![Dexa Body logo]

2046 Murray Holladay Road
Suite 201
Holladay, Utah 84117
(801) 274-3392

Chris Bair **Measured: 12/30/2017**

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 Tissue Mass (lbs)	Fat Tissue (lbs)	Lean Tissue (lbs)	Bone Mineral Content (BMC)
12/30/2017	35.0%	221.2 lbs	74.6 lbs	138.4 lbs	8.2 lbs
11/22/2017	36.2%	215.8 lbs	75.1 lbs	132.3 lbs	8.4 lbs
05/31/2017	34.4%	216.1 lbs	71.5 lbs	136.2 lbs	8.5 lbs
03/14/2016	31.9%	206.7 lbs	63.2 lbs	135.0 lbs	8.5 lbs

Total Body Tissue Quantitation

Color Coding

Bone   Lean   Fat

Image not for diagnosis
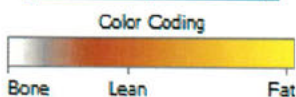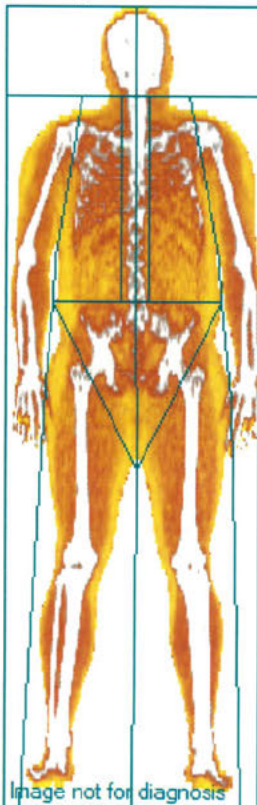
Ideal Body Fat Percentage

This table provides target body fat percentages based on American Council on Exercise recommendations.

Description	Men	Women
Essential Fat	2 - 5%	10 - 13%
Athletes	6 - 13%	14 - 20%
Fitness	14 - 17%	21 - 24%
Average	18 - 24%	25 - 31%
Above Average	25% +	32% +

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	29.0%	27.2 lbs	7.9 lbs	18.1 lbs	1.2 lbs
Legs	30.4%	75.2 lbs	22.8 lbs	49.0 lbs	3.3 lbs
Trunk	38.7%	107.5 lbs	41.6 lbs	63.5 lbs	2.4 lbs
Android	43.7%	16.9 lbs	7.4 lbs	9.4 lbs	0.1 lbs
Gynoid	34.5%	34.4 lbs	11.8 lbs	21.7 lbs	0.8 lbs

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Client	Sex	Facility	Birth Date	Height	Weight	Measured
Chris Bair	Male	Utah Mobile	▮	73.0 in.	204.0 lbs.	12/30/2017

METABOLIC & MUSCLE DISTRIBUTION REPORT

RESTING METABOLIC RATE (RMR)

Test Date 12/30/2017	**1,723 cal/day**	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)

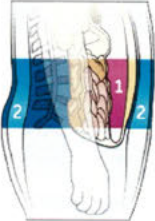| Test Date 12/30/2017	**8.86 kg/m²**	RSMI represents the relative amount of muscle in the arms and legs. Sarcopenia is the degenerative loss of skeletal mass (0.5 - 1% loss per year after the age of 25), quality, and strength associated with aging. Men should have an RSMI greater than 7.26, and women should be greater than 5.45.

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.

| Trunk	**59.1%**	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	**65.2%**	This metric indicates what percentage of the total tissue in your legs is considered lean tissue.
Arms	**66.6%**	This metric indicates what percentage of the total tissue in your arms is considered lean tissue.

FAT DISTRIBUTION REPORT

Abdomen Composition

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. The A/G ratio compares Android fat to Gynoid fat. The ideal ratio is less than **1.0** for optimal fat distribution.

