

Chris Bair

Measured: 02/09/2018

Age: Gender: Male  
Baseline Date:  
(none)

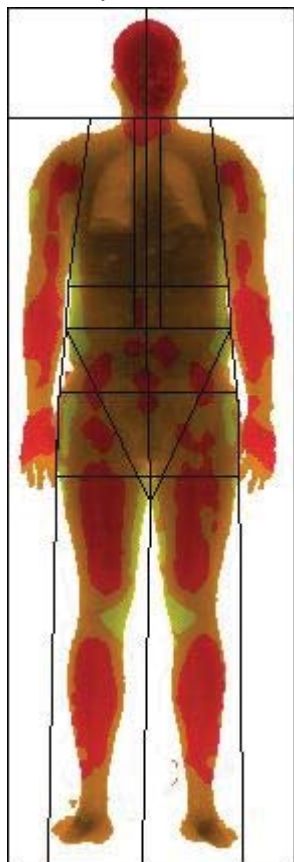
Birth Date:  
Height: 73.0 in.  
Weight: 204.0 lbs.

## SUMMARY LEVEL RESULTS

### Total Body Composition

Measured Date	Total Body Fat	Total Mass (lbs)	Fat Tissue (lbs)	Lean Tissue (lbs)	Bone Mineral Content (BMC)
02/09/2018	34.9%	207.4 lbs	69.50 lbs	129.57 lbs	8.30 lbs
12/30/2017	35.0%	221.2 lbs	74.58 lbs	138.44 lbs	8.17 lbs
11/22/2017	36.2%	215.8 lbs	75.11 lbs	132.34 lbs	8.36 lbs
05/31/2017	34.4%	216.1 lbs	71.51 lbs	136.15 lbs	8.48 lbs
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% - 37%	> 37%
30-39	< 26%	26% - 30%	30% - 34%	34% - 38%	> 38%
40-49	< 27%	27% - 31%	31% - 35%	35% - 39%	> 39%
50-59	< 29%	29% - 33%	33% - 37%	38% - 41%	> 41%
>60	< 30%	30% - 34%	34% - 39%	39% - 42%	> 42%

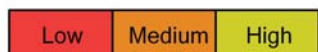
#### MEN

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% - 31%	> 31%
50-59	< 19%	19% - 25%	25% - 28%	28% - 32%	> 32%
> 60	< 24%	24% - 27%	27% - 32%	32% - 34%	> 34%

### 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	28.7%	24.9 lbs	7.15 lbs	16.56 lbs	1.19 lbs
Legs	30.2%	70.7 lbs	21.35 lbs	46.01 lbs	3.37 lbs
Trunk	38.6%	100.2 lbs	38.74 lbs	59.06 lbs	2.44 lbs
Android	43.2%	15.4 lbs	6.65 lbs	8.60 lbs	0.13 lbs
Gynoid	34.5%	31.1 lbs	10.74 lbs	19.55 lbs	0.84 lbs
<b>Total</b>	<b>33.5%</b>	<b>207.4 lbs</b>	<b>69.50 lbs</b>	<b>129.57 lbs</b>	<b>8.30 lbs</b>



25% 60%



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Client	Sex	Facility	Birth Date	Height	Weight	Measured
Chris Bair	Male	Highland Dr.		73.0 in.	204.0 lbs.	02/09/2018

## METABOLIC & MUSCLE DISTRIBUTION REPORT

### RESTING METABOLIC RATE (RMR)

Test Date 02/09/2018	<b>1,991 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.
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### RELATIVE SKELETAL MUSCLE INDEX (RSMI)

Test Date 02/09/2018	<b>8.25 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.
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## FAT DISTRIBUTION REPORT

### ANDROID/GYNOID

Region	Tissue Fat %	Notes
Android	<b>43.2%</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>33.5%</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>1.23</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.		
Trunk	<b>58.9%</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>65.0%</b>	This metric indicates what percentage of the total tissue in your legs is considered lean tissue.
Arms	<b>66.5%</b>	This metric indicates what percentage of the total tissue in your arms is considered lean tissue.

