



## YOUR PRESCRIPTION FOR A HEALTHIER LIFE

4300 Weaver Parkway, Warrenville, IL 60555 Phone: 331-218-2959

<b>Patient:</b>	Siddiqui, Khan	<b>Referring Physician:</b>	(not specified)
<b>Birth Date:</b>	07/02/1973	<b>Age:</b>	52.4 years
<b>Height:</b>	74.0 in.	<b>Weight:</b>	257.0 lbs.
<b>Sex:</b>	Male	<b>Ethnicity:</b>	Other
		<b>Patient ID:</b>	(not specified)
		<b>Measured:</b>	12/17/2025 8:26:01 AM (16 [SP 2])
		<b>Analyzed:</b>	12/17/2025 8:26:02 AM (16 [SP 2])

### Body Composition Analysis (BCA)

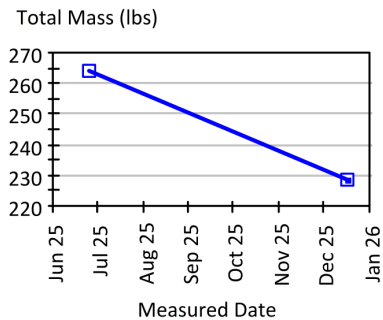
DXA or DEXA is a three component model, it quantifies three primary metrics: Bone, Fat & Lean Tissue. These components are then organized into additional metrics which are depicted throughout your report. **Total Mass** = Measured Weight it's the sum of your Fat, Lean & BMC. **Fat Mass** = All Fat Mass including items like brain, bone marrow, ect. **Lean Mass** = Muscle Mass, Organs, Blood and Stomach Contents. **BMC** = Bone Mineral Content; generally 3 - 5% of the total. **Fat Free** = the total of Lean Tissue and BMC.

Measured Date	Total Body Fat %	Total Mass (lbs)	Fat Mass (lbs)	Lean Mass (lbs)	BMC (lbs)	Fat Free (lbs)
12/17/2025	23.9	228.8	54.6	166.0	8.1	174.2 lbs
06/25/2025	32.3	264.2	85.3	170.3	8.6	178.8 lbs

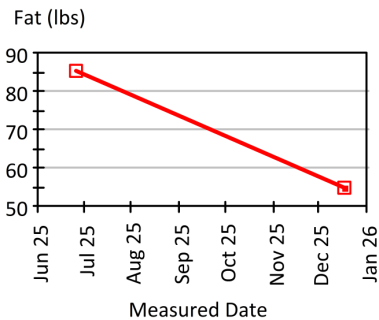
### Body Composition History (Region: Total)

Measured Date	Change vs.			Change vs.			Change vs.		
	Total Mass (lbs)	Baseline (lbs)	Previous (lbs)	Fat Mass (lbs)	Baseline (lbs)	Previous (lbs)	Lean Mass (lbs)	Baseline (lbs)	Previous (lbs)
(e) 12/17/2025	228.8	-35.4	-35.4	54.6	-30.7	-30.7	166.0	-4.3	-4.3
(e) 06/25/2025	264.2	baseline	-	85.3	baseline	-	170.3	baseline	-

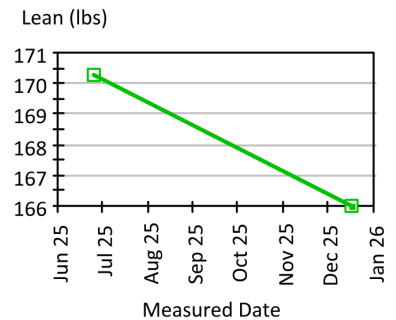
Composition Trend: Total



Composition Trend: Total



Composition Trend: Total



### Regional Body Composition Analysis

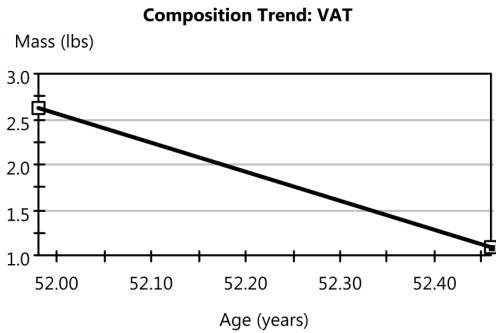
The regional body composition report below shows the 5 key regions of your body including your arms, legs, trunk, android (abdomen) and gynoid (hips region) metric and displays the composition analysis for each region.