Dexa Body 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. Dexa Body results have been validated for adults between ages 18-90, and with a BMI in the range of 18.5-40.
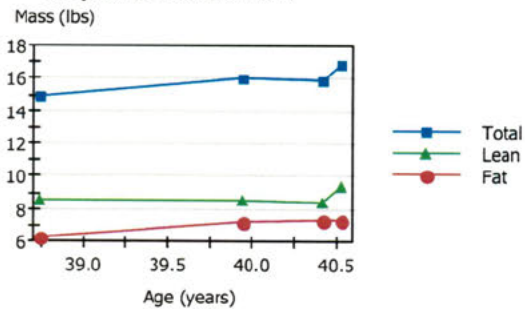
Adipose Tissue
1 Visceral
2 Subcutaneous

Total

Composition Trend: Total
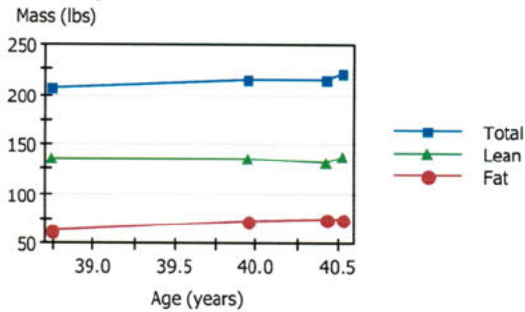
| Date		Total Mass (lbs)	Lean Mass (lbs)	Fat Mass (lbs)
03/14/2016		206.7	135.0	63.2
05/31/2017		216.1	136.2	71.5
11/22/2017		215.8	132.3	75.1
12/30/2017		221.2	138.4	74.6

Android / Gynoid

Composition Trend: Android

Date		Android Mass (lbs)	Android Lean (lbs)	Android Fat (lbs)	Android %Fat	Gynoid %Fat	A/G Ratio
03/14/2016		15.0	8.6	6.3	42.4	30.9	1.37
05/31/2017		16.0	8.6	7.2	45.7	32.4	1.41
11/22/2017		15.9	8.4	7.3	46.5	35.2	1.32
12/30/2017		16.9	9.4	7.4	44.0	35.3	1.25

Visceral Adipose Tissue (VAT)

Composition Trend: VAT
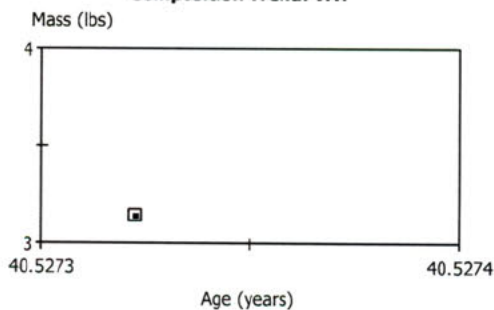
Date		Fat Mass (lbs)	Volume (in³)
12/30/2017		3.14	92.07

| Client	Sex	Facility	Birth Date	Height	Weight	Measured
Chris Bair	Male	Utah Mobile	▮	73.0 in.	204.0 lbs.	12/30/2017

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	29.0%	13.6 lbs	3.9 lbs	9.1 lbs	0.6 lbs
Left Arm (e)	29.0%	13.6 lbs	3.9 lbs	9.1 lbs	0.6 lbs
Arms Total	**29.0%**	**27.2 lbs**	**7.9 lbs**	**18.1 lbs**	**1.2 lbs**
Right Leg	30.3%	38.0 lbs	11.5 lbs	24.8 lbs	1.7 lbs
Left Leg	30.4%	37.2 lbs	11.3 lbs	24.2 lbs	1.7 lbs
Legs Total	**30.4%**	**75.2 lbs**	**22.8 lbs**	**49.0 lbs**	**3.3 lbs**

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

Image not for diagnosis
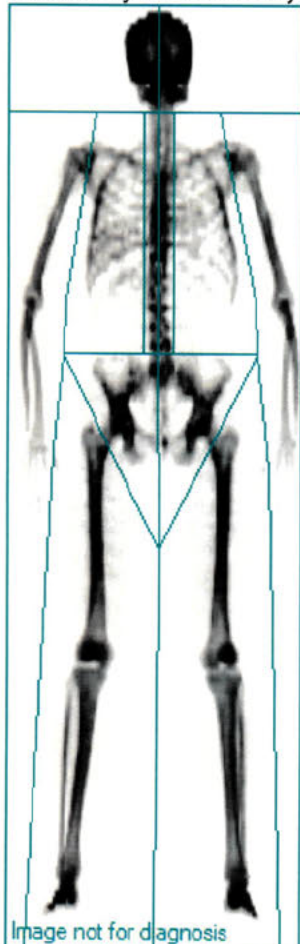
Bone Density: USA (Combined NHANES/Lunar)

