

BODY INSIGHT

DEXA BODY COMPOSITION REPORT

PREPARED FOR

Arjun Mehta

AGE / SEX

28 / Male

HEIGHT

175 cm

WEIGHT

73.4 kg

10 February 2026



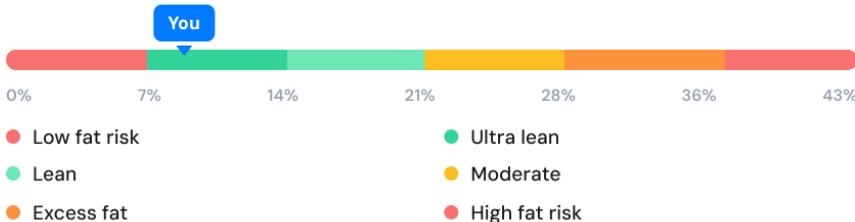
Your Results at a Glance

Summary of your DEXA body composition scan from 10 Feb 2026.

9.0%

ULTRA LEAN

BODY FAT SCALE · MALE 25–30



TOTAL MASS

73.4

kg

LEAN MASS

63.9

kg · 87.1%

FAT MASS

6.6

kg · 9.0%

BONE MINERAL

2.9

kg · 3.9%

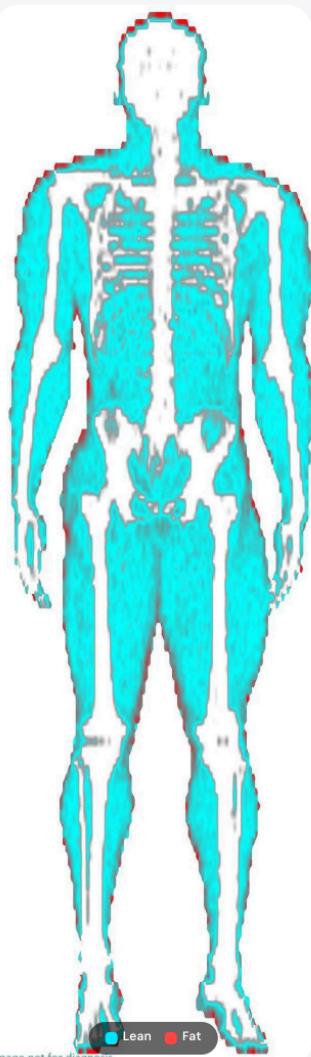
Overall: Excellent body composition. Your lean mass is well above average and body fat is very low. Maintain your current training while ensuring adequate caloric intake — 9% is close to the essential fat floor.



What You're Made Of

DEXA breaks your total body mass into lean tissue, fat, and bone mineral.

COMPOSITION BREAKDOWN



Lean Mass

63.9 kg

Muscles, organs, water & connective tissue. More lean mass means a higher metabolism.

● ABOVE AVERAGE

Fat Mass

6.6 kg

Essential fat for hormones & insulation plus stored energy. Too low affects recovery.

● NEAR ESSENTIAL MINIMUM

Bone Mineral

2.9 kg

Calcium & mineral content of your skeleton. Indicates bone strength and fracture risk.

● NORMAL RANGE

Watch your fat levels. At 9%, you're near the essential fat minimum. Ensure adequate healthy fats and calories for hormone function and recovery.



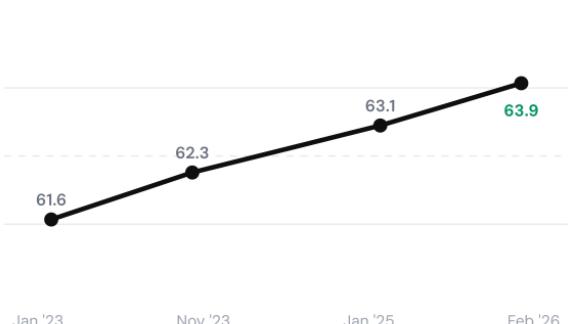
How Your Body Has Changed

Tracking lean mass, fat mass, and weight across 4 DEXA scans since January 2023.

BODY FAT % TREND



LEAN MASS TREND



FAT MASS TREND





Where Your Fat Lives

DEXA measures composition in 5 distinct regions, revealing how lean tissue and fat are distributed across your body.