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Chris Bair	Male	Highland Dr.		73.0 in.	204.0 lbs.	02/09/2018

## MUSCLE BALANCE REPORT

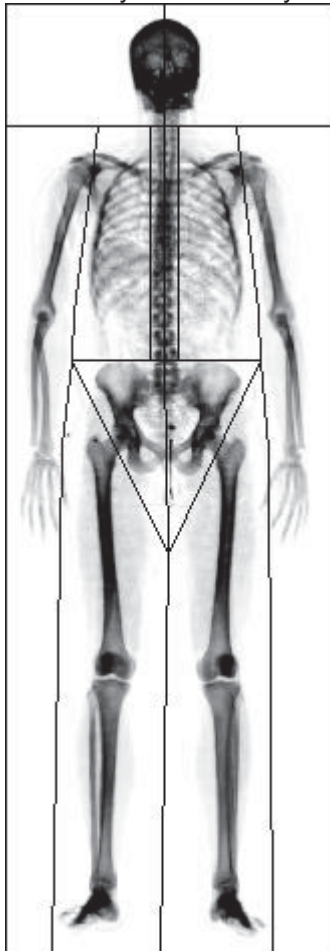
The table below regionalizes your arms and legs to assess muscle symmetry. Arms will often have tissue imbalances up to 0.5 lbs, while legs will have tissue imbalances up to 1.5 lbs. Dexa Body looks at movement efficiency, and having a balanced body composition improves overall physical capability, especially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

Region	% Fat	Total Mass	Fat Mass	Lean Mass	BMC
Right Arm	28.8%	12.9 lbs	3.72 lbs	8.62 lbs	0.60 lbs
Left Arm	28.6%	12.0 lbs	3.42 lbs	7.94 lbs	0.59 lbs
<b>Arms Total</b>	<b>28.7%</b>	<b>24.9 lbs</b>	<b>7.15 lbs</b>	<b>16.56 lbs</b>	<b>1.19 lbs</b>
Right Leg	30.3%	36.4 lbs	11.03 lbs	23.63 lbs	1.70 lbs
Left Leg	30.0%	34.4 lbs	10.32 lbs	22.38 lbs	1.67 lbs
<b>Legs Total</b>	<b>30.2%</b>	<b>70.7 lbs</b>	<b>21.35 lbs</b>	<b>46.01 lbs</b>	<b>3.37 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	2.493 g/cm <sup>2</sup>	N/A	N/A
Arms	0.996 g/cm <sup>2</sup>	N/A	N/A
Legs	1.603 g/cm <sup>2</sup>	N/A	N/A
Trunk	1.212 g/cm <sup>2</sup>	N/A	N/A
Ribs	1.107 g/cm <sup>2</sup>	N/A	N/A
Spine	1.458 g/cm <sup>2</sup>	N/A	N/A
Pelvis	1.172 g/cm <sup>2</sup>	N/A	N/A
Total	1.422 g/cm <sup>2</sup>	2.2	1.6

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%
-1.0 to -2.5	Potential Osteopenia	-0.5 to 0.0	30% - 50%
-2.5 and below	Potential Osteoporosis	0.0 to 0.5	50% - 69%
		0.5 to 1.5	69% - 93%
		1.5 to 2.0	93% - 97%
		2.0 to 2.5	97% - 99%

The BMD measured at Total Body Total is 1.422 g/cm<sup>2</sup> with a T-score of 2.2 is normal. Fracture risk is low.

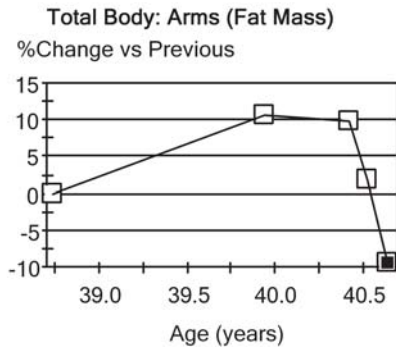


Client	Sex	Facility	Birth Date	Height	Weight	Measured
Chris Bair	Male	Highland Dr.		73.0 in.	204.0 lbs.	02/09/2018

## 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

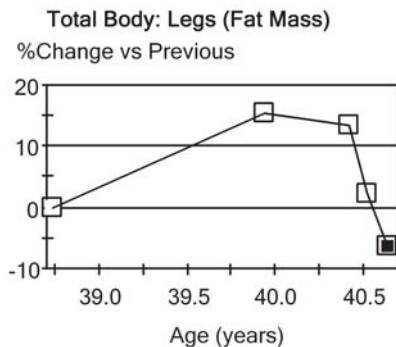


Measured Date	Region Fat Totals	Change vs. Baseline	Change vs. Previous
02/09/2018	7.15 lbs	0.77 lbs	-0.74 lbs
12/30/2017	7.89 lbs	1.51 lbs	0.14 lbs
11/22/2017	7.75 lbs	1.37 lbs	0.69 lbs
05/31/2017	7.06 lbs	0.68 lbs	0.68 lbs
03/14/2016	6.38 lbs	baseline	-