Region	BMD	Young Adult T-Score	Age Matched Z-Score
Head	2.488 g/cm²	-	-
Arms	1.006 g/cm²	-	-
Legs	1.612 g/cm²	-	-
Trunk	1.248 g/cm²	-	-
Ribs	1.078 g/cm²	-	-
Spine	1.615 g/cm²	-	-
Pelvis	1.215 g/cm²	-	-
Total	1.440 g/cm²	2.4	1.7

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.

T-Score	Result	Z Score	% Population (Greater Than)
-1 and above	Normal	-1.5 to -0.5	7% - 30%
		-0.5 to 0.0	30% - 50%
-1.0 to -2.5	Potential Osteopenia	-0.0 to 0.5	50% - 69%
		0.5 to 1.5	69% - 93%
-2.5 and below	Potential Osteoporosis	1.5 to 2.0	93% - 97%
		2.0 and above	97% - 99%

The BMD measured at Total Body Total is 1.440 g/cm² with a T-score of 2.4 is normal.

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Client	Sex	Facility	Birth Date	Height	Weight	Measured
Chris Bair	Male	Utah Mobile		73.0 in.	204.0 lbs.	12/30/2017

REGIONAL FAT TISSUE REPORT

The following graphs display how fat tissue in different regions of your body have changed over time. These graphs show how the different regions in your body have responded to your training and/or nutrition program. Each individual will gain and lose fat differently. Dexa Body will continue to track and report on each of these regions in follow up scans.

Arms

Total Body: Arms (Fat Mass)
%Change vs Previous
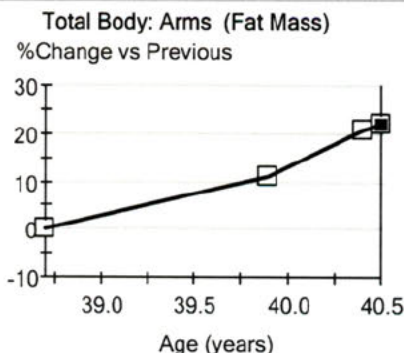
Measured Date	Region Fat Totals	Change vs. Baseline	Change vs. Previous
12/30/2017	7.9 lbs	1.5 lbs	0.1 lbs
11/22/2017	7.8 lbs	1.4 lbs	0.7 lbs
05/31/2017	7.1 lbs	0.7 lbs	0.7 lbs
03/14/2016	6.4 lbs	baseline	-

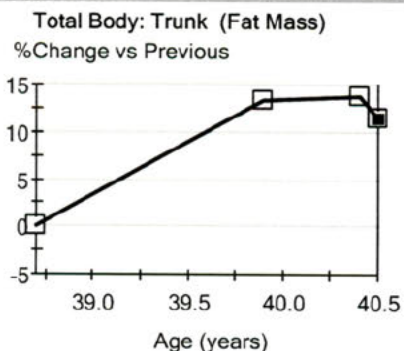| Measured Date	Region Fat Percent	Change vs. Baseline	Change vs. Previous
12/30/2017	29.0%	3.7%	-1.4%
11/22/2017	30.4%	5.1%	3.0%
05/31/2017	27.4%	2.1%	2.1%
03/14/2016	25.3%	baseline	-

Legs

Total Body: Legs (Fat Mass)
%Change vs Previous
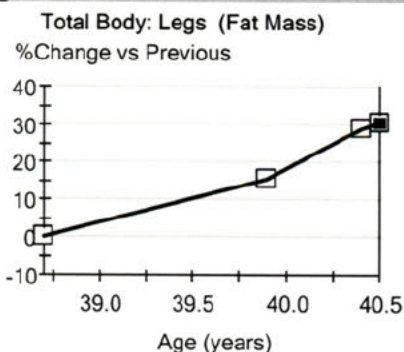
Measured Date	Region Fat Totals	Change vs. Baseline	Change vs. Previous
12/30/2017	22.8 lbs	5.7 lbs	0.4 lbs
11/22/2017	22.4 lbs	5.3 lbs	2.7 lbs
05/31/2017	19.7 lbs	2.6 lbs	2.6 lbs
03/14/2016	17.1 lbs	baseline	-

