

Name	Sample Report	Birth Date:	00/00/000	Height:	74.0 in.
Gender	Male	Age:	54.7	Input Weight:	165.0 lbs.

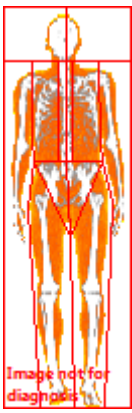
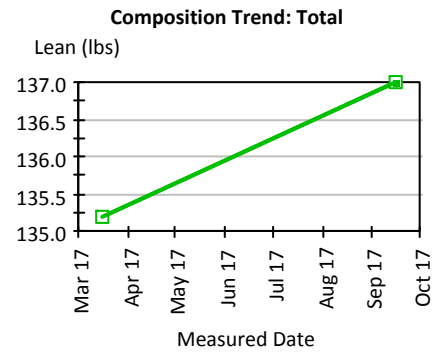
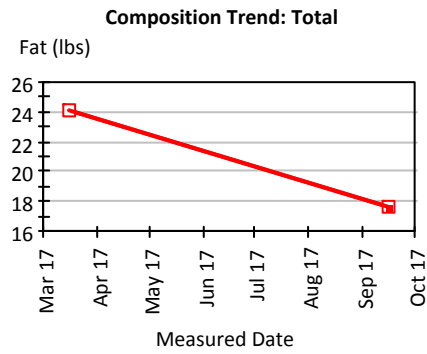
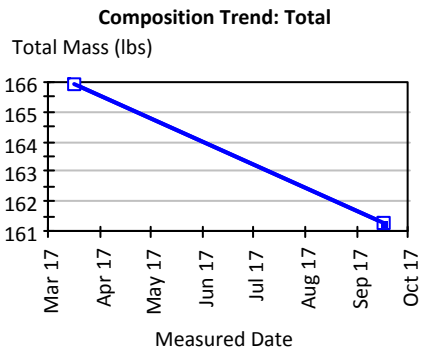
Body Composition Analysis (BCA)

DXA or DEXA is a three component model, which means it quantifies three primary metrics: Bone, Fat & Lean Tissue. These components are then organized into additional metrics, such as regional body composition, body fat distribution & others, which are depicted throughout your report. **Total Mass** = Measured Weight it's the sum of your Fat, Lean & BMC; **BMC** = Bone Mineral Content; generally 3 - 5% of the total. **Lean Tissue** = Muscle Mass (it includes your organs)

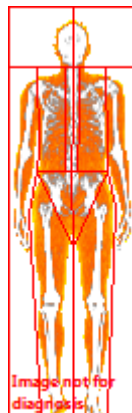
Measured Date	Total Body Fat %	Total Mass (lbs)	Fat Tissue (lbs)	Lean Tissue (lbs)	BMC (lbs)
09/16/2017	10.9%	161.3	17.6	137.0	6.7
03/16/2017	14.5%	165.9	24.1	135.2	6.7

Body Composition History (Region: Total)

Measured Date	Total Mass (lbs)	Change vs.		Fat Mass (lbs)	Change vs.		Lean Mass (lbs)	Change vs.	
		Baseline (lbs)	Previous (lbs)		Baseline (lbs)	Previous (lbs)		Baseline (lbs)	Previous (lbs)
09/16/2017	161.3	-4.6	-4.6	17.6	-6.5	-6.5	137.0	1.8	1.8
03/16/2017	165.9	baseline	-	24.1	baseline	-	135.2	baseline	-



09/16/2017



03/16/2017

Note: BodyComp is not a medical facility, nor do we represent the views of a medical practitioner. The data provided in this report is for informational and non-diagnostic or non-medical diagnostic purposes only. Should you have any concerns about the metrics in the report, please consult your physician.

