

Chris Bair

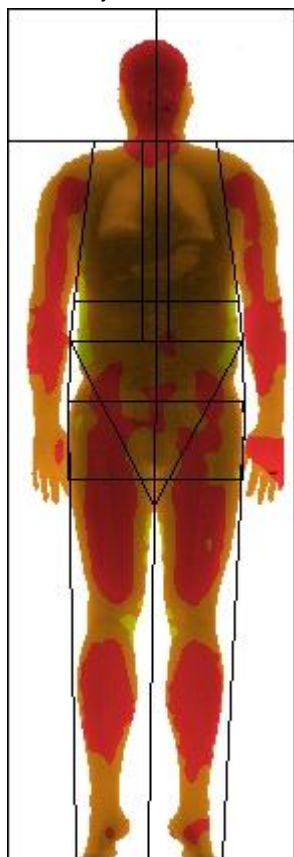
Measured: 03/14/2016

Age: 38.7      Birth Date:  
 Gender: Male      Height: 73.0 in.  
 Baseline Date: (none)      Weight: 204.0 lbs.

## SUMMARY LEVEL RESULTS

Total Body Composition					
Measured Date	Total Body Fat	Total Mass (lbs)	Fat Tissue (lbs)	Lean Tissue (lbs)	Bone Mineral Content (BMC)
03/14/2016	31.9%	206.7 lbs	63.21 lbs	134.99 lbs	8.52 lbs

Total Body Tissue Quantitation



### Recommended Body Fat %

This table provides target body fat percentages based on empirical DEXA scan results. It is meant to provide general guidance for individuals, and to help set goals. (Sample Size n=754)

#### WOMEN

Age	0 - 20th Percentile	20th - 40th Percentile	40th - 60th Percentile	60th - 80th Percentile	80th - 99th Percentile
20-29	< 24%	24% - 28%	28% - 32%	32% - 38%	> 38%
30-39	< 26%	26% - 30%	30% - 34%	34% - 38%	> 38%
40-49	< 26%	26% - 31%	31% - 35%	35% - 39%	> 39%
50-59	< 29%	29% - 33%	33% - 38%	33% - 38%	> 41%
>60	< 30%	30% - 34%	34% - 37%	37% - 40%	> 40%

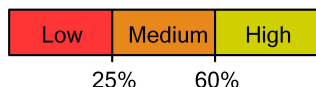
#### MEN

20-29	< 15%	15% - 18%	18% - 23%	23% - 27%	> 27%
30-39	< 16%	16% - 21%	21% - 25%	25% - 29%	> 29%
40-49	< 18%	18% - 24%	24% - 27%	27% - 32%	> 32%
50-59	< 19%	19% - 25%	25% - 27%	27% - 32%	> 32%
> 60	< 24%	24% - 27%	27% - 32%	32% - 33%	> 33%

### Regional Composition

The table below divides your body into 5 key regions and provides the composition breakdown for each. Dexa Body will track these regions over time to chart individual progress.

Region	Total Region Fat %	Total Mass (lbs)	Fat Tissue (lbs)	Lean Tissue (lbs)	Bone Mineral Content (BMC)
Arms	25.3%	25.2 lbs	6.38 lbs	17.62 lbs	1.22 lbs
Legs	24.6%	69.4 lbs	17.05 lbs	48.91 lbs	3.40 lbs
Trunk	37.4%	100.1 lbs	37.40 lbs	60.12 lbs	2.59 lbs
Android	42.0%	15.0 lbs	6.31 lbs	8.56 lbs	0.13 lbs
Gynoid	30.0%	28.7 lbs	8.60 lbs	19.23 lbs	0.84 lbs
<b>Total</b>	<b>30.6%</b>	<b>206.7 lbs</b>	<b>63.21 lbs</b>	<b>134.99 lbs</b>	<b>8.52 lbs</b>





4894 South Highland Drive  
 Floor 2  
 Holladay, Utah 84117  
 (801) 274-DEXA (3392)

Client	Sex	Facility	Birth Date	Height	Weight	Measured
Chris Bair	Male	Highland Dr.		73.0 in.	204.0 lbs.	03/14/2016

## METABOLIC & MUSCLE DISTRIBUTION REPORT

### RESTING METABOLIC RATE (RMR)

Test Date 03/14/2016	<b>2,004 cal/day</b>	This is a nutritional baseline indicating the number of calories you need to intake to sustain lean tissue. Depending on your goals, you will need a caloric deficit or surplus. Dexa Body offers a comprehensive RMR test which offers an in depth calculation of your total body caloric requirements.
-------------------------	----------------------	--

### RELATIVE SKELETAL MUSCLE INDEX (RSMI)

Test Date 03/14/2016	<b>8.78 kg/m<sup>2</sup></b>	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, and strength associated with aging. Men should have an RSMI greater than 7.26, and women should be greater than 5.45.
-------------------------	------------------------------	---

## FAT DISTRIBUTION REPORT

### ANDROID/GYNOID

Region	Tissue Fat %	Notes
Android	<b>42.0%</b>	Android fat is associated with visceral (unhealthy) fat. It is concentrated in the abdominal region, lends itself to an "apple shape," and can be metabolically active.  <i>Ideally, Android Tissue Fat % should be less than Total Body Fat %.</i>
Gynoid	<b>30.6%</b>	Gynoid fat is concentrated in the hips, upper thighs, and buttocks. It is not necessarily unhealthy, but it is where excess fat deposits reside and results in a "pear shape."
A/G Ratio	<b>1.37</b>	The A/G ratio compare Android Fat to Gynoid Fat.  <i>The ideal ratio is less than 1.0 for optimal fat distribution.</i>