Measured Date	Region Fat Percent	Change vs. Baseline	Change vs. Previous
12/30/2017	30.4%	5.8%	0.1%
11/22/2017	30.3%	5.7%	3.4%
05/31/2017	26.9%	2.3%	2.3%
03/14/2016	24.6%	baseline	-

Trunk

Total Body: Trunk (Fat Mass)
%Change vs Previous

Measured Date	Region Fat Totals	Change vs. Baseline	Change vs. Previous
12/30/2017	41.6 lbs	4.2 lbs	-1.0 lbs
11/22/2017	42.6 lbs	5.2 lbs	0.2 lbs
05/31/2017	42.4 lbs	5.0 lbs	5.0 lbs
03/14/2016	37.4 lbs	baseline	-

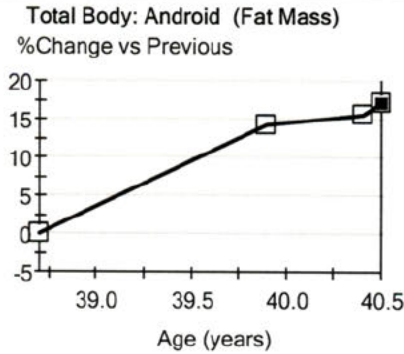| Measured Date	Region Fat Percent	Change vs. Baseline	Change vs. Previous
12/30/2017	38.7%	1.3%	-2.1%
11/22/2017	40.8%	3.4%	0.5%
05/31/2017	40.3%	2.9%	2.9%
03/14/2016	37.4%	baseline	-

Dexa Body

Client	Sex	Facility	Birth Date	Height	Weight	Measured
Chris Bair	Male	Utah Mobile		73.0 in.	204.0 lbs.	12/30/2017

# REGIONAL FAT TISSUE REPORT (Continued)

Android

Total Body: Android (Fat Mass)
%Change vs Previous

Measured Date	Region Fat Totals	Change vs. Baseline	Change vs. Previous
12/30/2017	7.4 lbs	1.1 lbs	0.1 lbs
11/22/2017	7.3 lbs	1.0 lbs	0.1 lbs
05/31/2017	7.2 lbs	0.9 lbs	0.9 lbs
03/14/2016	6.3 lbs	baseline	-

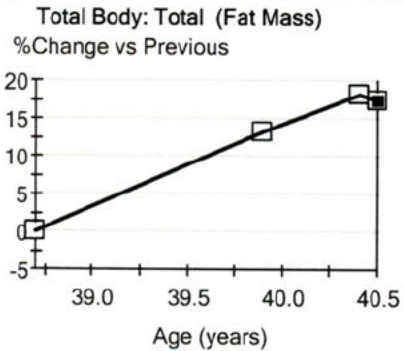| Measured Date	Region Fat Percent	Change vs. Baseline	Change vs. Previous
12/30/2017	43.7%	1.7%	-2.4%
11/22/2017	46.1%	4.1%	0.8%
05/31/2017	45.3%	3.3%	3.3%
03/14/2016	42.0%	baseline	-

Gynoid

Total Body: Gynoid (Fat Mass)
%Change vs Previous
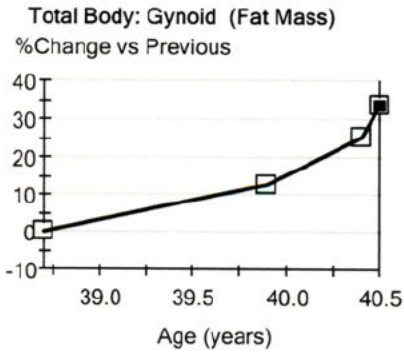
Measured Date	Region Fat Totals	Change vs. Baseline	Change vs. Previous
12/30/2017	11.8 lbs	3.2 lbs	0.9 lbs
11/22/2017	10.9 lbs	2.3 lbs	1.2 lbs
05/31/2017	9.7 lbs	1.1 lbs	1.1 lbs
03/14/2016	8.6 lbs	baseline	-

