

46 YEAR OLD  
FEMALE

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DEXA SCAN



Last Name:		Scan Date:	13-Mar-23
First Name:			
DOB:			
Sex:	F		

Total Body	metric	old school
Fat	20.4 kg	45.1 lbs
Lean	39.5 kg	87.2 lbs
Bone	2.3 kg	5.0 lbs
% Fat	32.8 %	32.8 %
Height	158.5 cm	62.4 in
Weight	62.3 kg	137.3 lbs

**You have 32.8 percent body fat.**

#### Summary:

At this % body fat you are in the Fitness range for females over the age of 40.

#### Specifics:

##### Arms

You have symmetrical muscle mass in both arms.

##### Legs

You have symmetrical muscle mass in both legs.

## Resting Metabolic Rate:

Based on lean tissue mass\*, your resting metabolic rate is:

**1273** calories

Your daily caloric need is based on your resting metabolic rate and the appropriate activity factor.

Activity Level	Factor	Daily Caloric Need**	Calorie range to safely lose weight	
Sedentary	1.2	<b>1528</b>	1222	1299
Light	1.375	<b>1751</b>	1401	1488
Moderate	1.55	<b>1974</b>	1579	1678
Very	1.725	<b>2196</b>	1757	1867
Extreme	1.9	<b>2419</b>	1935	2056

## Definitions of Activity Levels

### Activity Level

Sedentary	little or no exercise – desk job (0 minutes high intensity per day)
Light	light exercise or sport 1-3 days/wk (30 minutes high intensity per day)
Moderate	moderate exercise or sport 3-5 days/wk (60 minutes high intensity per day)
Very	hard exercise or sport 6-7 days/wk (90 minutes high intensity per day)
Extreme	hard daily exercise <b>and</b> a physical job or 2x training (120 minutes high intensity)

\* Katch-McArdle formula

\*\* This is the caloric requirement of your body based on your current muscle mass.

## Common Macronutrient Ratios

	Percentage of Calories		
	Protein	Carbs	Fat
Vegan	20	40	40
Paleo	30	20	50
Ketogenic	20	5	75
Zone	30	40	30
Canada Food Guide	10-35	46-65	20-35

## Useful Numbers

1 gram protein	4 cal	1 lbs fat	3500 cal
1 gram carb	4 cal	1 lbs	454 g
1 gram fat	9 cal		
1 gram alcohol	7 cal		

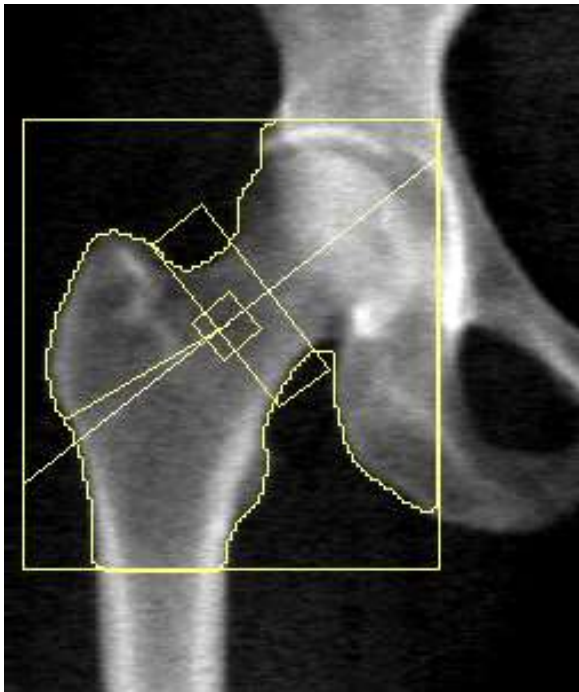
# Jevitty Scan

#518-550 West Broadway  
Vancouver, BC V5Z 1E9

Telephone: 604-689-1911

E-Mail: vancouver@bodycomp.ca

Name:	Sex: Female	Height: 158.5 cm
Patient ID:		
DOB:		Age: 46



### Scan Information:

Scan Date: March 13, 2023 ID: A0313230G  
 Scan Type: f Right Hip  
 Analysis: March 13, 2023 15:18 Version 13.6.1.3:7  
 Hip  
 Operator: ET  
 Model: Horizon W (S/N 303423M)  
 Comment:

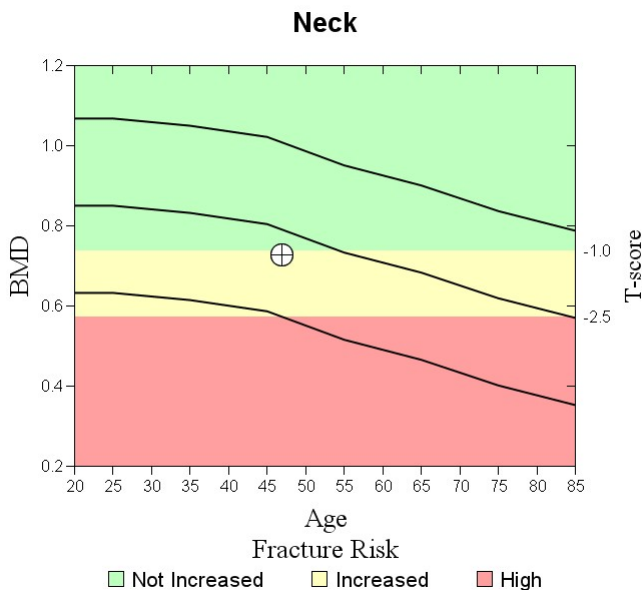
### DXA Results Summary:

Region	Area (cm <sup>2</sup> )	BMC (g)	BMD (g/cm <sup>2</sup> )	T-score	Z-score
Neck	4.66	3.39	0.728	-1.1	-0.5
Total	30.58	28.42	0.929	-0.1	0.3

Total BMD CV 1.0%, ACF = 1.017, BCF = 0.979, TH = 5.748

WHO Classification: Osteopenia  
 Fracture Risk: Increased

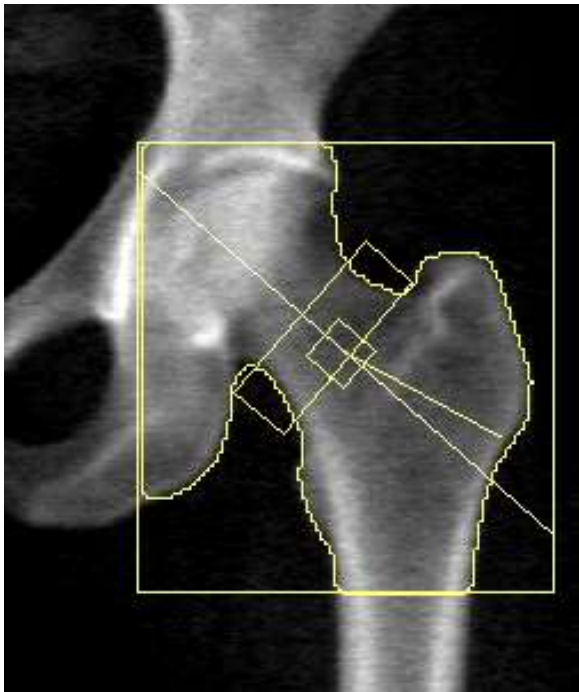
Image not for diagnostic use  
 k = 1.144, d0 = 50.7  
 92 x 99  
 NECK: 46 x 15



**Comment:**

T-score vs. White Female. Source:2012 BMDCS/NHANES White Female. Z-score vs. White Female. Source:2012 BMDCS/NHANES White Female.

