DEXAFIT

DexaFit SF Downtown
http://www.dexafit.com
(415)795-3318

Name: ####, ####	**Birth Date:** ####	**Measure Date:** ####
Age: ####	**Height:** ####	**Measure Time:** ####
Gender: ####	**Weight:** ####	

DexaFit Summary Analysis Page

Summary - Total Body Composition Analysis

The total body composition table summarizes the metrics of your entire body and displays your Total Body Fat %, Total Mass (lbs), Fat Tissue (lbs), Lean Tissue (lbs), Bone Mineral Content (BMC), and Visceral Fat (lbs).

Measured Date	Total Body Fat %	Total Mass	Fat Tissue	Lean Tissue	BMC	Visceral Fat
####	9.6%	173.0 lbs	16.6 lbs	148.7 lbs	7.7 lbs	0.29 lbs

Composition Trend: Total

Lean Mass Balance

Lean mass balance is a comparison of your body's right to left lean mass symmetry. A lean mass difference close to zero indicates a balance of muscle. An injury, non-symmetrical training, or a health condition may cause disproportionate lean mass differences, but only your physican can determine if a health condition is the related cause.

Region	Measured Date	Lean Mass Right	Lean Mass Left	Lean Mass Difference
Arms:	####	9.3 lbs	9.2 lbs	0.1 lbs
Legs:	####	23.9 lbs	22.6 lbs	1.2 lbs
Total:	####	74.3 lbs	74.5 lbs	-0.2 lbs

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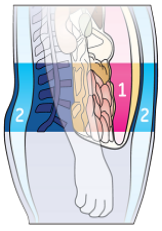
BODY COMPOSITION: Total Body (Enhanced Analysis)

Region	Body Fat (%)	Fat (lbs)	Lean (lbs)	BMC (lbs)	Total Mass (lbs)
Arms	9.0	1.9	18.5	1.0	21.5
Arm Right	7.4	0.8	9.3	0.5	10.6
Arm Left	10.6	1.2	9.2	0.5	10.9
Arms Diff.	-3.2	-0.4	0.1	0.0	-0.3
Legs	10.9	6.1	46.5	3.0	55.5
Leg Right	10.9	3.1	23.9	1.5	28.5
Leg Left	10.9	3.0	22.6	1.5	27.0
Legs Diff.	0.0	0.2	1.2	0.0	1.4
Trunk	7.9	6.8	76.5	2.4	85.7
Trunk Right	8.4	3.6	38.1	1.2	42.9
Trunk Left	7.4	3.2	38.4	1.2	42.8
Trunk Diff.	1.0	0.5	-0.3	0.0	0.2
Android	6.5	0.8	11.0	0.1	11.9
Gynoid	9.1	2.5	24.8	0.8	28.2
Total	9.6	16.6	148.7	7.7	173.0
Total Right	9.6	8.3	74.3	3.7	86.3
Total Left	9.6	8.4	74.5	3.9	86.8
Total Diff.	0.0	-0.1	-0.2	-0.2	-0.5



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.

CoreScan 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. CoreScan results have been validated for adults between ages 18-90, and with a BMI in the range of 18.5-40.