Measured Date	Region Fat Percent	Change vs. Baseline	Change vs. Previous
12/30/2017	34.5%	4.5%	0.2%
11/22/2017	34.3%	4.3%	2.8%
05/31/2017	31.5%	1.5%	1.5%
03/14/2016	30.0%	baseline	-

Total

Total Body: Total (Fat Mass)
%Change vs Previous

Measured Date	Region Fat Totals	Change vs. Baseline	Change vs. Previous
12/30/2017	74.6 lbs	11.4 lbs	-0.5 lbs
11/22/2017	75.1 lbs	11.9 lbs	3.6 lbs
05/31/2017	71.5 lbs	8.3 lbs	8.3 lbs
03/14/2016	63.2 lbs	baseline	-

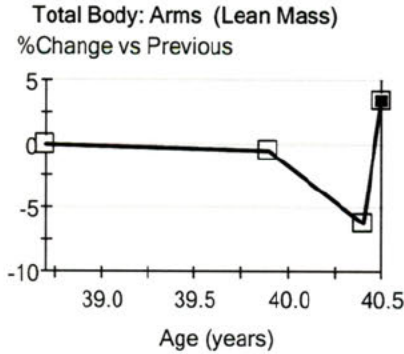| Measured Date	Region Fat Percent	Change vs. Baseline	Change vs. Previous
12/30/2017	33.7%	3.1%	-1.1%
11/22/2017	34.8%	4.2%	1.7%
05/31/2017	33.1%	2.5%	2.5%
03/14/2016	30.6%	baseline	-

Dexa Body

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Client	Sex	Facility	Birth Date	Height	Weight	Measured
Chris Bair	Male	Utah Mobile	▮▮▮▮	73.0 in.	204.0 lbs.	12/30/2017

REGIONAL LEAN TISSUE REPORT

The following graphs display how lean tissue in different regions of your body have changed over time. These graphs show how the different regions in your body have responded to your training and/or nutrition program. Each individual will gain and lose lean mass differently. Dexa Body will continue to track and report on each of these regions in follow up scans.
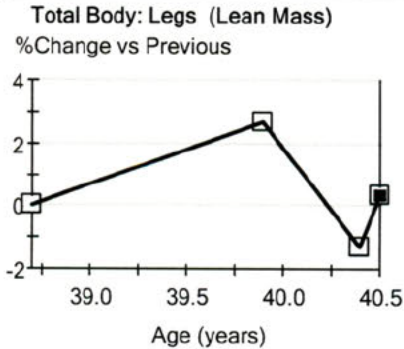
Arms

Total Body: Arms (Lean Mass)
%Change vs Previous

Measured Date	Region Lean Totals	Change vs. Baseline	Change vs. Previous
12/30/2017	18.1 lbs	0.5 lbs	1.6 lbs
11/22/2017	16.5 lbs	-1.1 lbs	-1.0 lbs
05/31/2017	17.5 lbs	-0.1 lbs	-0.1 lbs
03/14/2016	17.6 lbs	baseline	-

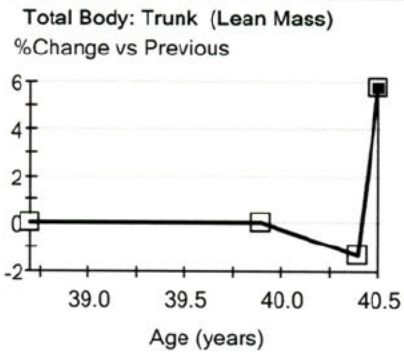| Measured Date	Region Lean Percent	Change vs. Baseline	Change vs. Previous
12/30/2017	66.6%	2.8%	9.7%
11/22/2017	64.8%	-6.2%	-5.7%
05/31/2017	67.9%	-0.6%	-0.6%
03/14/2016	69.9%	baseline	-

Legs

Total Body: Legs (Lean Mass)
%Change vs Previous

Measured Date	Region Lean Totals	Change vs. Baseline	Change vs. Previous
12/30/2017	49.0 lbs	0.1 lbs	0.8 lbs
11/22/2017	48.2 lbs	-0.7 lbs	-2.0 lbs
05/31/2017	50.2 lbs	1.3 lbs	1.3 lbs
03/14/2016	48.9 lbs	baseline	-