Region	Total Fat %	Total Mass (lbs)	Fat Tissue (lbs)	Lean Tissue (lbs)	BMC (lbs)	Fat Free (lbs)
Arms	19.7%	23.6	4.7 lbs	17.9 lbs	1.0 lbs	18.9 lbs
Legs	24.6%	82.2	20.2 lbs	58.6 lbs	3.3 lbs	61.9 lbs
Trunk	24.7%	111.5	27.5 lbs	81.7 lbs	2.3 lbs	83.9 lbs
Android	27.6%	18.0	5.0 lbs	12.9 lbs	0.1 lbs	13.1 lbs
Gynoid	23.5%	35.4	8.3 lbs	26.3 lbs	0.8 lbs	27.1 lbs
<b>Total</b>	<b>23.9%</b>	<b>228.8</b>	<b>54.6 lbs</b>	<b>166.0 lbs</b>	<b>8.1 lbs</b>	<b>174.2 lbs</b>



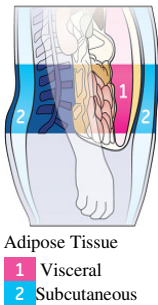
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### Visceral Adipose Tissue (VAT)



Date	Age	Fat Mass (lbs)	Volume (in <sup>3</sup> )
12/17/2025	52.4	1.08	31.69
06/25/2025	51.9	2.63	77.26

### How does your VAT volume compare?



Ideal | Healthy

Increased Risk | High

At Risk | Very High

0.00 to 52.00

52.15 to 112.10

112.10 +

A VAT volume (in<sup>3</sup>) between the level listed above is considered a healthy range. Continue to practice exercise and a balanced diet.

If your VAT volume (in<sup>3</sup>) is between the level listed above you are considered to be at an increase risk. Within this range, you may consider improving your diet and increasing exercise.

If your VAT volume (in<sup>3</sup>) is at or above the level listed above your risk may be considered high. If you are within this range you may consider consulting your physician.

### What is 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.

### A/G Body Fat Distribution

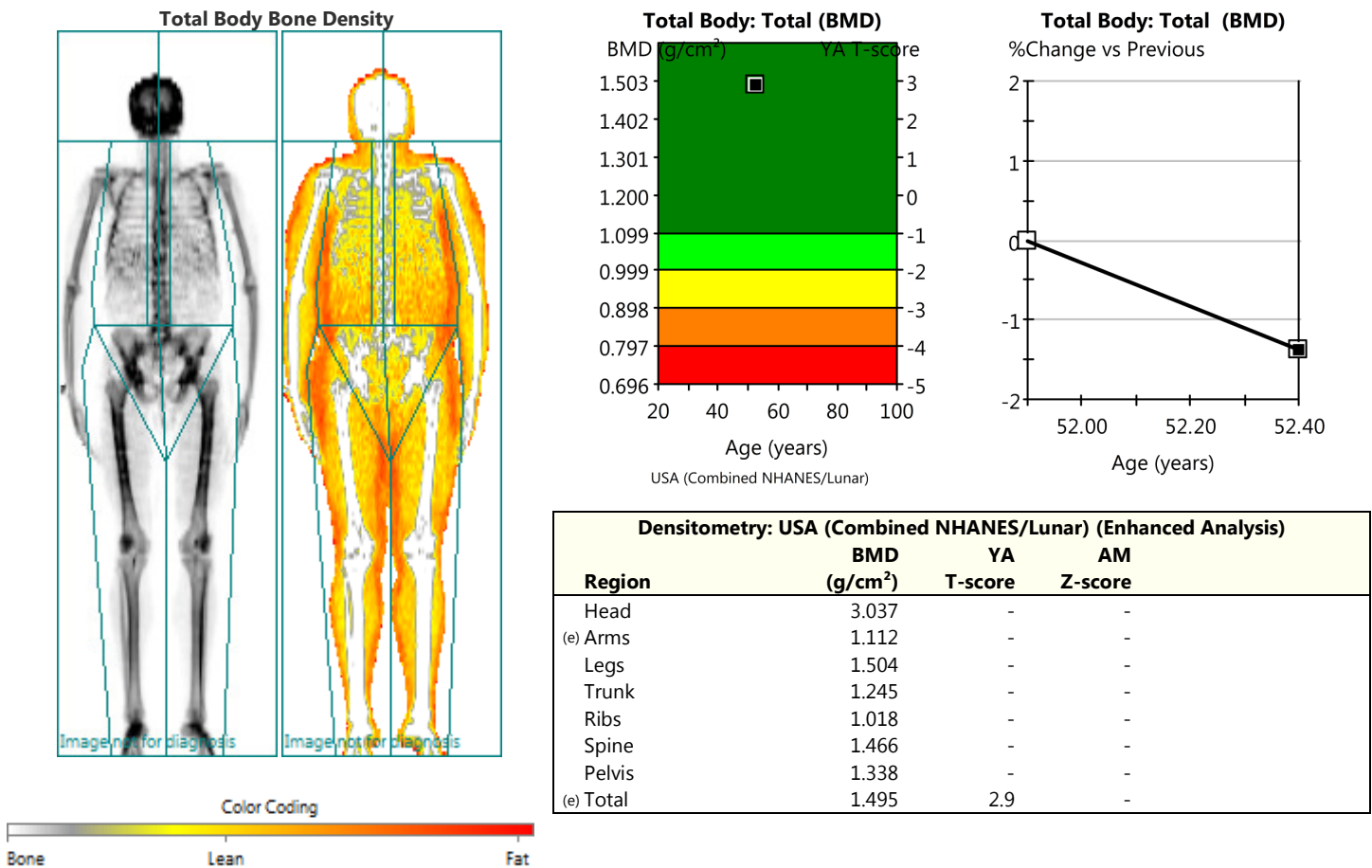
Measure Date	Android	Gynoid	A/G Ratio
	Android fat is concentrated in the lower abdominal region.	Gynoid fat is concentrated in the hips, upper thighs and buttocks.	For optimal distribution, Android fat % should be less than your total body fat % and your A/G should be less than 1.0
12/17/2025	27.6%	23.5%	1.16
06/25/2025	39.0%	32.4%	1.19