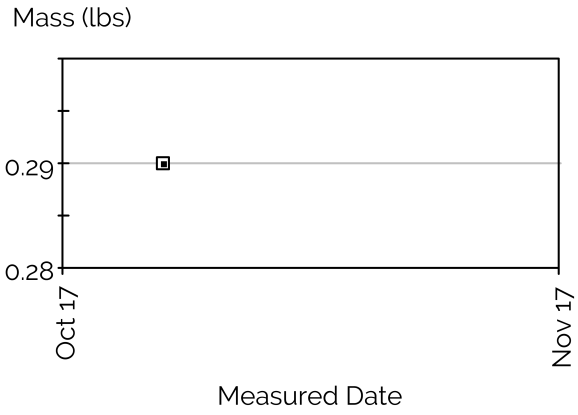
Android/Gynoid Ratio

Measure Date	Android Body Fat %	Gynoid Body Fat %	A/G Ratio
####	6.5%	9.1%	0.71

Estimated Visceral Adipose Tissue

Measure Date	Android Fat Mass	Visceral Fat Mass
####	0.8 lbs	0.29 lbs

Composition Trend: VAT



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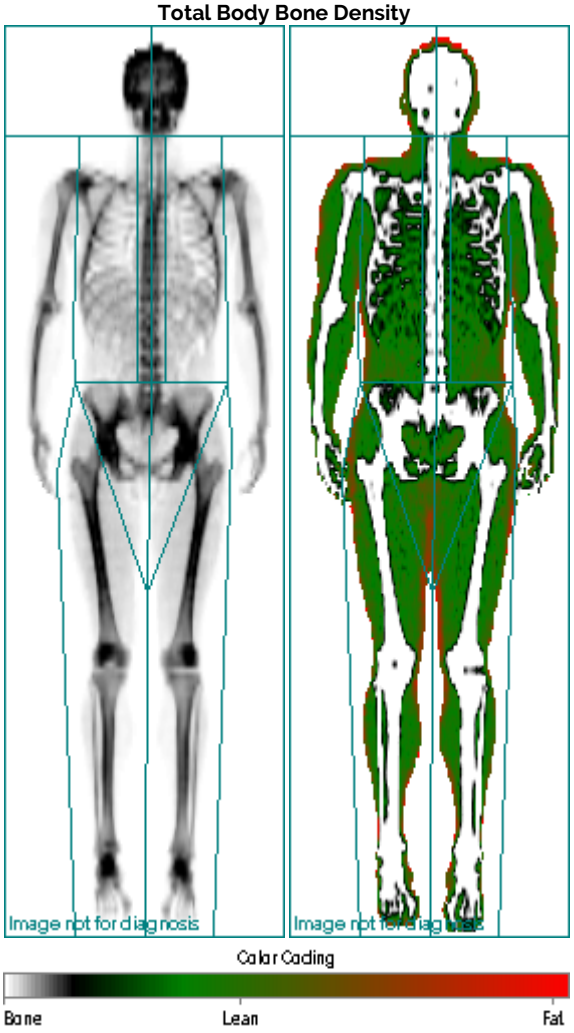
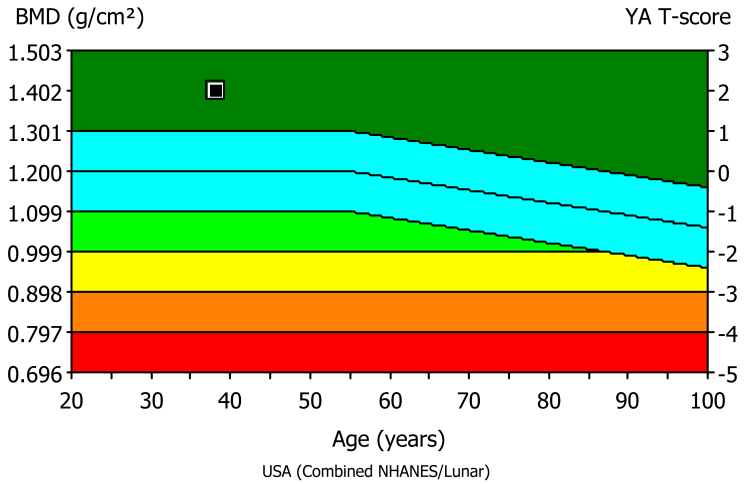
Total Body Bone Density



Total Body: Total (BMD)



USA (Combined NHANES/Lunar)

Densitometry: USA (Combined NHANES/Lunar) (Enhanced Analysis)

Region	BMD (g/cm²)	YA T-score	AM Z-score
Arms	1.104	-	-
Legs	1.424	-	-
Trunk	1.239	-	-
Spine	1.312	-	-
Total	1.403	2.0	2.0

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Region	Measured Date	Age	Body Fat %	%Change vs. Previous	%Change vs. Baseline
Arms:	####	####	9.0	-	baseline
Legs:	####	####	10.9	-	baseline
Trunk:	####	####	7.9	-	baseline
Android:	####	####	6.5	-	baseline
Gynoid:	####	####	9.1	-	baseline
Total:	####	####	9.6	-	baseline

Body Composition History

		Change vs.			Change vs.			Change vs.	
Measured Date	Total Mass (lbs)	Baseline (lbs)	Previous (lbs)	Fat Mass (lbs)	Baseline (lbs)	Previous (lbs)	Lean Mass (lbs)	Baseline (lbs)	Previous (lbs)
####	**173.0**	baseline	-	**16.6**	baseline	-	**148.7**	baseline	-