Measured Date	Region Lean Percent	Change vs. Baseline	Change vs. Previous
12/30/2017	65.2%	0.2%	1.7%
11/22/2017	65.2%	-1.4%	-4.0%
05/31/2017	68.5%	2.7%	2.7%
03/14/2016	70.5%	baseline	-

Trunk

Total Body: Trunk (Lean Mass)
%Change vs Previous

Measured Date	Region Lean Totals	Change vs. Baseline	Change vs. Previous
12/30/2017	63.5 lbs	3.4 lbs	4.2 lbs
11/22/2017	59.3 lbs	-0.8 lbs	-0.8 lbs
05/31/2017	60.1 lbs	0.0 lbs	0.0 lbs
03/14/2016	60.1 lbs	baseline	-

Measured Date	Region Lean Percent	Change vs. Baseline	Change vs. Previous
12/30/2017	59.1%	5.7%	7.1%
11/22/2017	56.8%	-1.3%	-1.3%
05/31/2017	57.2%	0.0%	0.0%
03/14/2016	60.1%	baseline	-

Dexa Body

Client	Sex	Facility	Birth Date	Height	Weight	Measured
Chris Bair	Male	Utah Mobile		73.0 in.	204.0 lbs.	12/30/2017

REGIONAL LEAN TISSUE REPORT (Continued)

Android

Total Body: Android (Lean Mass)
%Change vs Previous

Measured Date	Region Lean Totals	Change vs. Baseline	Change vs. Previous
12/30/2017	9.4 lbs	0.8 lbs	1.0 lbs
11/22/2017	8.4 lbs	-0.2 lbs	-0.2 lbs
05/31/2017	8.6 lbs	0.0 lbs	0.0 lbs
03/14/2016	8.6 lbs	baseline	-

Measured Date	Region Lean Percent	Change vs. Baseline	Change vs. Previous
12/30/2017	55.5%	9.3%	11.9%
11/22/2017	53.0%	-2.3%	-2.3%
05/31/2017	53.9%	0.0%	0.0%
03/14/2016	57.1%	baseline	-

Gynoid

Total Body: Gynoid (Lean Mass)
%Change vs Previous

Measured Date	Region Lean Totals	Change vs. Baseline	Change vs. Previous
12/30/2017	21.7 lbs	2.5 lbs	1.7 lbs
11/22/2017	20.0 lbs	0.8 lbs	-0.3 lbs
05/31/2017	20.3 lbs	1.1 lbs	1.1 lbs
03/14/2016	19.2 lbs	baseline	-

Measured Date	Region Lean Percent	Change vs. Baseline	Change vs. Previous
12/30/2017	62.6%	13.0%	8.5%
11/22/2017	61.3%	4.2%	-1.5%
05/31/2017	63.0%	5.7%	5.7%
03/14/2016	65.3%	baseline	-

Total

Total Body: Total (Lean Mass)
%Change vs Previous

Measured Date	Region Lean Totals	Change vs. Baseline	Change vs. Previous
12/30/2017	138.4 lbs	3.4 lbs	6.1 lbs
11/22/2017	132.3 lbs	-2.7 lbs	-3.9 lbs
05/31/2017	136.2 lbs	1.2 lbs	1.2 lbs
03/14/2016	135.0 lbs	baseline	-

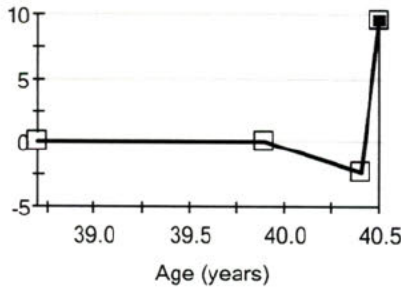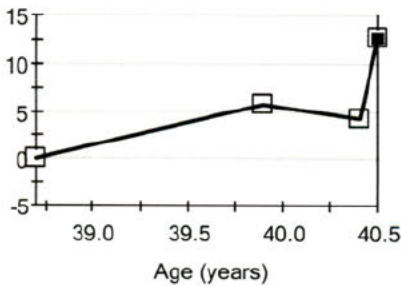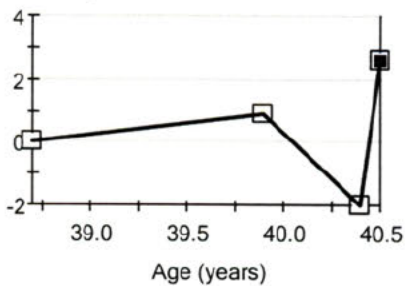| Measured Date	Region Lean Percent	Change vs. Baseline	Change vs. Previous
12/30/2017	62.6%	2.5%	4.6%
11/22/2017	61.3%	-2.0%	-2.9%
05/31/2017	63.0%	0.9%	0.9%
03/14/2016	65.3%	baseline	-

