	-1.4 lbs	73.7 lbs	1.1 lbs	23.6 lbs	-2.4 lbs	24.2%	-2.1%
####	101.2 lbs	0.4 lbs	72.6 lbs	2.1 lbs	26.0 lbs	-1.7 lbs	26.3%	-1.9%

Android

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

Measured Date	Total Mass	Change	Lean Tissue	Change	Fat Tissue	Change	Region Fat	Change
####	13.7 lbs	0.4 lbs	10.9 lbs	0.4 lbs	2.7 lbs	0.0 lbs	19.5%	-0.5%
####	13.3 lbs	-0.4 lbs	10.5 lbs	-0.4 lbs	2.7 lbs	0.1 lbs	20.0%	1.1%
####	13.7 lbs	-0.2 lbs	10.9 lbs	0.2 lbs	2.6 lbs	-0.5 lbs	18.9%	-3.1%
####	13.9 lbs	-0.1 lbs	10.7 lbs	0.4 lbs	3.1 lbs	-0.5 lbs	22.0%	-3.3%
####	14.0 lbs	-0.5 lbs	10.3 lbs	-0.3 lbs	3.6 lbs	-0.2 lbs	25.3%	-0.6%
####	14.5 lbs	-0.8 lbs	10.6 lbs	-0.8 lbs	3.8 lbs	0.1 lbs	25.9%	1.7%
####	15.3 lbs	0.2 lbs	11.4 lbs	0.3 lbs	3.7 lbs	-0.2 lbs	24.2%	-1.7%
####	15.1 lbs	-0.1 lbs	11.1 lbs	0.5 lbs	3.9 lbs	-0.6 lbs	25.9%	-3.4%

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	Total Mass	Change	Lean Tissue	Change	Fat Tissue	Change	Region Fat	Change
####	31.9 lbs	-1.0 lbs	24.4 lbs	-0.9 lbs	6.7 lbs	0.0 lbs	21.0%	0.6%
####	32.9 lbs	0.6 lbs	25.3 lbs	0.5 lbs	6.7 lbs	0.1 lbs	20.4%	0.0%
####	32.3 lbs	-1.0 lbs	24.8 lbs	-0.3 lbs	6.6 lbs	-0.7 lbs	20.4%	-1.6%
####	33.3 lbs	-0.5 lbs	25.1 lbs	0.2 lbs	7.3 lbs	-0.7 lbs	22.0%	-1.7%
####	33.8 lbs	-0.4 lbs	24.9 lbs	0.2 lbs	8.0 lbs	-0.5 lbs	23.7%	-1.3%
####	34.2 lbs	-1.7 lbs	24.7 lbs	-1.8 lbs	8.5 lbs	0.0 lbs	25.0%	1.2%
####	35.9 lbs	0.2 lbs	26.5 lbs	0.8 lbs	8.5 lbs	-0.6 lbs	23.8%	-1.7%
####	35.7 lbs	-0.1 lbs	25.7 lbs	0.2 lbs	9.1 lbs	-0.4 lbs	25.5%	-0.9%

DexaBody

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

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)	Total Mass	Change	Lean Tissue	Change	Fat Tissue	Change	Region Fat	Change
####		30.6 lbs	-1.7 lbs	24.4 lbs	-1.7 lbs	4.9 lbs	0.1 lbs	16.0%	1.0%
####		32.3 lbs	1.7 lbs	26.1 lbs	2.0 lbs	4.8 lbs	-0.4 lbs	15.0%	-2.0%
####		30.6 lbs	-1.2 lbs	24.1 lbs	-0.8 lbs	5.2 lbs	-0.4 lbs	17.0%	-0.7%
####		31.8 lbs	-0.2 lbs	24.9 lbs	-0.1 lbs	5.6 lbs	-0.1 lbs	17.7%	0.0%
####		32.0 lbs	0.3 lbs	25.0 lbs	0.6 lbs	5.7 lbs	-0.3 lbs	17.7%	-1.2%
####		31.7 lbs	-1.1 lbs	24.4 lbs	-1.0 lbs	6.0 lbs	-0.1 lbs	18.9%	0.3%
####		32.8 lbs	-0.2 lbs	25.4 lbs	-0.2 lbs	6.1 lbs	0.0 lbs	18.6%	0.0%
####		33.0 lbs	0.3 lbs	25.6 lbs	0.4 lbs	6.1 lbs	-0.1 lbs	18.6%	-0.5%

Arms (Right)

