«« TOTAL BODY COMPOSITION SCAN RESULTS SUMMARY»»

Re: Female Example

- Total body bone mineral density: 1.049 g.cm⁻² (normal).
- Total percent body fat: 23.9 % (recommended limits 23% 34%)
- Central abdominal fat (sub-region R1): 0.242 kg Low risk²
- Resting Metabolic Rate: 1397 kcal/day
- In reviewing your current body composition your ideal weight is between 51.9 kg to 52.9 kg
- To achieve this you need to lose 0.6 kg to 1.6 kg of fat

Suggested calorie intake to attain ideal weight based on RMR

Protein (g)	Carbohydrate (g)	Fat (g)	Kcal/Day
105	150	47	1400

Note: Total Fat is; 1/3 saturated fats (animal and dairy) and 2/3 monounsaturated fats (Omega 3: olive oil, nuts, avocado, flaxseed/fish oil etc). A great free resource to help manage your macronutrients is found at www.calorieking.com.au

Minimum Structured Exercise Energy Expenditure Target

1800 Kcal/week

Comments:

If you have any questions please don't hesitate to contact me.

Dr Jarrod Meerkin (PhD., ESSAM, AEP) Director MeasureUp

- Gallagher et al., 2000
 Bertin et al., 2000 and Kamel et al., 1999; 2000.



Name: Doe, Jane
Patient ID:
DOB:

Age:

Referring Physician:

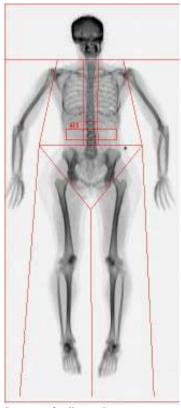


Image not for diagnostic use 327 x 150

Scan Information:

Scan Date: 29 June 2012 ID:

Scan Type: a Whole Body

Analysis: 29 June 2012 16:41 Version 13.3

Comment:

Sex: Female

DXA Results Summary:

Region	Area (cm²)	BMC (g)	(g/cm ²)	
L Arm	180.73	122.10	0.676	
R Arm	180.33	120.87	0.670	
L Ribs	98.94	60.27	0.609	
R Ribs	105.72	61.90	0.585	
T Spine	116.90	94.05	0.805	
L Spine	41.89	47.71	1.139	
Pelvis	223.42	229.12	1.026	
L Leg	330.74	336.35	1.017	
R Leg	327.95	342.19	1.043	
Subtotal	1606.62	1414.57	0.880	
Head	216.24	497.78	2.302	
Total	1822.85	1912.35	1.049	
		1	\wedge	
Sub- Region	Area (cm²)	BMC (g)	BMD (g/cm²)	
R1	23.54	27.80	1.181	
Net	23.54	27.80	1.181	
TBAR1209				
12/11(120)	This is th	ne weight	This is yo	ur total
	of your s	keleton in	body bone	e density.
		r 1.912kg.		

T-score vs. White Female; Z-score vs. White Female. Source: 2008 NHANES White Female



Name: Doe, Jane

Patient ID:

DOB: Age:

Sex: Female



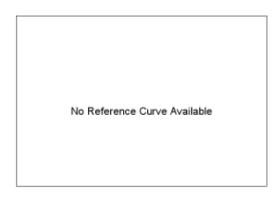
Fat Lea Body Composition Results

Region	Fat Mass (g)	Lean+ BMC (g)	Total Mass (g)	% Fat	%Fat Percentile YN AM
L Arm	648	2107	2755	23.5	
R Arm	655	2159	2814	23.3	
Trunk	4276	18652	22928	18.7	
L Leg	3122	7308	10430	29.9	
R Leg	3345	7463	10808	30.9	
Subtotal	12047	37689	49736	24.2	
Head	741	3061	3802	19.5	
Total	12788	40750	53538	23.9	
Android (A	453	2343	2795	16.2	
Gynoid (G)	2930	6823	9753	30.0	

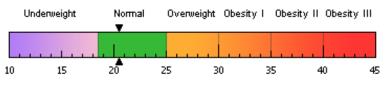
Scan Date: Scan Type: Analysis: Comment: 29 June 2012 ID: a Whole Body

29 June 2012 16:41 Version 13.3

These android/ gynoid regions are a great way to look at specific fat loss through the truck and hips.



World Health Organization Body Mass Index Classification BMI = 20.6 WHO Classification Normal



BMI has some limitations and an actual diagnosis of overweight or obesity should be made by a health professional. Obesity is associated with heart disease, certain types of cancer, type 2 diabetes, and other health risks. The higher a person's BMI is above 25, the greater their weight-related risks.

Adipose Indices

Measure	Result	Percentile		
		YN	AM	
Total Body % Fat	23.9			
Fat Mass/Height ² (kg/m ²)	4.67			
Android/Gynoid Ratio	0.54			
% Fat Trunk/% Fat Legs	0.61			
Trunk/Limb Fat Mass Ratio	0.55			

Lean + BMC Indices

Measure I	Result	Percentile		
		YN	AM	
(Lean + BMC)/Height ² (kg/m ²)	14.9			
Appen. (Lean + BMC)/Height ² (kg/m ²)	6.95			

YN = Young Normal

AM = Age Matched

Name: Doe, Jane

Patient ID: DOB:

DOB:

Scan Information:

Scan Date: 29 June 2012 ID: A0629120T

Age:

Scan Type: a Whole Body

Analysis: 29 June 2012 16:41 Version 13.3

Comment:

Sex: Female

These two columns allow you to see specific regional changes in fat mass and muscle mass.

ΧΔ	Results	Summary:
\sim	INCOULG	Oummary.

Region	BMC (g)	Fat Mass (g)	Lean Mass (g)	Lean+ BMC (g)	Total Mass Mass (g)	% Fat
L Arm	122.10	648.3	1985.0	2107.1	2755.4	23.5
R Arm	120.87	655.1	2038.2	2159.0	2814.1	23.3
Trunk	493.05	4276.4	18158.9	18651.9	22928.4	18.7
L Leg	336.35	3122.3	6971.4	7307.7	10430.0	29.9
R Leg	342.19	3344.9	7121.2	7463.4	10808.2	30.9
Subtotal	1414.57	12047.0	36274.6	37689.2	49736.2	24.2
Head	497.78	741.1	2563.4	3061.1	3802.2	19.5
Total	1912.35	12788.1	38838.0	40750.3	53538.4	23.9
		1	1	1	K	K
Sub- Region	BMC (g)	Fat Mass (g)	Lean Mass (g)	Lean+ BMC (g)	Total Mass Mass (g)	% Fat
R1	27.80	242.7	/ 1507.6	1535.4	1778.1	13.7
Net	27.80	242.7	1507.6	1535.4	1778.1	13.7

TBAR1209

This is total body fat mass in grams or 12.78kg.

This is your total muscle mass in grams or 38.83kg.

This is the weight of everything in your body except fat. Known as your fat free mass.

Total mass or weight is 53.5kg.

Total body fat percentage is shown here.