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| Client	Sex	Facility	Birth Date	Height	Weight	Measured
Chris Bair	Male	Utah Mobile	■■■■	73.0 in.	204.0 lbs.	12/30/2017

REGIONAL BONE REPORT

Arms

Total Body: Arms (BMD)
%Change vs Previous
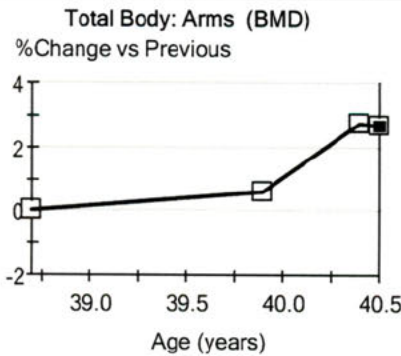
Measured Date	BMD	Change vs. Baseline	Change vs. Previous
12/30/2017	1.006 g/cm²	-26 cm²	-11 cm²
11/22/2017	1.007 g/cm²	-15 cm²	-15 cm²
05/31/2017	0.986 g/cm²	0 cm²	0 cm²
03/14/2016	0.980 g/cm²	baseline	-

Legs

Total Body: Legs (BMD)
%Change vs Previous
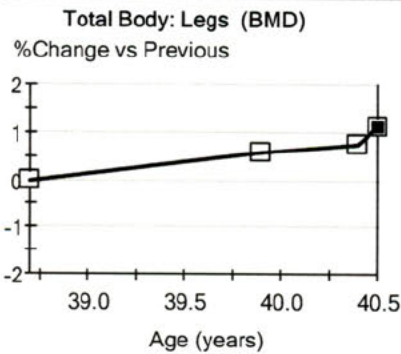
Measured Date	BMD	Change vs. Baseline	Change vs. Previous
12/30/2017	1.612 g/cm²	-33 cm²	-17 cm²
11/22/2017	1.606 g/cm²	-16 cm²	-2 cm²
05/31/2017	1.603 g/cm²	-14 cm²	-14 cm²
03/14/2016	1.594 g/cm²	baseline	-

Trunk

Total Body: Trunk (BMD)
%Change vs Previous
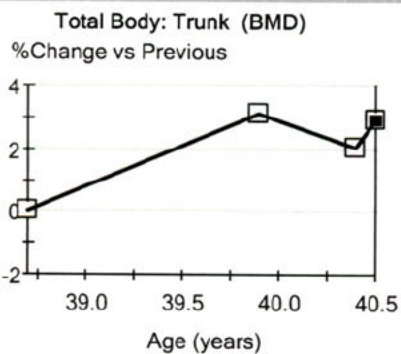
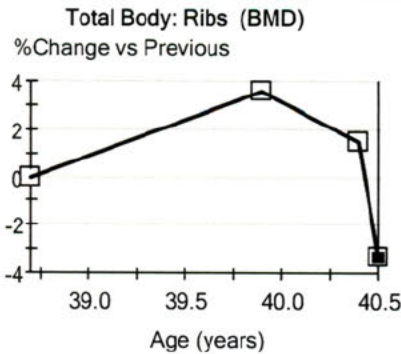| Measured Date	BMD	Change vs. Baseline	Change vs. Previous
12/30/2017	1.612 g/cm²	-94 cm²	-39 cm²
11/22/2017	1.606 g/cm²	-55 cm²	-21 cm²
05/31/2017	1.603 g/cm²	-34 cm²	-34 cm²
03/14/2016	1.594 g/cm²	baseline	-

| Client	Sex	Facility	Birth Date	Height	Weight	Measured
Chris Bair	Male	Utah Mobile	▮▮▮▮	73.0 in.	204.0 lbs.	12/30/2017

REGIONAL BONE REPORT (Continued)