Measured Date	(e)	Total Mass	Change	Lean Tissue	Change	Fat Tissue	Change	Region Fat	Change
####		15.1 lbs	-0.8 lbs	11.9 lbs	-0.9 lbs	2.5 lbs	0.0 lbs	16.7%	1.0%
####		15.9 lbs	0.7 lbs	12.8 lbs	1.0 lbs	2.5 lbs	-0.2 lbs	15.7%	-2.3%
####		15.2 lbs	-0.7 lbs	11.8 lbs	-0.6 lbs	2.7 lbs	-0.2 lbs	18.0%	-0.2%
####		15.9 lbs	0.0 lbs	12.4 lbs	-0.1 lbs	2.9 lbs	0.1 lbs	18.2%	0.5%
####		15.9 lbs	0.0 lbs	12.5 lbs	0.3 lbs	2.8 lbs	-0.2 lbs	17.7%	-1.2%
####		15.9 lbs	-0.3 lbs	12.2 lbs	-0.3 lbs	3.0 lbs	-0.1 lbs	18.9%	-0.2%
####		16.2 lbs	-0.1 lbs	12.5 lbs	-0.1 lbs	3.1 lbs	0.0 lbs	19.1%	0.3%
####		16.3 lbs	0.2 lbs	12.6 lbs	0.3 lbs	3.1 lbs	-0.1 lbs	18.8%	-0.9%

Arms (Left)

Measured Date	(e)	Total Mass	Change	Lean Tissue	Change	Fat Tissue	Change	Region Fat	Change
####		15.5 lbs	-0.8 lbs	12.5 lbs	-0.8 lbs	2.4 lbs	0.1 lbs	15.3%	1.0%
####		16.3 lbs	0.9 lbs	13.3 lbs	1.0 lbs	2.3 lbs	-0.2 lbs	14.3%	-1.7%
####		15.4 lbs	-0.5 lbs	12.3 lbs	-0.2 lbs	2.5 lbs	-0.2 lbs	16.0%	-1.2%
####		15.9 lbs	-0.2 lbs	12.5 lbs	-0.1 lbs	2.7 lbs	-0.1 lbs	17.2%	-0.5%
####		16.1 lbs	0.2 lbs	12.6 lbs	0.4 lbs	2.8 lbs	-0.2 lbs	17.7%	-1.2%
####		15.9 lbs	-0.7 lbs	12.2 lbs	-0.7 lbs	3.0 lbs	0.0 lbs	18.9%	0.9%
####		16.6 lbs	-0.2 lbs	12.9 lbs	-0.1 lbs	3.0 lbs	-0.1 lbs	18.0%	-0.4%
####		16.8 lbs	0.3 lbs	13.0 lbs	0.2 lbs	3.1 lbs	0.0 lbs	18.4%	-0.1%

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

Legs (Total)

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

Measured Date	(e)	Total Mass	Change	Lean Tissue	Change	Fat Tissue	Change	Region Fat	Change
####		68.2 lbs	-1.3 lbs	52.0 lbs	-1.2 lbs	13.2 lbs	-0.1 lbs	19.3%	0.2%
####		69.5 lbs	1.2 lbs	53.2 lbs	1.5 lbs	13.3 lbs	-0.3 lbs	19.1%	-0.8%
####		68.3 lbs	-1.8 lbs	51.7 lbs	-0.8 lbs	13.6 lbs	-1.0 lbs	19.9%	-0.9%
####		70.1 lbs	-1.4 lbs	52.5 lbs	-0.3 lbs	14.6 lbs	-1.1 lbs	20.8%	-1.1%
####		71.5 lbs	-0.5 lbs	52.8 lbs	0.4 lbs	15.7 lbs	-0.9 lbs	21.9%	-1.1%
####		72.0 lbs	-2.7 lbs	52.4 lbs	-2.3 lbs	16.6 lbs	-0.4 lbs	23.0%	0.3%
####		74.7 lbs	0.6 lbs	54.7 lbs	0.9 lbs	17.0 lbs	-0.2 lbs	22.7%	-0.5%
####		74.1 lbs	-1.8 lbs	53.8 lbs	-0.8 lbs	17.2 lbs	-1.1 lbs	23.2%	-0.9%

Legs (Right)

Measured Date	(e)	Total Mass	Change	Lean Tissue	Change	Fat Tissue	Change	Region Fat	Change
####		33.5 lbs	-0.8 lbs	25.7 lbs	-0.7 lbs	6.3 lbs	-0.1 lbs	18.8%	0.1%
####		34.3 lbs	0.6 lbs	26.4 lbs	0.6 lbs	6.4 lbs	0.0 lbs	18.7%	-0.4%
####		33.7 lbs	-1.4 lbs	25.8 lbs	-0.8 lbs	6.4 lbs	-0.7 lbs	19.1%	-1.0%
####		35.1 lbs	0.1 lbs	26.6 lbs	0.5 lbs	7.1 lbs	-0.3 lbs	20.1%	-1.2%
####		35.0 lbs	0.1 lbs	26.1 lbs	0.5 lbs	7.4 lbs	-0.4 lbs	21.3%	-1.1%
####		34.9 lbs	-2.1 lbs	25.6 lbs	-1.8 lbs	7.8 lbs	-0.4 lbs	22.4%	0.3%
####		37.0 lbs	0.7 lbs	27.4 lbs	0.9 lbs	8.2 lbs	-0.1 lbs	22.1%	-0.7%
####		36.3 lbs	-1.9 lbs	26.5 lbs	-1.3 lbs	8.3 lbs	-0.6 lbs	22.8%	-0.5%

Legs (Left)