Name:	Sex: Female	Height: 158.5 cm
Patient ID:		
DOB:		Age: 46



**Scan Information:**

Scan Date: March 13, 2023 ID: A0313230F  
 Scan Type: f Left Hip  
 Analysis: March 13, 2023 15:18 Version 13.6.1.3:7  
 Hip  
 Operator: ET  
 Model: Horizon W (S/N 303423M)  
 Comment:

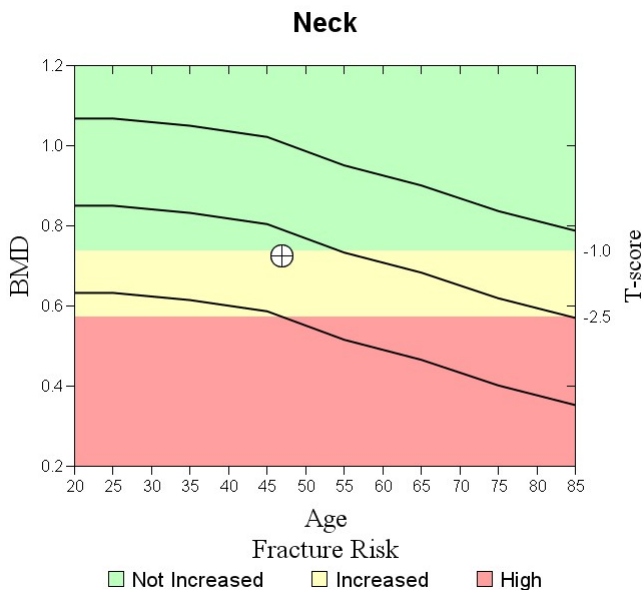
**DXA Results Summary:**

Region	Area (cm <sup>2</sup> )	BMC (g)	BMD (g/cm <sup>2</sup> )	T-score	Z-score
Neck	4.63	3.35	0.725	-1.1	-0.6
Total	31.33	28.92	0.923	-0.2	0.2

Total BMD CV 1.0%, ACF = 1.017, BCF = 0.979, TH = 5.743

WHO Classification: Osteopenia  
 Fracture Risk: Increased

Image not for diagnostic use  
 k = 1.139, d0 = 50.9  
 92 x 99  
 NECK: 45 x 15



**Comment:**

T-score vs. White Female. Source:2012 BMDCS/NHANES White Female. Z-score vs. White Female. Source:2012 BMDCS/NHANES White Female.

# Jevitty Scan

#518-550 West Broadway  
Vancouver, BC V5Z 1E9

Telephone: 604-689-1911

E-Mail: vancouver@bodycomp.ca

Name: [REDACTED]	Sex: Female	Height: 158.5 cm
Patient ID: [REDACTED]		
DOB: [REDACTED]		Age: 46

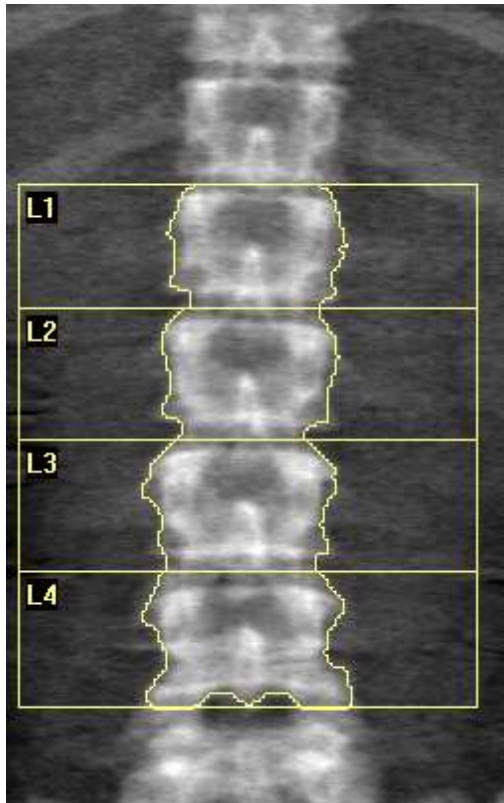


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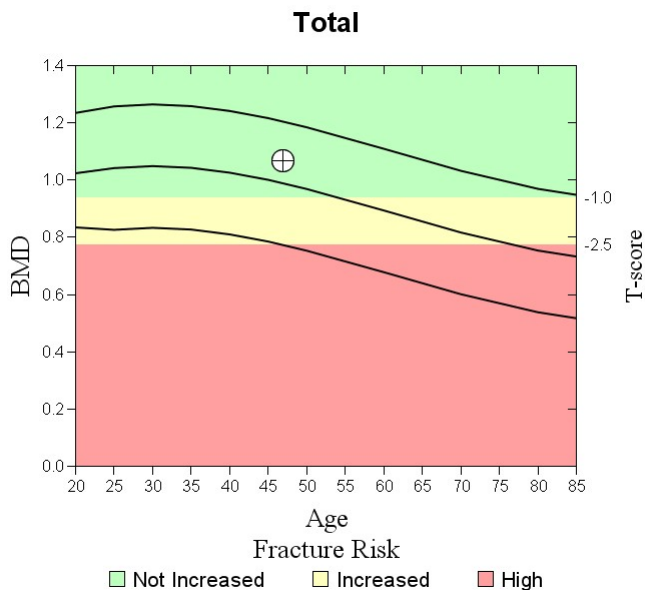
### Scan Information:

Scan Date: March 13, 2023 ID: A0313230E  
Scan Type: f Lumbar Spine  
Analysis: March 13, 2023 15:19 Version 13.6.1.3:7  
Spine  
Operator: ET  
Model: Horizon W (S/N 303423M)  
Comment:

### DXA Results Summary:

Region	Area (cm <sup>2</sup> )	BMC (g)	BMD (g/cm <sup>2</sup> )	T-score	Z-score
L1	12.51	12.85	1.027	0.3	0.8
L2	13.27	13.66	1.029	0.0	0.6
L3	14.06	15.76	1.121	0.3	0.9
L4	15.46	16.76	1.084	0.2	0.8
<b>Total</b>	<b>55.30</b>	<b>59.03</b>	<b>1.067</b>	<b>0.2</b>	<b>0.7</b>

Total BMD CV 1.0%, ACF = 1.017, BCF = 0.979, TH = 6.516  
WHO Classification: Normal  
Fracture Risk: Not Increased



### Comment:

T-score vs. White Female. Source:2012 BMDCS/Hologic Z-score vs. White Female.  
Source:2012 BMDCS/Hologic

# Jevitty Scan

#518-550 West Broadway  
Vancouver, BC V5Z 1E9

Telephone: 604-689-1911

E-Mail: vancouver@bodycomp.ca

Name:	Sex: Female	Height: 158.5 cm
Patient ID:		
DOB:		Age: 46

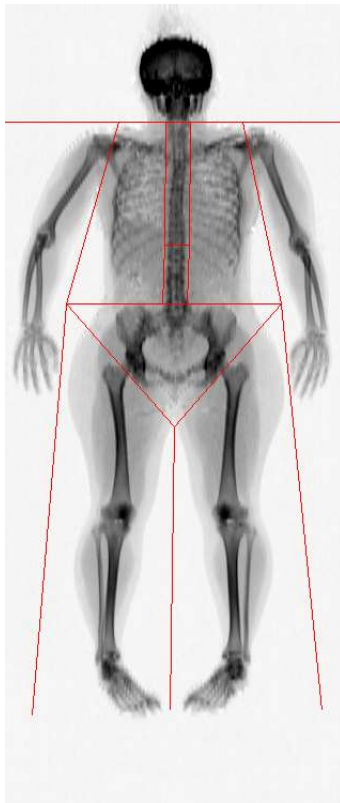


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318 x 150

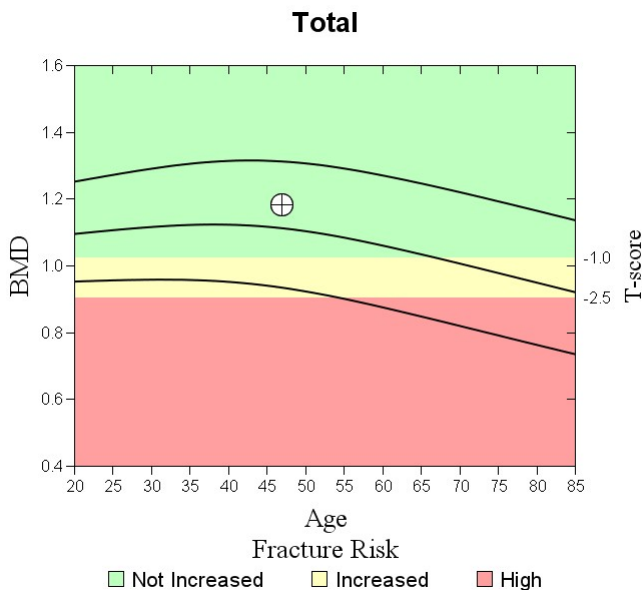
### Scan Information:

Scan Date: March 13, 2023 ID: A0313230D  
Scan Type: a Whole Body  
Analysis: March 13, 2023 15:21 Version 13.6.1.3:7  
Auto Whole Body  
Operator: ET  
Model: Horizon W (S/N 303423M)  
Comment:

### DXA Results Summary:

Region	Area (cm <sup>2</sup> )	BMC (g)	BMD (g/cm <sup>2</sup> )	T - score	Z - score
L Arm	200.94	151.31	0.753		
R Arm	203.26	154.03	0.758		
L Ribs	125.44	89.10	0.710		
R Ribs	120.02	77.00	0.642		
T Spine	111.89	106.22	0.949		
L Spine	52.27	65.33	1.250		
Pelvis	210.23	255.84	1.217		
L Leg	334.12	383.93	1.149		
R Leg	324.83	376.05	1.158		
Subtotal	1682.98	1658.83	0.986		
Head	231.91	608.86	2.625		
<b>Total</b>	<b>1914.89</b>	<b>2267.68</b>	<b>1.184</b>	<b>1.0</b>	<b>0.7</b>

Total BMD CV 1.0%, ACF = 1.017, BCF = 0.979



### Comment:

T-score vs. White Female. Source:2012 BMDCS/NHANES. Z-score vs. White Female. Source:2012 BMDCS/NHANES.

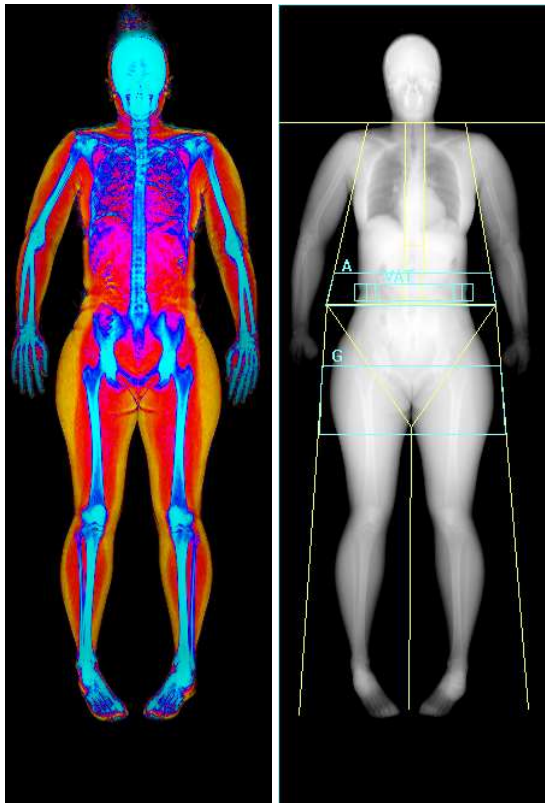
# Jevity Scan

#518-550 West Broadway  
Vancouver, BC V5Z 1E9

Telephone: 604-689-1911

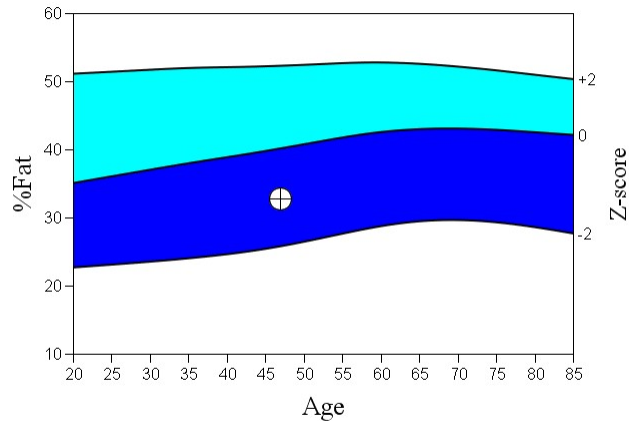
E-Mail: vancouver@bodycomp.ca

Name: [REDACTED]	Sex: Female	Height: 158.5 cm
Patient ID: [REDACTED]		
DOB: [REDACTED]		Age: 46



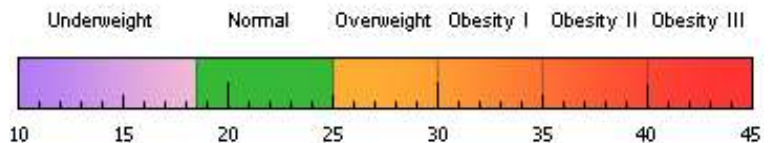
Images not for diagnostic use

## Total Body % Fat



Source: 2008 NHANES White Female

World Health Organization Body Mass Index Classification  
BMI = WHO Classification



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 health risks.

## Body Composition Results

Region	Fat Mass (g)	Lean + BMC (g)	Total Mass (g)	% Fat	T-score	% Fat Z-score
L Arm	1266	2290	3555	35.6	-0.5	-1.0
R Arm	1269	2338	3607	35.2	-0.4	-1.0
Trunk	7620	20572	28192	27.0	-0.6	-1.3
L Leg	4618	6735	11353	40.7	-0.1	-0.5
R Leg	4599	6513	11112	41.4	-0.1	-0.4
Subtotal	19371	38448	57819	33.5	-0.5	-1.1
Head	1074	3370	4443	24.2		
<b>Total</b>	<b>20445</b>	<b>41817</b>	<b>62262</b>	<b>32.8</b>	<b>-0.5</b>	<b>-1.1</b>
Android (A)	1153	2891	4044	28.5		
Gynoid (G)	4315	6615	10929	39.5		

Scan Date: March 13, 2023 ID: A0313230D  
 Scan Type: a Whole Body  
 Analysis: March 13, 2023 15:21 Version 13.6.1.3  
 Auto Whole Body  
 Operator: ET  
 Model: Horizon W (S/N 303423M)  
 Comment:

## Adipose Indices

Measure	Result	T-score	Z-score
<b>Total Body % Fat</b>	<b>32.8</b>	<b>-0.5</b>	<b>-1.1</b>
Fat Mass/Height <sup>2</sup> (kg/m <sup>2</sup> )	8.14	-0.2	-0.8
Android/Gynoid Ratio	0.72		
% Fat Trunk/% Fat Legs	0.66	-0.8	-1.3
Trunk/Limb Fat Mass Ratio	0.65	-0.8	-1.3
Est. VAT Mass (g)	259		
Est. VAT Volume (cm <sup>3</sup> )	280		
Est. VAT Area (cm <sup>2</sup> )	53.7		

## Lean Indices

Measure	Result	T-score	Z-score
Lean/Height <sup>2</sup> (kg/m <sup>2</sup> )	15.7	0.3	0.1
Appen. Lean/Height <sup>2</sup> (kg/m <sup>2</sup> )	6.69	0.2	0.2

Est. VAT = Estimated Visceral Adipose Tissue



**Jevitty Scan**  
**#518-550 West Broadway**  
**Vancouver, BC V5Z 1E9**

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E-Mail: vancouver@bodycomp.ca

Name:	Sex: Female	Height: 158.5 cm
Patient ID:		
DOB:		Age: 46

**Scan Information:**

Scan Date: March 13, 2023 ID: A0313230D  
 Scan Type: a Whole Body  
 Analysis: March 13, 2023 15:21 Version 13.6.1.3  
 Auto Whole Body  
 Operator: ET  
 Model: Horizon W (S/N 303423M)  
 Comment:

**DXA Results Summary:**

Region	BMC (g)	Fat Mass (g)	Lean Mass (g)	Lean + BMC (g)	Total Mass (g)	% Fat
L Arm	151.31	1265.7	2138.2	2289.5	3555.2	35.6
R Arm	154.03	1268.9	2184.2	2338.2	3607.2	35.2
Trunk	593.50	7620.0	19978.5	20572.0	28192.0	27.0
L Leg	383.93	4618.1	6351.0	6734.9	11353.0	40.7
R Leg	376.05	4598.6	6136.9	6513.0	11111.6	41.4
Subtotal	1658.83	19371.3	36788.8	38447.7	57818.9	33.5
Head	608.86	1073.9	2760.8	3369.6	4443.5	24.2
<b>Total</b>	<b>2267.68</b>	<b>20445.1</b>	<b>39549.6</b>	<b>41817.3</b>	<b>62262.4</b>	<b>32.8</b>

TBAR1209 - NHANES BCA calibration

**53 YEAR OLD**  
**FEMALE**

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**DEXA SCAN**



Last Name:		Scan Date:	31-Mar-23
First Name:			
DOB:			
Sex:	F		

Total Body	metric	old school
Fat	22.4 kg	49.5 lbs
Lean	32.4 kg	71.4 lbs
Bone	1.6 kg	3.5 lbs
% Fat	39.8 %	39.8 %
Height	153.0 cm	60.2 in
Weight	56.4 kg	124.3 lbs

**You have 39.8 percent body fat.**

**Summary:**

For females over the age of 40 a body fat value of greater than 38% is suggestive of increased health risks. You may want to discuss this with you health care provider. We encourage you to take active steps to decrease your body fat and look forward to retesting you in the future to help you monitor your progress as you move towards your goal. Even a small decrease in body fat has been shown to decrease health risks significantly.

**Specifics:**

**Arms**

You have symmetrical muscle mass in both arms.

**Legs**

You have symmetrical muscle mass in both legs.

## Resting Metabolic Rate:

Based on lean tissue mass\*, your resting metabolic rate is:

**1103** calories

Your daily caloric need is based on your resting metabolic rate and the appropriate activity factor.

Activity Level	Factor	Daily Caloric Need**	Calorie range to safely lose weight	
Sedentary	1.2	<b>1324</b>	1059	1125
Light	1.375	<b>1517</b>	1213	1289
Moderate	1.55	<b>1710</b>	1368	1453
Very	1.725	<b>1903</b>	1522	1617
Extreme	1.9	<b>2096</b>	1677	1781

## Definitions of Activity Levels

### Activity Level

Sedentary	little or no exercise – desk job (0 minutes high intensity per day)
Light	light exercise or sport 1-3 days/wk (30 minutes high intensity per day)
Moderate	moderate exercise or sport 3-5 days/wk (60 minutes high intensity per day)
Very	hard exercise or sport 6-7 days/wk (90 minutes high intensity per day)
Extreme	hard daily exercise <b>and</b> a physical job or 2x training (120 minutes high intensity)

\* Katch-McArdle formula

\*\* This is the caloric requirement of your body based on your current muscle mass.

## Common Macronutrient Ratios

	Percentage of Calories		
	Protein	Carbs	Fat
Vegan	20	40	40
Paleo	30	20	50
Ketogenic	20	5	75
Zone	30	40	30
Canada Food Guide	10-35	46-65	20-35

## Useful Numbers

1 gram protein	4 cal	1 lbs fat	3500 cal
1 gram carb	4 cal	1 lbs	454 g
1 gram fat	9 cal		



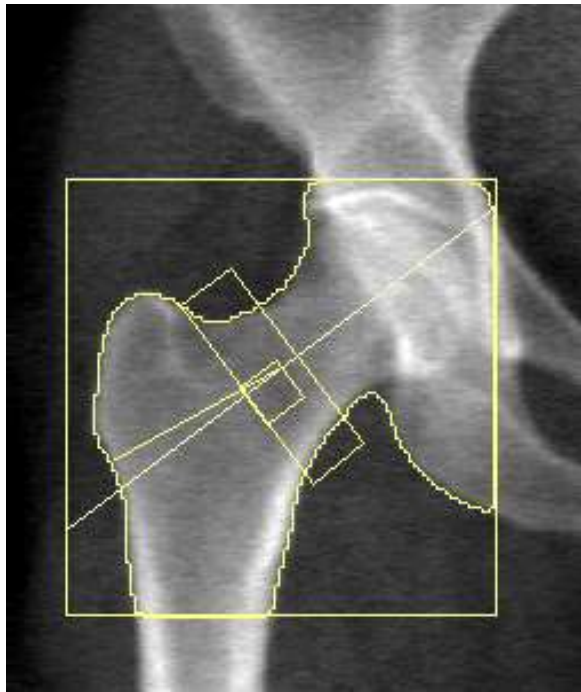
# Jevitty Scan

#518-550 West Broadway  
Vancouver, BC V5Z 1E9

Telephone: 604-689-1911

E-Mail: vancouver@bodycomp.ca

Name: [REDACTED]	Sex: Female	Height: 153.0 cm
Patient ID: [REDACTED]		
DOB: [REDACTED]		Age: 53



### Scan Information:

Scan Date: March 31, 2023 ID: A0331230A  
 Scan Type: f Right Hip  
 Analysis: March 31, 2023 10:29 Version 13.6.1.3:7  
 Hip  
 Operator: ET  
 Model: Horizon W (S/N 303423M)  
 Comment:

### DXA Results Summary:

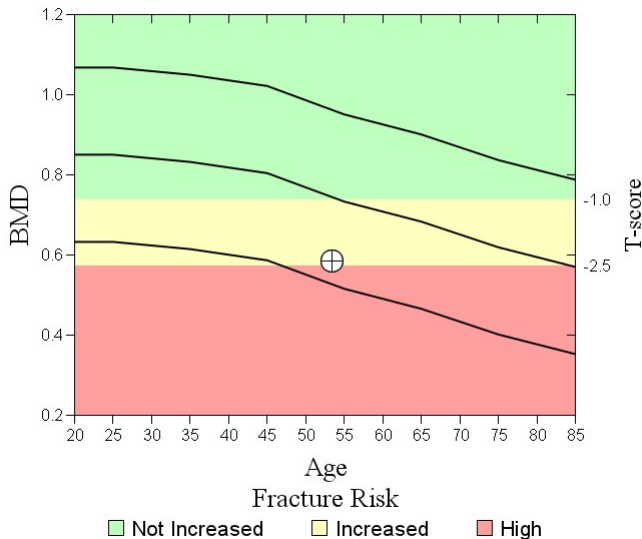
Region	Area (cm <sup>2</sup> )	BMC (g)	BMD (g/cm <sup>2</sup> )	T-score	Z-score
Neck	5.05	2.95	0.586	-2.4	-1.4
Total	27.98	22.30	0.797	-1.2	-0.6

Total BMD CV 1.0%, ACF = 1.017, BCF = 0.979, TH = 5.540

WHO Classification: Osteopenia  
 Fracture Risk: Increased

Image not for diagnostic use  
 k = 1.142, d0 = 51.8  
 95 x 96  
 NECK: 49 x 15

### Neck



### Comment:

T-score vs. White Female. Source:2012 BMDCS/NHANES White Female. Z-score vs. White Female. Source:2012 BMDCS/NHANES White Female.