Regional Body Composition Analysis

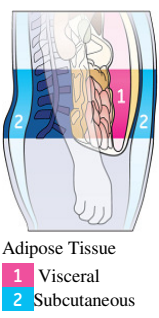
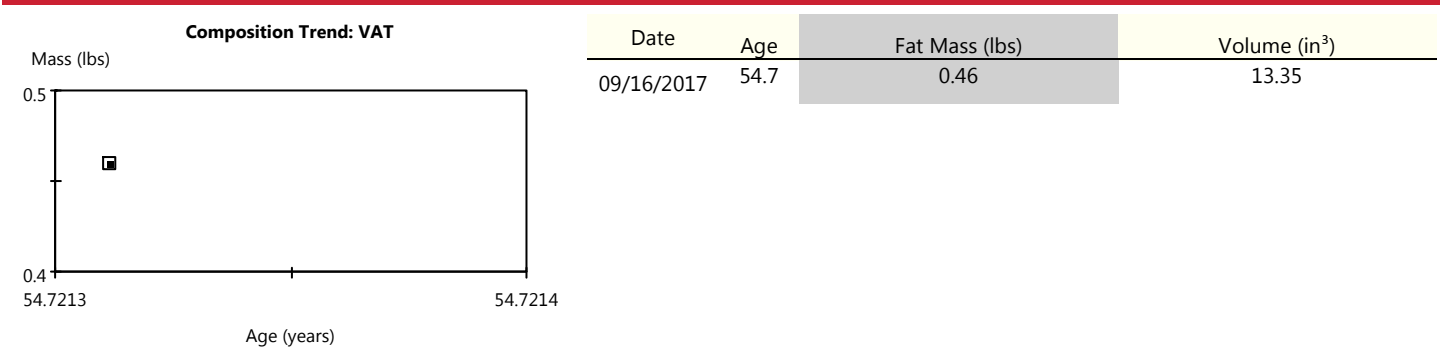
The regional body composition report below shows the 5 key regions of your body including your arms, legs, trunk, android (abdomen) and gynoid (hips region) metric and displays the composition analysis for each region.

Region	Total Fat %	Total Mass (lbs)	Fat Tissue (lbs)	Lean Tissue (lbs)	BMC (lbs)
Arms	9.8%	20.3 lbs	2.0 lbs	17.2 lbs	1.1 lbs
Legs	14.4%	59.1 lbs	8.5 lbs	47.7 lbs	2.9 lbs
Trunk	7.3%	72.0 lbs	5.3 lbs	65.1 lbs	1.6 lbs
Android	5.6%	11.3 lbs	0.6 lbs	10.6 lbs	0.1 lbs
Gynoid	13.4%	24.0 lbs	3.2 lbs	20.2 lbs	0.6 lbs
Total	10.9%	161.3 lbs	17.6 lbs	137.0 lbs	6.7 lbs

Body Fat Distribution

Measure Date	Android	Gynoid	A/G Ratio
	Android fat is concentrated in the lower abdominal region.	Gynoid fat is concentrated in the hips, upper thighs and buttocks.	For optimal distribution, Android fat % should be less than your total body fat % and your A/G should be less than 1.0
09/16/2017	5.6%	13.4%	0.41
03/16/2017	9.9%	17.6%	0.55

Visceral Adipose Tissue (VAT)



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.