### LEAN MASS RATIOS

Lean mass ratios provide a quick snapshot of how lean tissue is distributed in our bodies. This is an individualized approach to understanding lean tissue distribution relative to your total body composition.		
Region	Lean Mass Ratio	Notes
Trunk	<b>60.1%</b>	This metric indicates what percentage of the total tissue in your trunk is considered lean tissue. The trunk includes the area spanning from your pelvic region to the top of your neck, not including your arms.
Legs	<b>70.5%</b>	This metric indicates what percentage of the total tissue in your legs is considered lean tissue.
Arms	<b>69.9%</b>	This metric indicates what percentage of the total tissue in your arms is considered lean tissue.

Client	Sex	Facility	Birth Date	Height	Weight	Measured
Chris Bair	Male	Highland Dr.		73.0 in.	204.0 lbs.	03/14/2016

## MUSCLE BALANCE REPORT

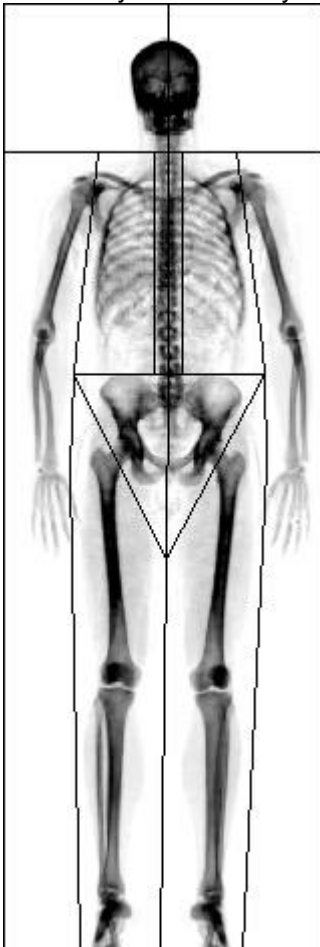
The table below regionalizes your arms and legs to assess muscle symmetry. Arms will often have tissue imbalances up to 0.5 lbs, while legs will have tissue imbalances up to 1.5 lbs. Dexa Body looks at movement efficiency, and having a balanced body composition improves overall physical capability, especially with functional movements.

Region	% Fat	Total Mass	Fat Mass	Lean Mass	BMC
Right Arm	25.0%	12.6 lbs	3.15 lbs	8.87 lbs	0.61 lbs
Left Arm	25.7%	12.6 lbs	3.24 lbs	8.75 lbs	0.61 lbs
<b>Arms Total</b>	<b>25.3%</b>	<b>25.2 lbs</b>	<b>6.38 lbs</b>	<b>17.62 lbs</b>	<b>1.22 lbs</b>
Right Leg	24.7%	35.0 lbs	8.63 lbs	24.62 lbs	1.73 lbs
Left Leg	24.5%	34.4 lbs	8.43 lbs	24.30 lbs	1.68 lbs
<b>Legs Total</b>	<b>24.6%</b>	<b>69.4 lbs</b>	<b>17.05 lbs</b>	<b>48.91 lbs</b>	<b>3.40 lbs</b>

## BONE REPORT

Bone density is a critical component of our overall health and physical capabilities. As we age, our bone strength naturally deteriorates through a process called fibrosis. Fibrosis causes our bone structure to slowly convert to fibrous tissue. Weight-bearing exercises that stress our skeletal tissue can increase bone density.

Total Body Bone Density



Bone Density: USA (Combined NHANES/Lunar)

Region	BMD	Young Adult T-Score	Age Matched Z-Score
Head	2.435 g/cm <sup>2</sup>	N/A	N/A
Arms	0.980 g/cm <sup>2</sup>	N/A	N/A
Legs	1.594 g/cm <sup>2</sup>	N/A	N/A
Trunk	1.213 g/cm <sup>2</sup>	N/A	N/A
Ribs	1.117 g/cm <sup>2</sup>	N/A	N/A
Spine	1.464 g/cm <sup>2</sup>	N/A	N/A
Pelvis	1.170 g/cm <sup>2</sup>	N/A	N/A
<b>Total</b>	<b>1.409 g/cm<sup>2</sup></b>	<b>2.1</b>	<b>1.4</b>

The chart above provides a Total Body Bone Mineral Density (BMD) quantity along with a T-Score and a Z-Score. The T-Score compares your bones to a healthy 30-year old adult of your gender. The Z-Score compares your BMD to a person at your same age and of the same gender. The values given are measured in units called standard deviations, and they show how your BMD compares to the given reference population. If you have any concerns regarding these numbers, you should contact your physician.

Z-Score	% Population (Greater Than)
-1.5 - (-0.5)	7% - 30%
-0.5 - 0.0	30% - 50%
0.0 - 0.5	50% - 69%
0.5 - 1.5	69% - 93%
1.5 - 2.0	93% - 97%
2.0 - 2.5	97% - 99%