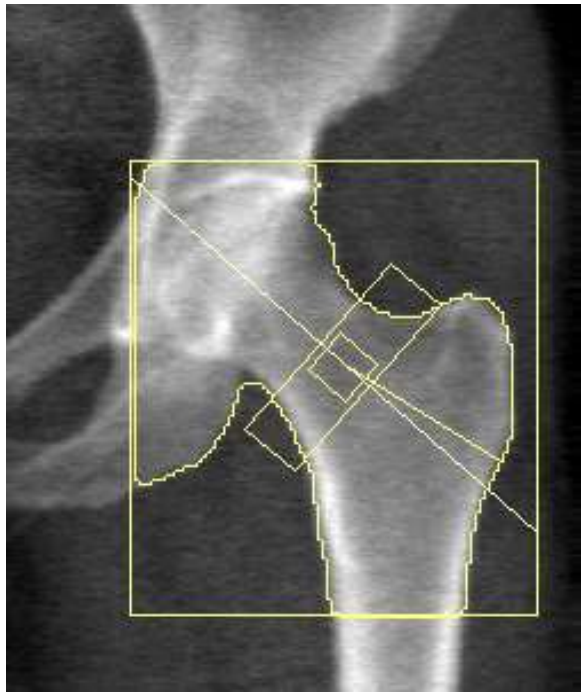
# Jevitty Scan

#518-550 West Broadway  
Vancouver, BC V5Z 1E9

Telephone: 604-689-1911

E-Mail: vancouver@bodycomp.ca

Name: [REDACTED]	Sex: Female	Height: 153.0 cm
Patient ID: [REDACTED]		
DOB: [REDACTED]		Age: 53



### Scan Information:

Scan Date: March 31, 2023 ID: A03312309  
 Scan Type: f Left Hip  
 Analysis: March 31, 2023 10:29 Version 13.6.1.3:7  
 Hip  
 Operator: ET  
 Model: Horizon W (S/N 303423M)  
 Comment:

### DXA Results Summary:

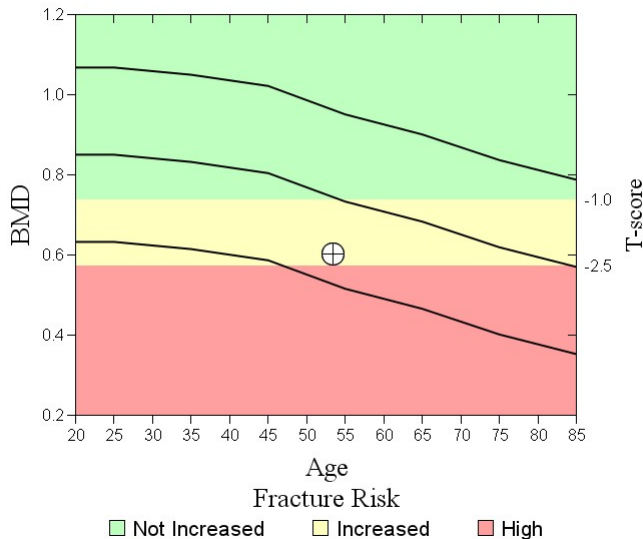
Region	Area (cm <sup>2</sup> )	BMC (g)	BMD (g/cm <sup>2</sup> )	T-score	Z-score
Neck	5.09	3.06	0.603	-2.2	-1.3
Total	27.19	21.95	0.807	-1.1	-0.5

Total BMD CV 1.0%, ACF = 1.017, BCF = 0.979, TH = 5.612

WHO Classification: Osteopenia  
 Fracture Risk: Increased

Image not for diagnostic use  
 k = 1.141, d0 = 52.0  
 90 x 100  
 NECK: 49 x 15

### Neck



### Comment:

T-score vs. White Female. Source:2012 BMDCS/NHANES White Female. Z-score vs. White Female. Source:2012 BMDCS/NHANES White Female.

# Jevitty Scan

#518-550 West Broadway  
Vancouver, BC V5Z 1E9

Telephone: 604-689-1911

E-Mail: vancouver@bodycomp.ca

Name: [REDACTED]	Sex: Female	Height: 153.0 cm
Patient ID: [REDACTED]		
DOB: [REDACTED]		Age: 53

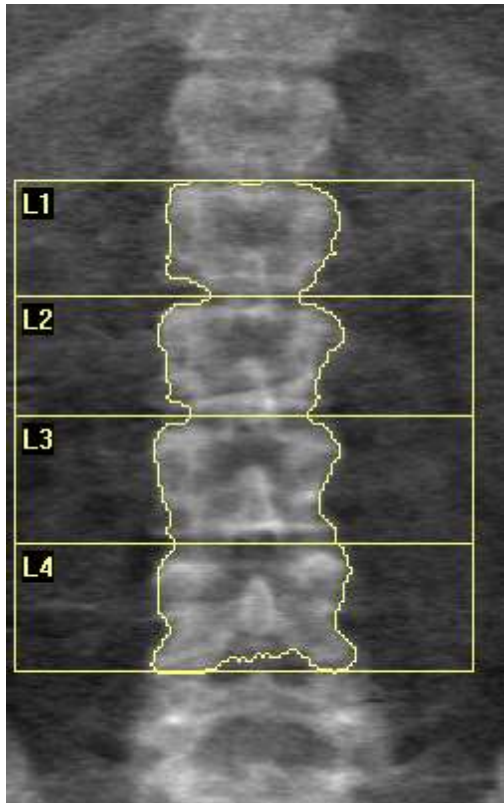


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k = 1.139, d0 = 48.7  
116 x 124

### Scan Information:

Scan Date: March 31, 2023 ID: A03312308  
Scan Type: f Lumbar Spine  
Analysis: March 31, 2023 10:30 Version 13.6.1.3:7  
Spine  
Operator: ET  
Model: Horizon W (S/N 303423M)  
Comment:

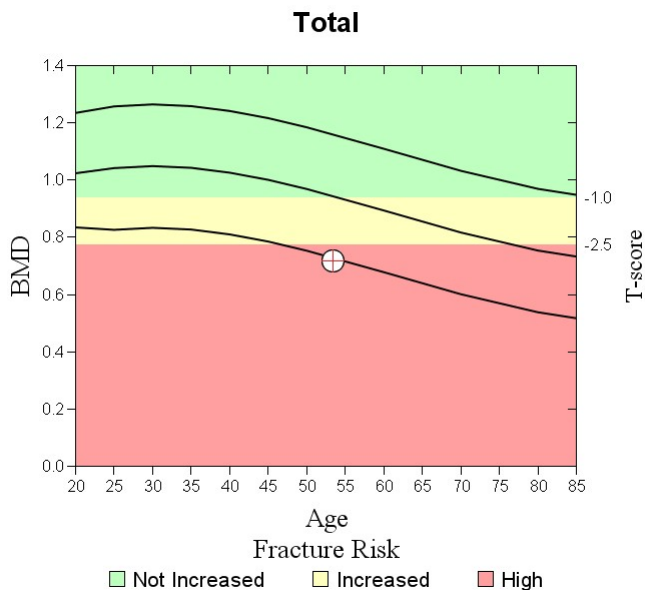
### DXA Results Summary:

Region	Area (cm <sup>2</sup> )	BMC (g)	BMD (g/cm <sup>2</sup> )	T-score	Z-score
L1	11.16	7.63	0.683	-2.8	-2.0
L2	11.79	8.70	0.738	-2.6	-1.7
L3	13.39	9.42	0.704	-3.5	-2.5
L4	14.34	10.65	0.743	-2.9	-1.9
<b>Total</b>	<b>50.69</b>	<b>36.40</b>	<b>0.718</b>	<b>-3.0</b>	<b>-2.0</b>

Total BMD CV 1.0%, ACF = 1.017, BCF = 0.979, TH = 6.685

WHO Classification: Osteoporosis

Fracture Risk: High



### Comment:

T-score vs. White Female. Source:2012 BMDCS/Hologic Z-score vs. White Female. Source:2012 BMDCS/Hologic

# Jevitty Scan

#518-550 West Broadway  
Vancouver, BC V5Z 1E9

Telephone: 604-689-1911

E-Mail: vancouver@bodycomp.ca

Name: [REDACTED]	Sex: Female	Height: 153.0 cm
Patient ID: [REDACTED]		
DOB: [REDACTED]		Age: 53