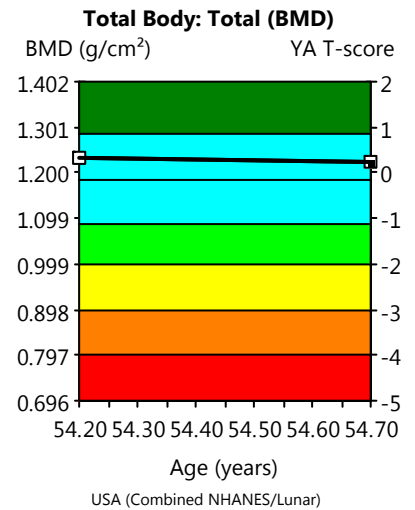
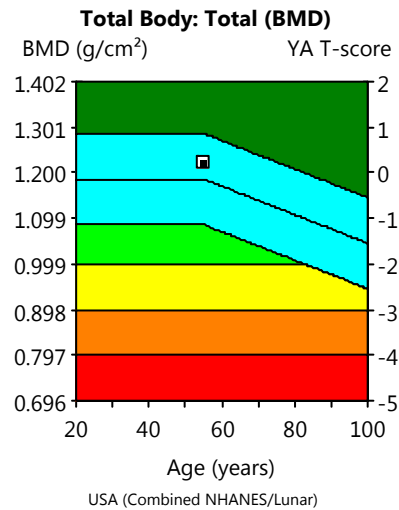
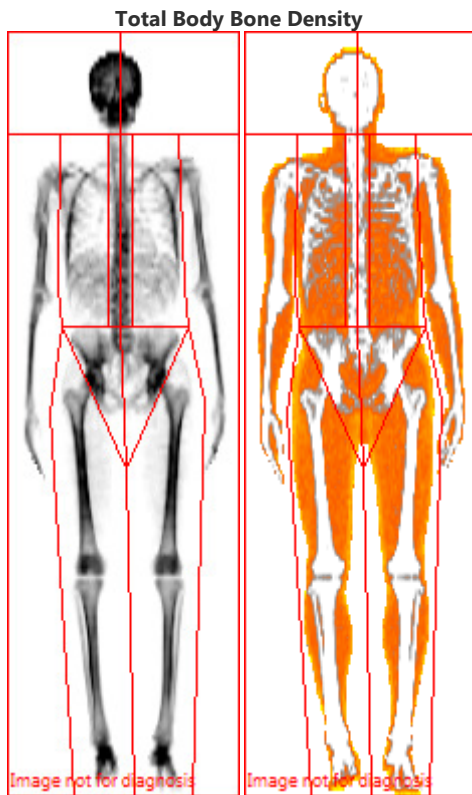
Muscle Mass Balance Analysis

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. BodyComp looks at movement efficiency because a better balanced body composition improves overall physical capability, especially relating to functional movements.

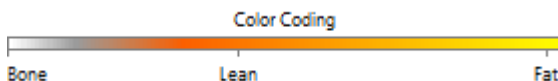
Left / Right Side	Fat %	Total Mass (lbs)	Fat Mass (lbs)	Lean Mass (lbs)	Lean %
Arms Total	9.8%	20.3 lbs	2.0 lbs	17.2 lbs	84.9%
Right Arm	9.7%	10.3 lbs	1.0 lbs	8.8 lbs	84.9%
Left Arm	9.9%	9.9 lbs	1.0 lbs	8.4 lbs	85.0%
Arms Difference	-0.2%	0.4 lbs	0.0 lbs	0.3 lbs	4.0%
Legs Total	14.4%	59.1 lbs	8.5 lbs	47.7 lbs	80.8%
Right Leg	14.9%	29.8 lbs	4.4 lbs	23.9 lbs	80.3%
Left Leg	13.9%	29.3 lbs	4.1 lbs	23.8 lbs	81.2%
Legs Difference	1.0%	0.5 lbs	0.4 lbs	0.1 lbs	0.4%

Total Body Bone Density Report

Bone Density is critically important to our overall health & physical capability. Good, holistic nutrition is essential to maximizing peak bone mass, which is typically achieved between your mid to late thirties. Then, as we continue to age, our bones start to naturally deteriorate through a process called fibrosis, where bone structure slowly converts to fibrous tissue. Although this is a total body bone density measurement, Bone Mineral Density (BMD) testing is a vital component in the diagnosis and management of osteoporosis. BMD has been shown to correlate with bone strength and is an excellent predictor of future fracture risk.