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## 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. Keep in mind that this measurement is of Total Body Bone Density and cannot be compared apples to apples versus what is referred to as a DEXA Bone Density, which consists of measurements of your left / right femoral neck and AP Spine (L1-L4). A DEXA Bone Density is the standard exam for observing the potential risk for Osteopenia and Osteoporosis and is typically referred by your physician.





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

Left / Right Side	Date	Lean Mass (lbs)	Lean %	Fat Mass (lbs)	Fat %	Total Mass (lbs)
Arms Total	12/17/2025	17.9	76.0	4.7	19.7	23.6
	06/25/2025	21.4	64.8	10.4	31.5	33.1
Right Arm	12/17/2025	9.0	76.0	2.3	19.7	11.8
	06/25/2025	10.7	64.8	5.2	31.5	16.5
Left Arm	12/17/2025	9.0	76.0	2.3	19.7	11.8
	06/25/2025	10.7	64.8	5.2	31.5	16.5
<b>Arms Difference</b>	<b>12/17/2025</b>	<b>0.0 lbs</b>	<b>0.0%</b>	<b>0.0 lbs</b>	<b>0.0%</b>	<b>0.0%</b>
	<b>06/25/2025</b>	<b>0.0 lbs</b>	<b>0.0%</b>	<b>0.0 lbs</b>	<b>0.0%</b>	<b>0.0%</b>
Legs Total	12/17/2025	58.6	71.4	20.2	24.6	82.2
	06/25/2025	60.9	65.4	28.9	31.1	93.2
Right Leg	12/17/2025	29.9	70.7	10.7	25.4	42.3
	06/25/2025	30.7	65.0	14.9	31.5	47.3
Left Leg	12/17/2025	28.7	72.1	9.5	23.9	39.9
	06/25/2025	30.2	65.8	14.0	30.6	45.9
<b>Legs Difference</b>	<b>12/17/2025</b>	<b>1.1 lbs</b>	<b>4.0%</b>	<b>1.2 lbs</b>	<b>1.5%</b>	<b>6.0%</b>
	<b>06/25/2025</b>	<b>0.6 lbs</b>	<b>1.9%</b>	<b>0.9 lbs</b>	<b>0.9%</b>	<b>3.1%</b>



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## Body Composition Trending Report

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



Image not for  
diagnosis

06/25/2025

12/17/2025

Measured Date	Total Mass (lbs)	Total Fat (%)	Total Fat (lbs)	Total Lean (lbs)	Trunk Fat (lbs)	Trunk Lean (lbs)	Arms Fat (lbs)	Arms Lean (lbs)	Legs Fat (lbs)	Legs Lean (lbs)
12/17/2025	228.8	23.9%	54.6	166.0	27.5	81.7	4.7	17.9	20.2	58.6
06/25/2025	264.2	32.3%	85.3	170.3	43.6	79.7	10.4	21.4	28.9	60.9