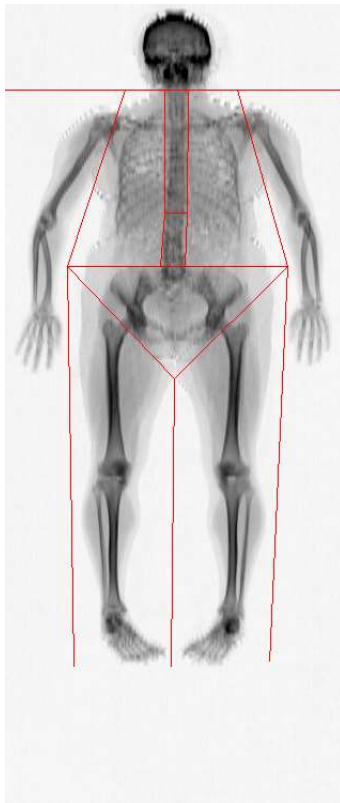


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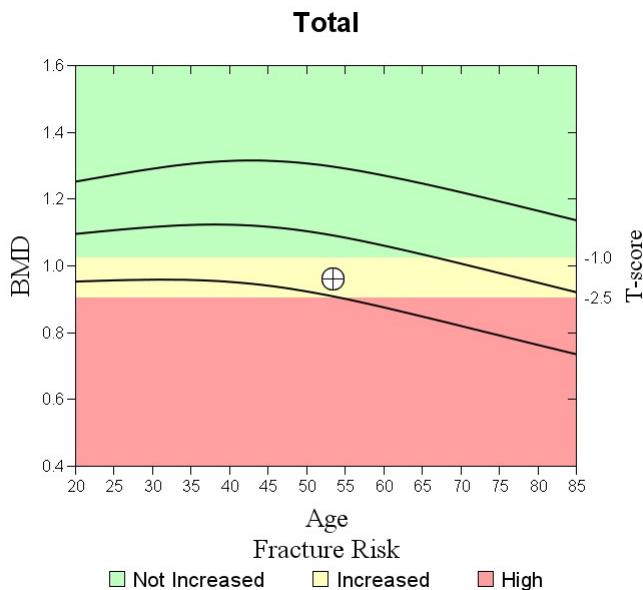
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Scan Date: March 31, 2023 ID: A03312307  
 Scan Type: a Whole Body  
 Analysis: March 31, 2023 10:31 Version 13.6.1.3:7  
 Auto Whole Body  
 Operator: ET  
 Model: Horizon W (S/N 303423M)  
 Comment:

### DXA Results Summary:

Region	Area (cm <sup>2</sup> )	BMC (g)	BMD (g/cm <sup>2</sup> )	T - score	Z - score
L Arm	148.28	101.61	0.685		
R Arm	166.48	115.52	0.694		
L Ribs	125.83	63.93	0.508		
R Ribs	121.57	61.45	0.505		
T Spine	121.96	91.28	0.749		
L Spine	42.97	36.86	0.858		
Pelvis	136.67	135.37	0.991		
L Leg	279.14	298.41	1.069		
R Leg	289.98	313.83	1.082		
Subtotal	1432.88	1218.26	0.850		
Head	204.03	354.39	1.737		
<b>Total</b>	<b>1636.91</b>	<b>1572.65</b>	<b>0.961</b>	<b>-1.9</b>	<b>-1.4</b>

Total BMD CV 1.0%, ACF = 1.017, BCF = 0.979



### Comment:

T-score vs. White Female. Source:2012 BMDCS/NHANES. Z-score vs. White Female. Source:2012 BMDCS/NHANES.



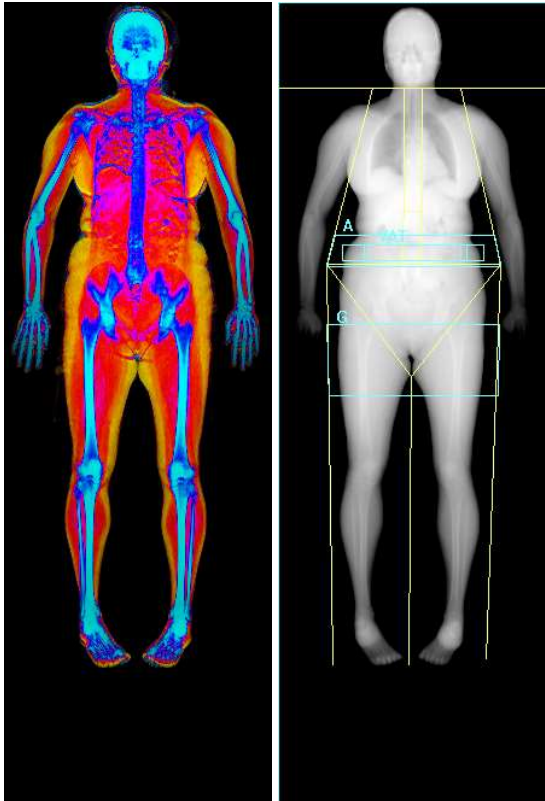
# Jevity Scan

#518-550 West Broadway  
Vancouver, BC V5Z 1E9

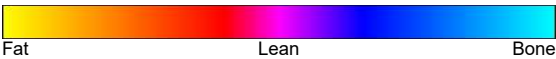
Telephone: 604-689-1911

E-Mail: vancouver@bodycomp.ca

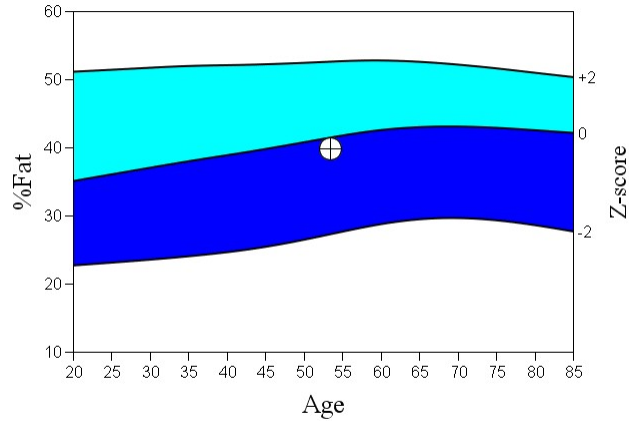
Name: [REDACTED]	Sex: Female	Height: 153.0 cm
Patient ID: [REDACTED]		
DOB: [REDACTED]		Age: 53



Images not for diagnostic use

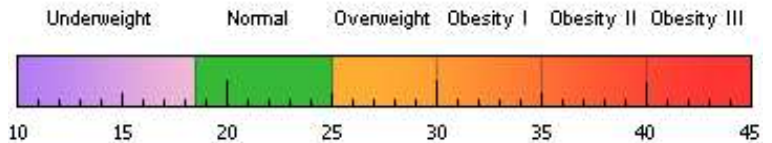


## Total Body % Fat



Source: 2008 NHANES White Female

World Health Organization Body Mass Index Classification  
BMI = WHO Classification



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 health risks.