Ribs

Total Body: Ribs (BMD)
%Change vs Previous

Measured Date	BMD	Change vs. Baseline	Change vs. Previous
12/30/2017	1.078 g/cm²	-41 cm²	-9 cm²
11/22/2017	1.133 g/cm²	-32 cm²	-16 cm²
05/31/2017	1.157 g/cm²	-16 cm²	-16 cm²
03/14/2016	1.117 g/cm²	baseline	-

Spine

Total Body: Spine (BMD)
%Change vs Previous
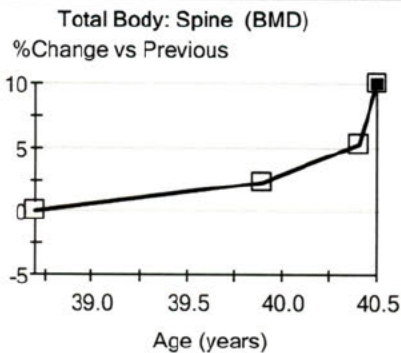
Measured Date	BMD	Change vs. Baseline	Change vs. Previous
12/30/2017	1.615 g/cm²	-23 cm²	-16 cm²
11/22/2017	1.541 g/cm²	-7 cm²	2 cm²
05/31/2017	1.497 g/cm²	-9 cm²	-9 cm²
03/14/2016	1.464 g/cm²	baseline	-

Pelvis

Total Body: Pelvis (BMD)
%Change vs Previous
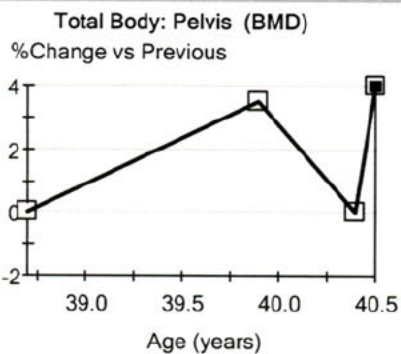
Measured Date	BMD	Change vs. Baseline	Change vs. Previous
12/30/2017	1.215 g/cm²	-30 cm²	-14 cm²
11/22/2017	1.169 g/cm²	-16 cm²	-7 cm²
05/31/2017	1.211 g/cm²	-9 cm²	-9 cm²
03/14/2016	1.170 g/cm²	baseline	-

Note: Dexa Body is not a medical facility, nor do we represent the views of any medical practitioner. The data provided in this report is for informational purposes only and is not meant to be used for any type of medical diagnoses. If you have any concerns regarding the data or metrics in this report, please consult with your physician.

Dexa Body

WHAT NEXT?

Now that you have a clear picture of EXACTLY what your body is made of, it's time to take the next steps towards your fitness goals! This information from your Dexa Body Testing allows us to work with your trainer, nutritionist or existing program, to help you achieve your goals more efficiently. If needed Dexa Body can create a personalized workout program, or nutrition plan for you that is customized off of your Test results and goals. There is no such thing as a quick fix! Dexa Body wants to help you achieve a long-term lifestyle change. If your plan isn't fun, sustainable, and effective, it isn't a long-term solution!

Why do you want to change your life or improve your overall health? What is your WHY?

_____

What is your goal? A goal is just HOPE if not written down!

_____

On a scale of 1 to 10 (1 least and 10 most committed) circle your level of commitment level below.

1 2 3 4 5 6 7 8 9 10

Life happens and sometimes barriers get in the way to derail us or prevent us from achieving progress. What issues or obstacles are you facing that might be preventing you from achieving success?

_____

What DO YOU THINK can be done to help remove the obstacles stated above?

_____

What DO YOU THINK the next steps should be for you to achieve your goal?

_____

The SCALE is a LIAR, it is often misleading, and shouldn't be used as the exclusive method to track results! Follow-up Dexa Body Testing is the KEY to truly understand your specific type of progress you have made. Your NEXT appointment is scheduled for _____

You can't change the past, we can only help you shape your future and work towards your goals! Progress will occur at different rates depending on your level of work and commitment. Dexa Body can help you achieve quicker success by scheduling a consultation with our Nutritionist or Certified Personal Trainer to design a customized program for you.

For more information please visit www.dexabody.com or call us at 801-274-3392.