Measured Date	Region Fat Percent	Change vs. Baseline	Change vs. Previous
02/09/2018	28.7%	3.4%	-0.3%
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

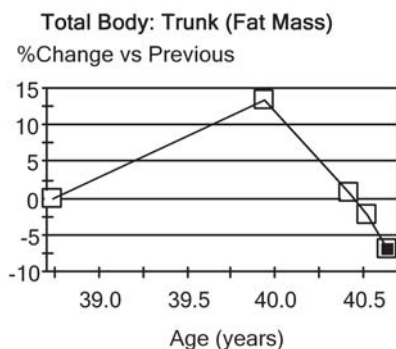


Measured Date	Region Fat Totals	Change vs. Baseline	Change vs. Previous
02/09/2018	21.35 lbs	4.30 lbs	-1.49 lbs
12/30/2017	22.84 lbs	5.79 lbs	0.48 lbs
11/22/2017	22.36 lbs	5.31 lbs	2.67 lbs
05/31/2017	19.69 lbs	2.64 lbs	2.64 lbs
03/14/2016	17.05 lbs	baseline	-

Measured Date	Region Fat Percent	Change vs. Baseline	Change vs. Previous
02/09/2018	30.2%	5.6%	-0.2%
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



Measured Date	Region Fat Totals	Change vs. Baseline	Change vs. Previous
02/09/2018	38.74 lbs	1.34 lbs	-2.85 lbs
12/30/2017	41.59 lbs	4.19 lbs	-1.02 lbs
11/22/2017	42.61 lbs	5.21 lbs	0.25 lbs
05/31/2017	42.36 lbs	4.96 lbs	4.96 lbs
03/14/2016	37.40 lbs	baseline	-

Measured Date	Region Fat Percent	Change vs. Baseline	Change vs. Previous
02/09/2018	38.6%	1.2%	-0.1%
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	-

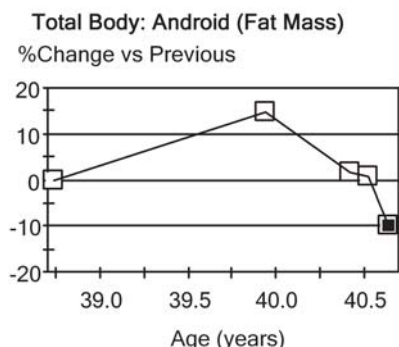


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Client	Sex	Facility	Birth Date	Height	Weight	Measured
Chris Bair	Male	Highland Dr.		73.0 in.	204.0 lbs.	02/09/2018

## REGIONAL FAT TISSUE REPORT (Continued)

### Android

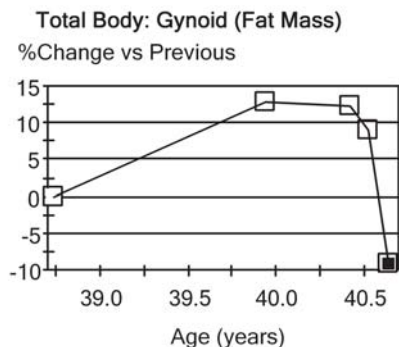


Measured Date	Region Fat Totals	Change vs. Baseline	Change vs. Previous
02/09/2018	6.65 lbs	0.34 lbs	-0.74 lbs
12/30/2017	7.39 lbs	1.08 lbs	0.05 lbs
11/22/2017	7.34 lbs	1.03 lbs	0.10 lbs
05/31/2017	7.24 lbs	0.93 lbs	0.93 lbs
03/14/2016	6.31 lbs	baseline	-

Measured Date	Region Fat Percent	Change vs. Baseline	Change vs. Previous
02/09/2018	43.2%	1.2%	-0.5%
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

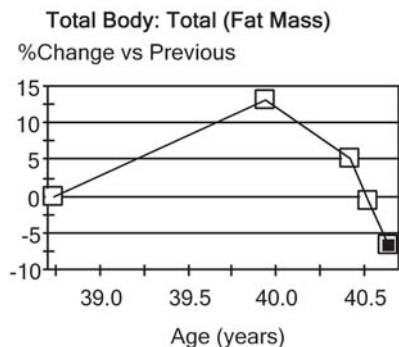


Measured Date	Region Fat Totals	Change vs. Baseline	Change vs. Previous
02/09/2018	10.74 lbs	2.14 lbs	-1.10 lbs
12/30/2017	11.84 lbs	3.24 lbs	0.96 lbs
11/22/2017	10.88 lbs	2.28 lbs	1.18 lbs
05/31/2017	9.70 lbs	1.10 lbs	1.10 lbs
03/14/2016	8.60 lbs	baseline	-