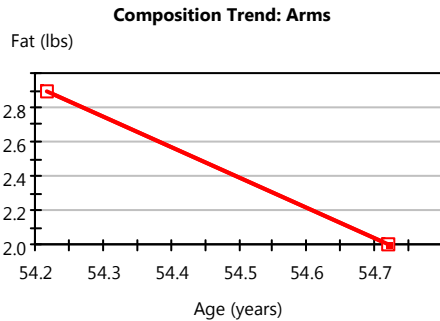
Densitometry: USA (Combined NHANES/Lunar) (Enhanced Analysis)			
Region	BMD (g/cm ²)	Young-Adult T-score	Age-Matched Z-score
Head	2.123	-	-
Arms	1.002	-	-
Legs	1.340	-	-
Trunk	0.944	-	-
Ribs	0.760	-	-
Spine	1.091	-	-
Pelvis	1.023	-	-
Total	1.223	0.2	0.4



Regional Fat Tissue Analysis

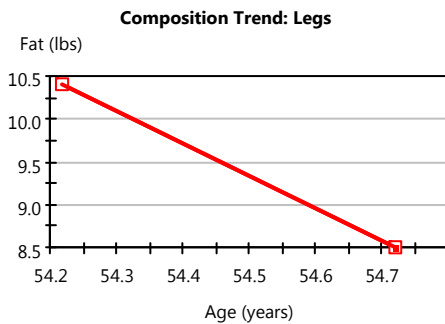
The following graphs show how the fat deposits in the different regions of your body have changed over time. This graphical data depicts how your body's fat tissue, within each region, has responded to your training, nutrition or other programs you are implementing to attain your goals. Each individual will gain and lose fat tissue differently.

ARMS



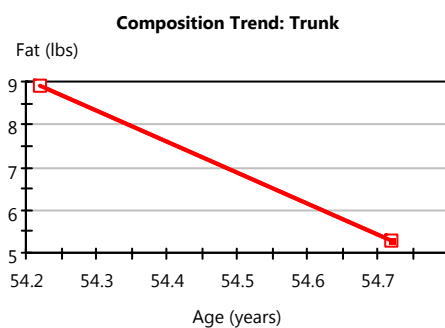
	Measured Date	Regional Fat Totals	Change vs. Baseline	Change vs. Previous
Fat Tissue (lbs)	03/16/2017	2.9 lbs	baseline	-
	09/16/2017	2.0 lbs	-0.9 lbs	-0.9 lbs
Fat Tissue %	03/16/2017	14.3%	baseline	-
	09/16/2017	10.3%	-4.0%	-4.0%

LEGS

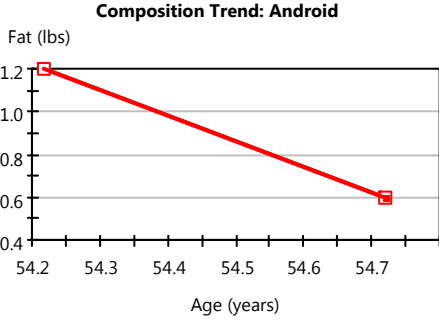


	Measured Date	Regional Fat Totals	Change vs. Baseline	Change vs. Previous
Fat Tissue (lbs)	03/16/2017	10.4 lbs	baseline	-
	09/16/2017	8.5 lbs	-1.9 lbs	-1.9 lbs
Fat Tissue %	03/16/2017	18.0%	baseline	-
	09/16/2017	15.1%	-2.9%	-2.9%

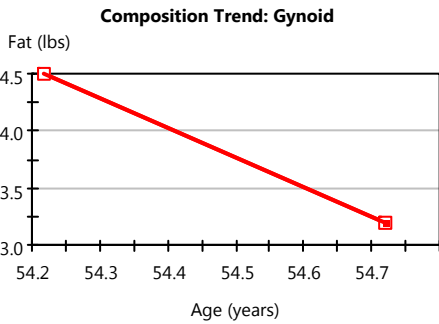
TRUNK



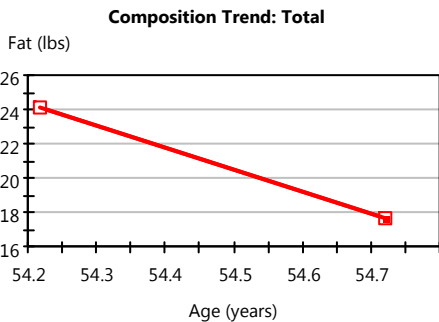
	Measured Date	Regional Fat Totals	Change vs. Baseline	Change vs. Previous
Fat Tissue (lbs)	03/16/2017	8.9 lbs	baseline	-
	09/16/2017	5.3 lbs	-3.6 lbs	-3.6 lbs
Fat Tissue %	03/16/2017	12.3%	baseline	-
	09/16/2017	7.5%	-4.8%	-4.8%