TRUNK

10.1 % fat

LEAN

FAT

TOTAL

26.4 kg 2.96 kg 30.0 kg

was 12.8% in Jan '23 · ↓ 2.7%



ARMS

8.0 % fat

LEAN

FAT

TOTAL

8.4 kg 0.73 kg 9.5 kg

was 10.5% in Jan '23 · ↓ 2.5%



LEGS

9.2 % fat

LEAN

FAT

TOTAL

20.7 kg 2.11 kg 23.5 kg

was 11.5% in Jan '23 · ↓ 2.3%



ANDROID (BELLY)

12.3 % fat

LEAN

FAT

TOTAL

3.2 kg 0.45 kg 3.7 kg

was 15.2% in Jan '23 · ↓ 2.9%



GYNOID (HIP)

9.5 % fat

LEAN

FAT

TOTAL

7.8 kg 0.82 kg 8.8 kg

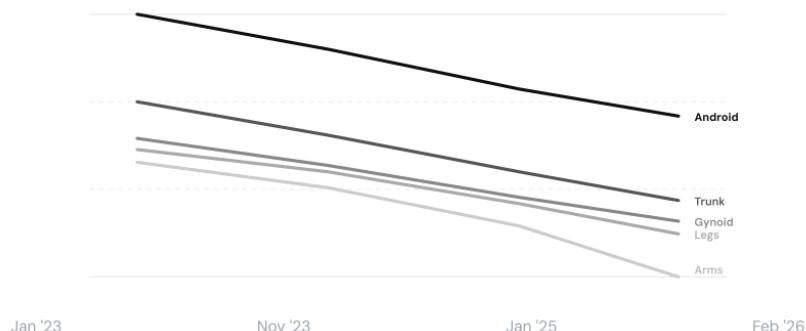
was 11.8% in Jan '23 · ↓ 2.3%



Regional Fat % Over Time

How fat percentage in each body region has changed across your 4 scans.

ALL REGIONS – FAT % TREND



FAT % BY REGION

REGION	JAN '23	NOV '23	JAN '25	FEB '26
Android	15.2%	14.2%	13.1%	12.3%
Trunk	12.8%	11.9%	10.9%	10.1%
Gynoid	11.8%	11.1%	10.2%	9.5%
Legs	11.5%	10.8%	10.0%	9.2%
Arms	10.5%	9.8%	8.8%	8.0%

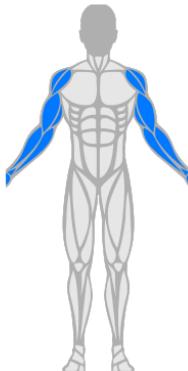
LEAN MASS BY REGION (KG)

REGION	JAN '23	NOV '23	JAN '25	FEB '26
Trunk	24.8	25.2	25.8	26.4
Legs	19.3	19.8	20.2	20.7
Arms	7.6	7.9	8.1	8.4
Gynoid	7.1	7.3	7.5	7.8
Android	2.8	2.9	3.0	3.2



Symmetry Check

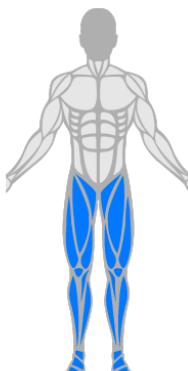
Comparing the left and right sides of your body to detect muscle imbalances or asymmetric fat storage.



ARMS

	LEFT	RIGHT
Fat %	8.2%	7.8%
Total	4.7 kg	4.8 kg
Lean	4.1 kg	4.3 kg
Fat	0.37 kg	0.36 kg
Bone	0.23 kg	0.14 kg

Good balance — right arm slightly stronger (dominant hand)



LEGS

	LEFT	RIGHT
Fat %	9.4%	9.1%
Total	11.5 kg	11.8 kg
Lean	10.2 kg	10.5 kg
Fat	1.06 kg	1.05 kg
Bone	0.24 kg	0.25 kg

Good balance — symmetric development



TRUNK

	LEFT	RIGHT
Fat %	10.3%	9.9%
Total	15.1 kg	14.9 kg
Lean	13.2 kg	13.2 kg
Fat	1.53 kg	1.43 kg
Bone	0.37 kg	0.27 kg

Good balance — even distribution



Balance Assessment

How balanced your left and right sides are across each body region. Large imbalances increase injury risk.

● High imbalance ● Minor imbalance ● Good balance

Arms

GOOD BALANCE

Imbalanced

Balanced



Right arm is slightly stronger, consistent with dominant-hand use. No significant asymmetry — function and performance are optimal.

Legs

GOOD BALANCE

Imbalanced

Balanced

Left and right sides show balanced strength and muscle distribution. No significant asymmetry between legs.

Trunk

GOOD BALANCE

Imbalanced

Balanced

Even distribution of lean mass and fat across both sides of the trunk. No corrective exercises needed.