## Body Composition Results

Region	Fat Mass (g)	Lean + BMC (g)	Total Mass (g)	% Fat	T-score	% Fat Z-score
L Arm	1145	1586	2731	41.9	0.3	-0.5
R Arm	1352	1682	3035	44.6	0.6	-0.1
Trunk	11845	16902	28748	41.2	0.9	0.1
L Leg	3590	5390	8979	40.0	-0.2	-0.7
R Leg	3566	5604	9170	38.9	-0.4	-0.9
Subtotal	21498	31164	52662	40.8	0.5	-0.3
Head	934	2772	3706	25.2		
<b>Total</b>	<b>22432</b>	<b>33936</b>	<b>56369</b>	<b>39.8</b>	<b>0.5</b>	<b>-0.3</b>
Android (A)	2037	2756	4794	42.5		
Gynoid (G)	3541	5572	9114	38.9		

Scan Date: March 31, 2023 ID: A03312307  
 Scan Type: a Whole Body  
 Analysis: March 31, 2023 10:31 Version 13.6.1.3  
 Auto Whole Body  
 Operator: ET  
 Model: Horizon W (S/N 303423M)  
 Comment:

## Adipose Indices

Measure	Result	T-score	Z-score
<b>Total Body % Fat</b>	<b>39.8</b>	<b>0.5</b>	<b>-0.3</b>
Fat Mass/Height <sup>2</sup> (kg/m <sup>2</sup> )	9.58	0.2	-0.5
Android/Gynoid Ratio	1.09		
% Fat Trunk/% Fat Legs	1.05	1.5	0.9
Trunk/Limb Fat Mass Ratio	1.23	1.7	0.9
Est. VAT Mass (g)	463		
Est. VAT Volume (cm <sup>3</sup> )	500		
Est. VAT Area (cm <sup>2</sup> )	96.0		

## Lean Indices

Measure	Result	T-score	Z-score
Lean/Height <sup>2</sup> (kg/m <sup>2</sup> )	13.8	-0.7	-0.8
Appen. Lean/Height <sup>2</sup> (kg/m <sup>2</sup> )	5.74	-0.8	-0.7

Est. VAT = Estimated Visceral Adipose Tissue

**Jevitty Scan**  
#518-550 West Broadway  
Vancouver, BC V5Z 1E9

Telephone: 604-689-1911

E-Mail: vancouver@bodycomp.ca

Name:	[REDACTED]	Sex: Female	Height: 153.0 cm
Patient ID:	[REDACTED]		
DOB:	[REDACTED]		Age: 53

**Scan Information:**

Scan Date: March 31, 2023 ID: A03312307  
Scan Type: a Whole Body  
Analysis: March 31, 2023 10:31 Version 13.6.1.3  
Auto Whole Body  
Operator: ET  
Model: Horizon W (S/N 303423M)  
Comment:

**DXA Results Summary:**

Region	BMC (g)	Fat Mass (g)	Lean Mass (g)	Lean + BMC (g)	Total Mass (g)	% Fat
L Arm	101.61	1144.8	1484.4	1586.0	2730.8	41.9
R Arm	115.52	1352.3	1566.9	1682.5	3034.7	44.6
Trunk	388.88	11845.4	16513.5	16902.4	28747.7	41.2
L Leg	298.41	3589.6	5091.2	5389.6	8979.3	40.0
R Leg	313.83	3565.9	5290.1	5604.0	9169.8	38.9
Subtotal	1218.26	21497.9	29946.2	31164.4	52662.3	40.8
Head	354.39	934.4	2417.7	2772.1	3706.5	25.2
<b>Total</b>	<b>1572.65</b>	<b>22432.3</b>	<b>32363.8</b>	<b>33936.5</b>	<b>56368.8</b>	<b>39.8</b>

TBAR1209 - NHANES BCA calibration

**27 YEAR OLD**  
**MALE**

---

**DEXA SCAN**



Last Name:	██████████	Scan Date:	22-Sep-22
First Name:	██████████		
DOB:	██████		
Sex:	M		

Total Body	metric	old school
Fat	9.6 kg	21.3 lbs
Lean	50.4 kg	111.2 lbs
Bone	2.6 kg	5.7 lbs
% Fat	15.4 %	15.4 %
Height	173.5 cm	68.3 in
Weight	62.7 kg	138.2 lbs

**You have 15.4 percent body fat.**

**Summary:**

At this % body fat you are in the Fitness range for males under the age of 40.

**Specifics:**

**Arms**

You have more muscle mass in your right arm relative to your left arm.

**Legs**

You have symmetrical muscle mass in both legs.

## Resting Metabolic Rate:

Based on lean tissue mass\*, your resting metabolic rate is:

**1515** calories

Your daily caloric need is based on your resting metabolic rate and the appropriate activity factor.

Activity Level	Factor	Daily Caloric Need**	Calorie range to safely lose weight	
Sedentary	1.2	<b>1818</b>	1455	1546
Light	1.375	<b>2083</b>	1667	1771
Moderate	1.55	<b>2349</b>	1879	1996
Very	1.725	<b>2614</b>	2091	2222
Extreme	1.9	<b>2879</b>	2303	2447

## Definitions of Activity Levels

### Activity Level

Sedentary	little or no exercise – desk job (0 minutes high intensity per day)
Light	light exercise or sport 1-3 days/wk (30 minutes high intensity per day)
Moderate	moderate exercise or sport 3-5 days/wk (60 minutes high intensity per day)
Very	hard exercise or sport 6-7 days/wk (90 minutes high intensity per day)
Extreme	hard daily exercise <b>and</b> a physical job or 2x training (120 minutes high intensity)

\* Katch-McArdle formula

\*\* This is the caloric requirement of your body based on your current muscle mass.

## Common Macronutrient Ratios

	Percentage of Calories		
	Protein	Carbs	Fat
Vegan	20	40	40
Paleo	30	20	50
Ketogenic	20	5	75
Zone	30	40	30
Canada Food Guide	10-35	46-65	20-35

## Useful Numbers

1 gram protein	4 cal	1 lbs fat	3500 cal
1 gram carb	4 cal	1 lbs	454 g
1 gram fat	9 cal		
1 gram alcohol	7 cal		



# Jevity Scan

#518-550 West Broadway  
Vancouver, BC V5Z 1E9

Telephone: 604-689-1911

E-Mail: vancouver@bodycomp.ca

Name: [REDACTED]	Sex: Male	Height: 173.5 cm
Patient ID: [REDACTED]		
DOB: [REDACTED]		Age: 27

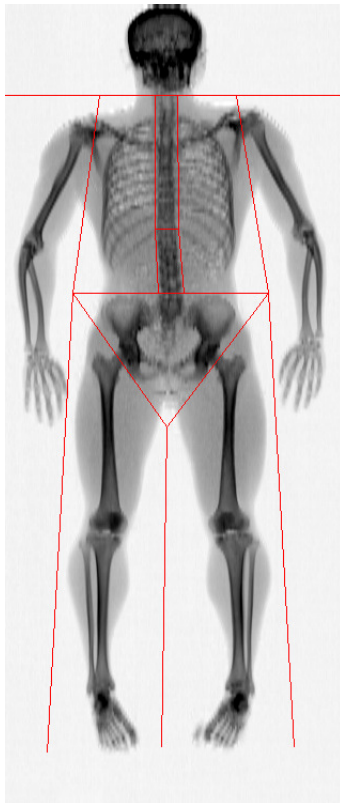


Image not for diagnostic use  
k = 1.190, d0 = 49.3  
318 x 150

### Scan Information:

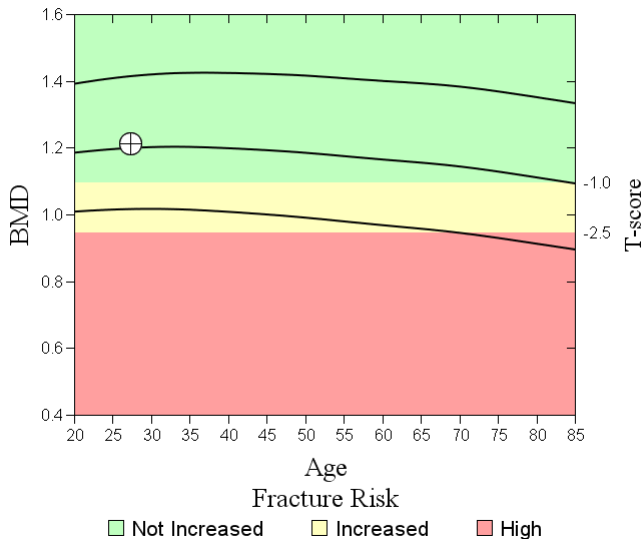
Scan Date: September 22, 2022 ID: A09222207  
 Scan Type: a Whole Body  
 Analysis: September 22, 2022 12:19 Version 13.6.0.7:7  
 Auto Whole Body  
 Operator: ET  
 Model: Horizon W (S/N 303423M)  
 Comment:

### DXA Results Summary:

Region	Area (cm <sup>2</sup> )	BMC (g)	BMD (g/cm <sup>2</sup> )	T - score	Z - score
L Arm	212.55	183.15	0.862		
R Arm	223.78	197.94	0.885		
L Ribs	134.34	106.40	0.792		
R Ribs	137.05	94.32	0.688		
T Spine	118.47	114.69	0.968		
L Spine	63.11	71.35	1.131		
Pelvis	242.36	277.59	1.145		
L Leg	375.93	490.88	1.306		
R Leg	365.48	454.50	1.244		
Subtotal	1873.08	1990.82	1.063		
Head	255.14	588.90	2.308		
<b>Total</b>	<b>2128.22</b>	<b>2579.72</b>	<b>1.212</b>	<b>0.2</b>	<b>0.1</b>

Total BMD CV 1.0%, ACF = 1.017, BCF = 0.979

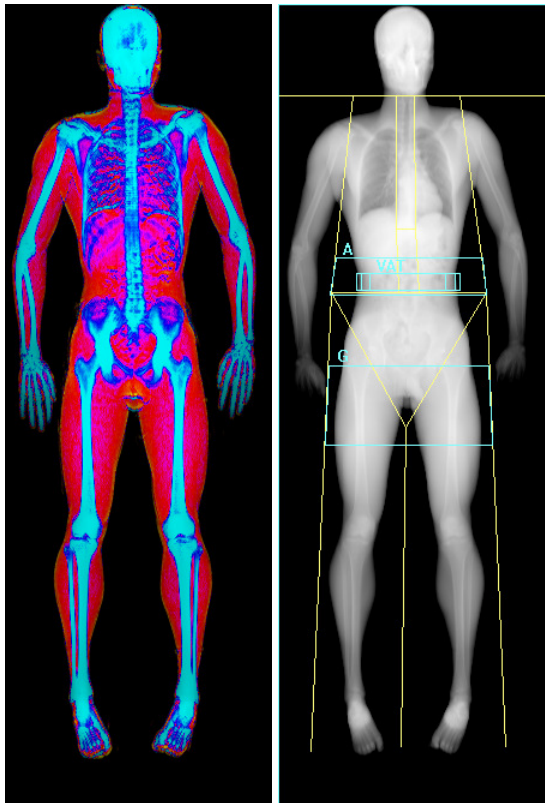
### Total



### Comment:

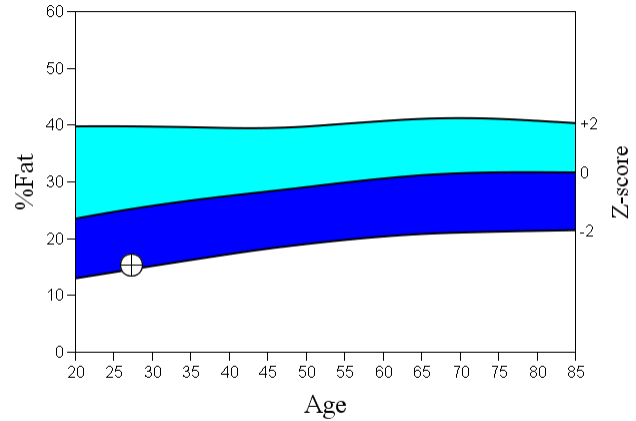
T-score vs. White Male. Source:2012 BMDCS/NHANES. Z-score vs. White Male. Source:2012 BMDCS/NHANES.

Name: [REDACTED]	Sex: Male	Height: 173.5 cm
Patient ID: [REDACTED]		
DOB: [REDACTED]		Age: 27



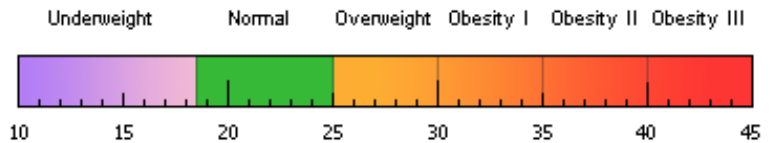
Images not for diagnostic use

**Total Body % Fat**



Source: 2008 NHANES White Male

World Health Organization Body Mass Index Classification  
 BMI = WHO Classification



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.

**Body Composition Results**

Region	Fat Mass (g)	Lean + BMC (g)	Total Mass (g)	% Fat	T-score	% Fat Z-score
L Arm	510	3297	3807	13.4	-1.7	-1.8
R Arm	538	3588	4126	13.0	-1.9	-2.0
Trunk	4328	24076	28404	15.2	-1.4	-1.5
L Leg	1572	9442	11014	14.3	-2.1	-2.1
R Leg	1498	8938	10436	14.4	-2.1	-2.2
Subtotal	8447	49341	57788	14.6	-1.7	-1.8
Head	1198	3680	4878	24.6		
<b>Total</b>	<b>9645</b>	<b>53021</b>	<b>62666</b>	<b>15.4</b>	<b>-1.7</b>	<b>-1.8</b>
Android (A)	632	3435	4067	15.5		
Gynoid (G)	1581	8530	10111	15.6		

Scan Date: September 22, 2022 ID: A09222207  
 Scan Type: a Whole Body  
 Analysis: September 22, 2022 12:19 Version 13.6.0.7  
 Auto Whole Body  
 Operator: ET  
 Model: Horizon W (S/N 303423M)  
 Comment:

**Adipose Indices**

Measure	Result	T-score	Z-score
<b>Total Body % Fat</b>	<b>15.4</b>	<b>-1.7</b>	<b>-1.8</b>
Fat Mass/Height <sup>2</sup> (kg/m <sup>2</sup> )	3.20	-1.7	-1.8
Android/Gynoid Ratio	0.99		
% Fat Trunk/% Fat Legs	1.06	0.9	0.7
Trunk/Limb Fat Mass Ratio	1.05	0.3	0.1
Est. VAT Mass (g)	191		
Est. VAT Volume (cm <sup>3</sup> )	206		
Est. VAT Area (cm <sup>2</sup> )	39.6		

**Lean Indices**

Measure	Result	T-score	Z-score
Lean/Height <sup>2</sup> (kg/m <sup>2</sup> )	16.8	-0.8	-0.8
Appen. Lean/Height <sup>2</sup> (kg/m <sup>2</sup> )	7.95	-0.4	-0.4

Est. VAT = Estimated Visceral Adipose Tissue

**Jevitty Scan**  
**#518-550 West Broadway**  
**Vancouver, BC V5Z 1E9**

Telephone: 604-689-1911

E-Mail: vancouver@bodycomp.ca

Name:	[REDACTED]	Sex: Male	Height: 173.5 cm
Patient ID:	[REDACTED]		
DOB:	[REDACTED]		Age: 27

**Scan Information:**

Scan Date: September 22, 2022      ID: A09222207  
 Scan Type: a Whole Body  
 Analysis: September 22, 2022 12:19 Version 13.6.0.7  
             Auto Whole Body  
 Operator: ET  
 Model: Horizon W (S/N 303423M)  
 Comment:

**DXA Results Summary:**

Region	BMC (g)	Fat Mass (g)	Lean Mass (g)	Lean + BMC (g)	Total Mass (g)	% Fat
L Arm	183.15	509.6	3114.2	3297.3	3806.9	13.4
R Arm	197.94	538.3	3390.2	3588.1	4126.5	13.0
Trunk	664.36	4328.4	23411.6	24076.0	28404.4	15.2
L Leg	490.88	1572.3	8950.8	9441.7	11014.0	14.3
R Leg	454.50	1498.3	8483.1	8937.6	10435.9	14.4
Subtotal	1990.82	8447.0	47349.8	49340.7	57787.7	14.6
Head	588.90	1197.8	3091.6	3680.5	4878.2	24.6
<b>Total</b>	<b>2579.72</b>	<b>9644.7</b>	<b>50441.4</b>	<b>53021.1</b>	<b>62665.9</b>	<b>15.4</b>

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