Regional Fat Tissue Analysis - Continued...
ANDROID - Abdomen


	Measured Date	Regional Fat Totals	Change vs. Baseline	Change vs. Previous
Fat Tissue (lbs)	03/16/2017	1.2 lbs	baseline	-
	09/16/2017	0.6 lbs	-0.6 lbs	-0.6 lbs
Fat Tissue %	03/16/2017	10.0%	baseline	-
	09/16/2017	5.7%	-4.3%	-4.3%

GYNOID - Hips


	Measured Date	Regional Fat Totals	Change vs. Baseline	Change vs. Previous
Fat Tissue (lbs)	03/16/2017	4.5 lbs	baseline	-
	09/16/2017	3.2 lbs	-1.3 lbs	-1.3 lbs
Fat Tissue %	03/16/2017	18.0%	baseline	-
	09/16/2017	13.7%	-4.3%	-4.3%

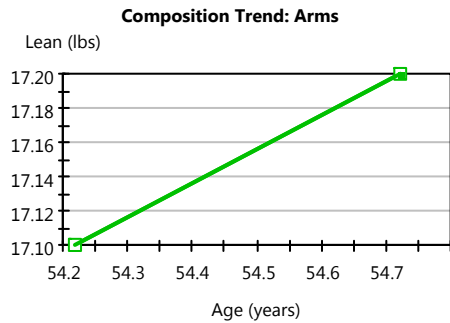
TOTAL BODY


	Measured Date	Regional Fat Totals	Change vs. Baseline	Change vs. Previous
Fat Tissue (lbs)	03/16/2017	24.1 lbs	baseline	-
	09/16/2017	17.6 lbs	-6.5 lbs	-6.5 lbs
Fat Tissue %	03/16/2017	15.1%	baseline	-
	09/16/2017	11.4%	-3.7%	-3.7%

Regional Muscle Mass Analysis

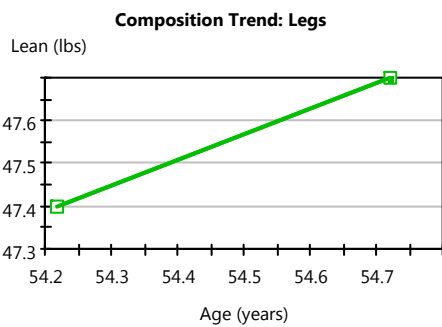
The following graphs show how lean tissue amounts in different regions of your body have changed over time. These graphs show how your body's muscle development in each area has responded to your training and/or nutrition program. Each individual will gain and lose lean tissue differently. BodyComp will continue to track these regions with each subsequent scan.

ARMS



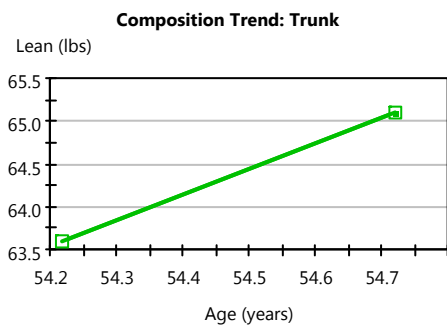
	Measured Date	Regional Lean Totals	Change vs. Baseline	Change vs. Previous
Lean Tissue (lbs)	03/16/2017	17.1 lbs	baseline	-
	09/16/2017	17.2 lbs	0.1 lbs	0.1 lbs
Lean Tissue %	03/16/2017	85.7%	baseline	-
	09/16/2017	89.7%	0.6%	0.6%

LEGS



	Measured Date	Regional Lean Totals	Change vs. Baseline	Change vs. Previous
Lean Tissue (lbs)	03/16/2017	47.4 lbs	baseline	-
	09/16/2017	47.7 lbs	0.3 lbs	0.3 lbs
Lean Tissue %	03/16/2017	82.0%	baseline	-
	09/16/2017	84.9%	0.6%	0.6%