How to fix imbalances: You can't spot-reduce fat — fat loss is systemic and genetics decide where it goes first. But you can spot-build muscle. Use unilateral exercises (single-arm rows, single-leg presses) starting with the weaker side. Retest in 2–3 months; if asymmetry exceeds 10%, consult a physiotherapist.



Visceral & Subcutaneous Fat

Visceral fat surrounds your organs and is linked to serious health risks. Subcutaneous fat sits under your skin.

VISCEERAL FAT

185

grams

SAFE

SUBCUTANEOUS FAT

5.8

kg

88% OF TOTAL

VISCEERAL FAT DETAIL

MASS

185 g

YOU

VOLUME

202 cm³

AREA

38.2 cm²

0g — Safe

250g — Moderate

500g — High

750g+

VISCEERAL FAT TREND

220g

205g

195g

185g

Jan '23

Nov '23

Jan '25

Feb '26

Your visceral fat is safe and trending down. At 185g (below 250g threshold), your organ fat levels are healthy. Maintain your current diet and exercise routine.



Your Skeleton

DEXA measures bone mineral density (BMD) — a key indicator of skeletal strength and fracture risk.

T-SCORE (YOUNG ADULT)

1.2

vs healthy 30-yr-old

NORMAL

Z-SCORE (AGE MATCHED)

1.4

vs your age group

ABOVE AVG

BONE MINERAL DENSITY BY REGION (G/CM²)



HEAD

2.31



ARMS

0.85



LEGS

1.42



TRUNK

0.98



RIBS

0.76



SPINE

1.22



PELVIS

1.19



TOTAL

1.25

BONE DENSITY SCALE

YOU

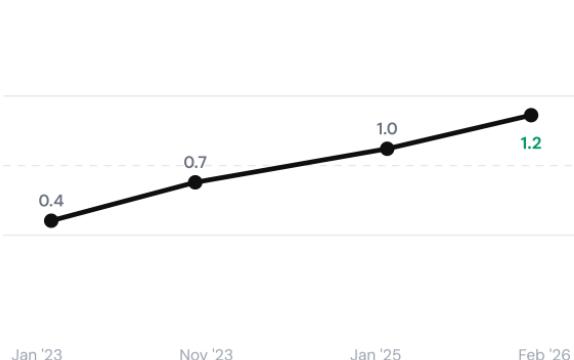




Bone Health Over Time

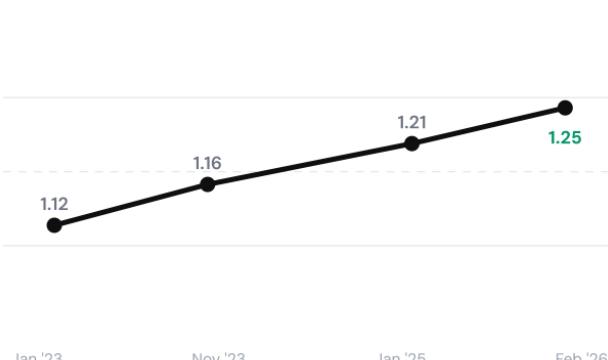
Tracking your T-Score, Z-Score, and total bone mineral density across 4 DEXA scans.

T-SCORE TREND



DATE	T-SCORE
Feb '26	1.2
Jan '25	1.0
Nov '23	0.7
Jan '23	0.4

TOTAL BMD TREND (G/CM²)



DATE	BMD
Feb '26	1.25
Jan '25	1.21
Nov '23	1.16
Jan '23	1.12

What the scores mean

T-Score compares to peak bone mass of a healthy young adult. **Z-Score** compares to your age group. Below -2.5 = osteoporosis.

Strengthen your bones

- Calcium & Vitamin D
- Weight-bearing exercise
- Resistance training
- Avoid smoking & excess alcohol

Excellent bone health. T-Score 1.2 and Z-Score 1.4 indicate strong, healthy bones. Continue weight-bearing exercise and adequate calcium intake.



Android-to-Gynoid Ratio

This ratio compares fat in your belly (android) to your hips (gynoid). It reveals whether you carry weight in a pattern associated with higher or lower metabolic risk.

YOUR A/G RATIO

1.29



● ABOVE IDEAL — MORE BELLY FAT THAN HIP FAT

What is A/G Ratio?

Compares fat percentage in your belly vs hip region using DEXA fat %, not waist inches — far more accurate than a tape measure.

Why it matters

Ratios above 1.0 correlate with higher visceral fat and metabolic risk. Below 1.0 is associated with lower cardiovascular risk.