Measured Date	Region Fat Percent	Change vs. Baseline	Change vs. Previous
02/09/2018	34.5%	4.5%	0.0%
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



Measured Date	Region Fat Totals	Change vs. Baseline	Change vs. Previous
02/09/2018	69.50 lbs	6.29 lbs	-5.08 lbs
12/30/2017	74.58 lbs	11.37 lbs	-0.53 lbs
11/22/2017	75.11 lbs	11.90 lbs	3.60 lbs
05/31/2017	71.51 lbs	8.30 lbs	8.30 lbs
03/14/2016	63.21 lbs	baseline	-

Measured Date	Region Fat Percent	Change vs. Baseline	Change vs. Previous
02/09/2018	33.5%	2.9%	-0.2%
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	-



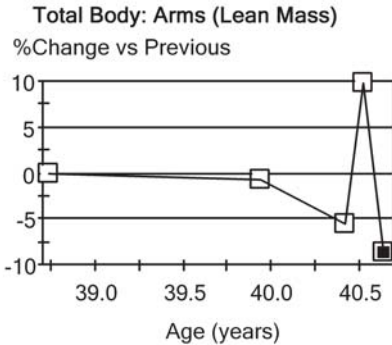


Client	Sex	Facility	Birth Date	Height	Weight	Measured
Chris Bair	Male	Highland Dr.		73.0 in.	204.0 lbs.	02/09/2018

## 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

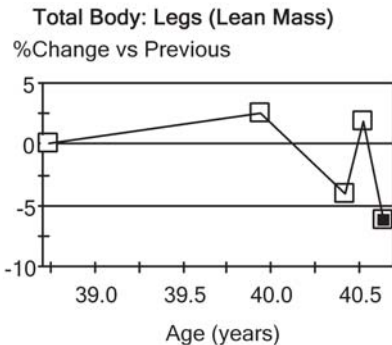


Measured Date	Region Lean Totals	Change vs. Baseline	Change vs. Previous
02/09/2018	16.56 lbs	-1.06 lbs	-1.56 lbs
12/30/2017	18.12 lbs	0.50 lbs	1.60 lbs
11/22/2017	16.52 lbs	-1.10 lbs	-0.98 lbs
05/31/2017	17.50 lbs	-0.12 lbs	-0.12 lbs
03/14/2016	17.62 lbs	baseline	-

Measured Date	Region Lean Percent	Change vs. Baseline	Change vs. Previous
02/09/2018	66.5%	-6.0%	-8.6%
12/30/2017	66.6%	2.8%	9.7%
11/22/2017	64.8%	-6.2%	-5.6%
05/31/2017	67.9%	-0.7%	-0.7%
03/14/2016	69.9%	baseline	-

### Legs

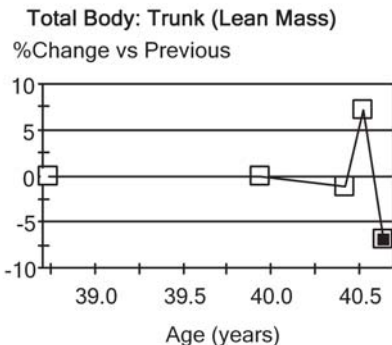


Measured Date	Region Lean Totals	Change vs. Baseline	Change vs. Previous
02/09/2018	46.01 lbs	-2.90 lbs	-3.04 lbs
12/30/2017	49.05 lbs	0.14 lbs	0.87 lbs
11/22/2017	48.18 lbs	-0.73 lbs	-2.00 lbs
05/31/2017	50.18 lbs	1.27 lbs	1.27 lbs
03/14/2016	48.91 lbs	baseline	-

Measured Date	Region Lean Percent	Change vs. Baseline	Change vs. Previous
02/09/2018	65.0%	-5.9%	-6.2%
12/30/2017	65.2%	0.3%	1.8%
11/22/2017	65.2%	-1.5%	-4.0%
05/31/2017	68.5%	2.6%	2.6%
03/14/2016	70.5%	baseline	-