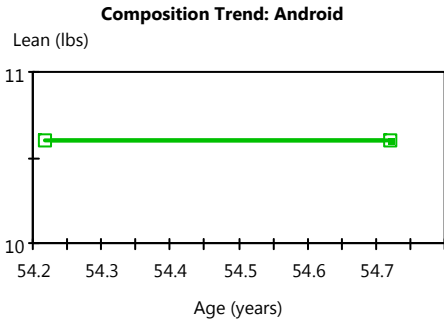
TRUNK



	Measured Date	Regional Lean Totals	Change vs. Baseline	Change vs. Previous
Lean Tissue (lbs)	03/16/2017	63.6 lbs	baseline	-
	09/16/2017	65.1 lbs	1.5 lbs	1.5 lbs
Lean Tissue %	03/16/2017	87.7%	baseline	-
	09/16/2017	92.5%	2.4%	2.4%

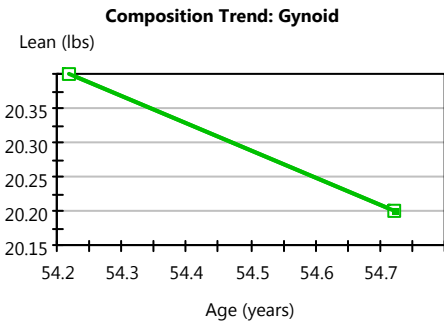
Regional Muscle Mass Analysis - Continued..

ANDROID - Abdomen



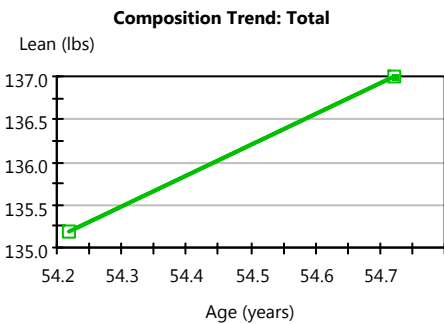
	Measured Date	Regional Lean Totals	Change vs. Baseline	Change vs. Previous
Lean Tissue (lbs)	03/16/2017	10.6 lbs	baseline	-
	09/16/2017	10.6 lbs	0.0 lbs	0.0 lbs
Lean Tissue %	03/16/2017	90.0%	baseline	-
	09/16/2017	94.3%	0.0%	0.0%

GYNOID - Hips



	Measured Date	Regional Lean Totals	Change vs. Baseline	Change vs. Previous
Lean Tissue (lbs)	03/16/2017	20.4 lbs	baseline	-
	09/16/2017	20.2 lbs	-0.2 lbs	-0.2 lbs
Lean Tissue %	03/16/2017	82.0%	baseline	-
	09/16/2017	86.3%	-1.0%	-1.0%

TOTAL BODY



	Measured Date	Regional Lean Totals	Change vs. Baseline	Change vs. Previous
Lean Tissue (lbs)	03/16/2017	135.2 lbs	baseline	-
	09/16/2017	137.0 lbs	1.8 lbs	1.8 lbs
Lean Tissue %	03/16/2017	84.9%	baseline	-
	09/16/2017	88.6%	1.3%	1.3%

Supplemental Results

*Estimated Resting Metabolic Rate (RMR)

Scan Date 09/16/2017	1,665 cal/day	Your Resting Metabolic Rate (RMR) is the estimated amount of calories you burn at rest. It is the amount of energy your body needs to carry out its instinctive activities such as breathing. This figure is based on your Fat Free Mass (Lean Mass + BMC) and is then processed using the common Harris Benedict Equation.
03/16/2017	1,669 cal/day	

Relative Skeletal Muscle Index (RSMI)

Scan Date 09/16/2017	8.34 kg/m²	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, & strength associated with aging. Ideally Men should have an RSMI greater than 7.26 , and women should be greater than 5.45 .
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