Bring your A/G ratio below 1.0. Focus on core training and reduce refined carbohydrates to shift fat distribution from belly toward hips over time.



Sarcopenia Screening

ALMI (Appendicular Lean Mass Index) measures the lean mass in your arms and legs relative to your height — the clinical standard for detecting muscle loss.

YOUR ALMI

9.50

kg/m²



● WELL ABOVE SARCOPENIA THRESHOLD (7.0)

What is ALMI?

Lean mass of arms + legs divided by height².
For you: $(8.4 + 20.7) / 1.75^2 = 9.50 \text{ kg/m}^2$. The sarcopenia cutoff for men is $< 7.0 \text{ kg/m}^2$.

Why it matters

Low ALMI signals age-related muscle loss (sarcopenia), increasing fall risk, frailty, and metabolic dysfunction. Resistance training is the best prevention.

No sarcopenia risk. Your ALMI of 9.50 kg/m² is well above the 7.0 threshold.

Continue resistance training to maintain lean mass as you age.



How You Burn Energy

Your Resting Metabolic Rate (RMR) is how many calories your body burns at complete rest.

RESTING METABOLIC RATE

1742

kcal per day at rest

5.2% above average for your age & sex

YOUR DAILY CALORIE NEEDS

1. Your RMR	1742
2. Lifestyle factor (light)	+348
3. Workout calories	+305
Total Daily Expenditure	2395

RMR TREND





Understanding Your RMR

Everything you need to know about your resting metabolic rate and how to use it.

What's a good RMR?

There is no "good" RMR — it's unique to your body. However, higher RMR relative to your size means you burn more calories at rest.

Can I increase RMR?

Building muscle is the most effective way. Also: move often, eat whole foods frequently, try interval training, and get adequate sleep.

FACTORS THAT CONTRIBUTE TO RMR

Body Composition

Muscle burns more calories than fat. More lean mass = higher RMR.

Body Size

Larger bodies require more energy to maintain basic functions.

Age

Metabolic slowdown and muscle loss occur naturally with age.

Gender

Men tend to have higher RMR due to greater muscle mass.

Environment

Extreme heat or cold forces the body to work harder to regulate temperature.

ESTIMATED CALORIES BURNED PER HOUR

Walking (4 km/h)	197
Running (8 km/h)	570
Running (14 km/h)	881
Cycling (20 km/h)	554
Swimming	387
Weight Lifting	190
Boxing	744
Soccer	684
Badminton	380
Yoga	121



What to Eat

Based on your TDEE of 2395 kcal. Protein is kept high (2g/kg) to maintain lean mass across all goals.

To Lose Fat

1895 kcal · -500 deficit · ~0.5 kg/wk loss



To Maintain

2395 kcal · your TDEE · maintain weight



To Gain Muscle

2895 kcal · +500 surplus · ~0.5 kg/wk gain



About Macros

The three nutrient categories that provide energy: protein (builds muscle), carbohydrates (fuel), and fat (hormones & cell health).

Why Count Macros?

Not all calories are equal. Hitting protein targets protects lean mass. Adjusting carbs/fat based on your goal optimizes results.

Recommended: Maintain or slight surplus. At 9% body fat, a deficit would push you below healthy levels. Eat 2395–2895 kcal to support training and recovery.



What to Do Next

Based on your full DEXA analysis, here are your priority actions ranked by importance.

1 Don't cut calories further

At 9% body fat, you're near essential fat minimum. Eat at maintenance (2395 kcal) or above to support hormone function and recovery.

2 Maintain your training routine

87% lean mass is outstanding. Continue your current resistance training — consistency matters more than intensity at this stage.

3 Address your A/G ratio

At 1.29, you carry slightly more belly fat. Add core work and reduce refined carbs to bring this below 1.0.

4 Hit your protein target daily

147g protein (2g/kg) daily. Focus on post-workout protein + carbs within 2 hours of training.

5 Keep bone health strong

T-Score of 1.2 is great. Ensure 1000mg calcium and 2000 IU Vitamin D daily alongside weight-bearing exercise.

6 Schedule your next scan

Book a follow-up DEXA in 2–3 months. Consistent tracking helps you make data-driven decisions.

Questions about your report?

Reach out at support@bodyinsight.in or visit bodyinsight.in to schedule your next scan.

This report is generated from DEXA (Dual-Energy X-ray Absorptiometry) scan data and is intended for informational purposes. It does not constitute medical advice. Consult a healthcare professional before making changes to your diet or exercise program.