### Trunk



Measured Date	Region Lean Totals	Change vs. Baseline	Change vs. Previous
02/09/2018	59.06 lbs	-1.06 lbs	-4.46 lbs
12/30/2017	63.52 lbs	3.40 lbs	4.22 lbs
11/22/2017	59.30 lbs	-0.82 lbs	-0.79 lbs
05/31/2017	60.09 lbs	-0.03 lbs	-0.03 lbs
03/14/2016	60.12 lbs	baseline	-

Measured Date	Region Lean Percent	Change vs. Baseline	Change vs. Previous
02/09/2018	58.9%	-1.8%	-7.0%
12/30/2017	59.1%	5.7%	7.1%
11/22/2017	56.8%	-1.4%	-1.3%
05/31/2017	57.2%	0.0%	0.0%
03/14/2016	60.1%	baseline	-



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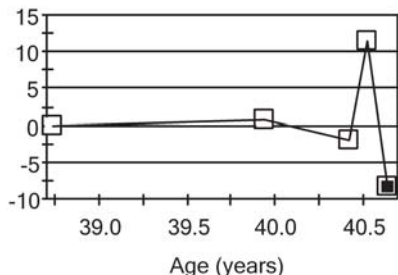
Client	Sex	Facility	Birth Date	Height	Weight	Measured
Chris Bair	Male	Highland Dr.		73.0 in.	204.0 lbs.	02/09/2018

## 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
02/09/2018	8.60 lbs	0.04 lbs	-0.79 lbs
12/30/2017	9.39 lbs	0.83 lbs	0.96 lbs
11/22/2017	8.43 lbs	-0.13 lbs	-0.18 lbs
05/31/2017	8.61 lbs	0.05 lbs	0.05 lbs
03/14/2016	8.56 lbs	baseline	-

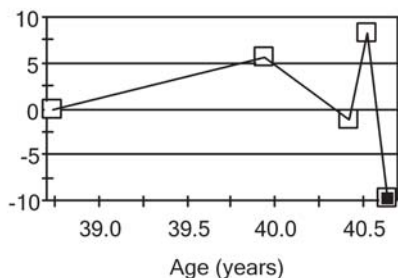
  

Measured Date	Region Lean Percent	Change vs. Baseline	Change vs. Previous
02/09/2018	55.9%	0.5%	-8.4%
12/30/2017	55.5%	9.7%	11.4%
11/22/2017	53.0%	-1.5%	-2.1%
05/31/2017	53.9%	0.6%	0.6%
03/14/2016	57.1%	baseline	-

### Gynoid

Total Body: Gynoid (Lean Mass)

%Change vs Previous



Measured Date	Region Lean Totals	Change vs. Baseline	Change vs. Previous
02/09/2018	19.55 lbs	0.32 lbs	-2.14 lbs
12/30/2017	21.69 lbs	2.46 lbs	1.65 lbs
11/22/2017	20.04 lbs	0.81 lbs	-0.25 lbs
05/31/2017	20.29 lbs	1.06 lbs	1.06 lbs
03/14/2016	19.23 lbs	baseline	-

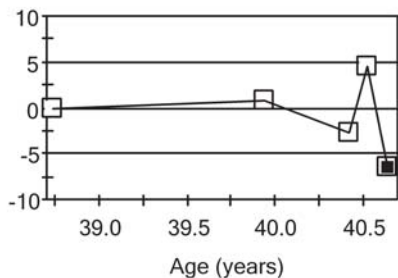
  

Measured Date	Region Lean Percent	Change vs. Baseline	Change vs. Previous
02/09/2018	62.5%	1.7%	-9.9%
12/30/2017	62.6%	12.8%	8.2%
11/22/2017	61.3%	4.2%	-1.2%
05/31/2017	63.0%	5.5%	5.5%
03/14/2016	65.3%	baseline	-

### Total

Total Body: Total (Lean Mass)

%Change vs Previous



Measured Date	Region Lean Totals	Change vs. Baseline	Change vs. Previous
02/09/2018	129.57 lbs	-5.42 lbs	-8.87 lbs
12/30/2017	138.44 lbs	3.45 lbs	6.10 lbs
11/22/2017	132.34 lbs	-2.65 lbs	-3.81 lbs
05/31/2017	136.15 lbs	1.16 lbs	1.16 lbs
03/14/2016	134.99 lbs	baseline	-

Measured Date	Region Lean Percent	Change vs. Baseline	Change vs. Previous
02/09/2018	62.5%	-4.0%	-6.4%
12/30/2017	62.6%	2.6%	4.6%
11/22/2017	61.3%	-2.0%	-2.8%
05/31/2017	63.0%	0.9%	0.9%
03/14/2016	65.3%	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.