Measured Date	(e)	Total Mass	Change	Lean Tissue	Change	Fat Tissue	Change	Region Fat	Change
####		34.7 lbs	-0.5 lbs	26.3 lbs	-0.5 lbs	6.9 lbs	0.1 lbs	19.8%	0.4%
####		35.2 lbs	0.6 lbs	26.8 lbs	0.9 lbs	6.8 lbs	-0.4 lbs	19.4%	-1.3%
####		34.6 lbs	-0.3 lbs	25.9 lbs	0.0 lbs	7.2 lbs	-0.3 lbs	20.7%	-0.8%
####		34.9 lbs	-1.6 lbs	25.9 lbs	-0.8 lbs	7.5 lbs	-0.7 lbs	21.5%	-1.0%
####		36.5 lbs	-0.6 lbs	26.7 lbs	-0.1 lbs	8.2 lbs	-0.6 lbs	22.5%	-1.1%
####		37.1 lbs	-0.6 lbs	26.8 lbs	-0.6 lbs	8.8 lbs	0.0 lbs	23.6%	0.3%
####		37.7 lbs	-0.1 lbs	27.4 lbs	0.1 lbs	8.8 lbs	-0.2 lbs	23.3%	-0.4%
####		37.8 lbs	0.2 lbs	27.3 lbs	0.5 lbs	9.0 lbs	-0.3 lbs	23.7%	-1.1%

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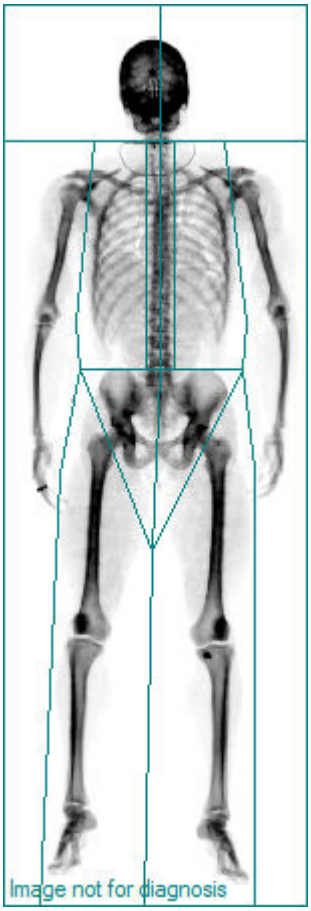
	Sex	Facility	Birth Date	Height	Weight	Measured
####	####	####	####	####	####	####

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) T-Score. The T-Score compares your bones to a healthy 30-year old adult of your sex.

T-Score: 3.5	
-1 and above	Normal
- 1.0 to -2.5	Potential Osteopenia
-2.5 and below	Potential Osteoporosis

Measure Date	BMD T-Score
####	3.2
####	3.5
####	3.4
####	3.4
####	3.4

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

Z Score: 2.9	% 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
####	2.6
####	2.9
####	2.9
####	2.8
####	2.8

Scan the QR Code for more information about bone density!

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

METABOLISM & NUTRITION INFORMATION

Resting Metabolic Rate (RMR) is an estimate of how much energy your body needs to survive if you were to lay motionless for 24 hours. This is an estimate based on the Mifflin St. Jeor Equation. Generally speaking, most people are not sitting in bed, motionless, all day, every day. Therefore, energy needs are increased due to physical activity and daily living.

Your resting metabolic rate is related to your lean body mass or the fat-free part of your body. Your lean body mass is made up of muscle and internal organs.

RMR
1,998 cal/day For a more accurate RMR measurement schedule an appointment for a RMR Analysis Test with a staff member.

Examples of Organ Systems That Contribute to RMR		
Neurological	Urinary	Digestive
Cardiovascular	Musculoskeletal	Other

RMR is unique to each individual and **does not** necessarily reflect how many calories someone should or should not be eating.

RMR can be influenced by several different factors, including, but not limited to:

Age	Sex	Height	Lean Tissue	Chronic Dieting	Restricting	Weight Cycling
Exercise	Sleep	Medication	Smoking	Genetics	Disease State	Stress

Scan the QR code for more information about RMR!

We have registered dietitians on staff if you are looking for additional information regarding your RMR or need help with your nutrition. Talk with a wellness consultant about scheduling a free discovery call today!

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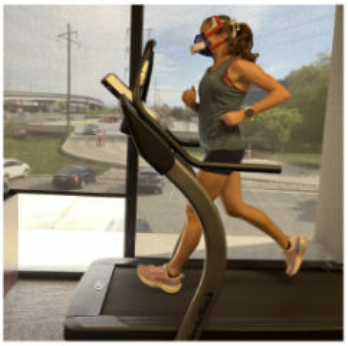
NEXT STEPS

Now that you've gotten your DEXA scan, what's next?! Scan the QR code at the bottom of the page to access our Linktree of resources that we created with you in mind!

Sign up for a free discovery call with our dietitians, health coaches, or personal trainers to see if any of their services are right for you.



VO2 Max Test

Gut Microbiome/DNA Test

Personal Training

Interested in additional ways to improve your health? Scan the QR code and visit our Linktree!

Thank you for partnering with Dexa Body to improve your health! For exciting health tips, follow us on our social media platforms via our Linktree!

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