



CLIENT	SCAN DATE	AGE · SEX	HEIGHT	WEIGHT	COMPARED WITH
Sample Client	September 24, 2026	52 · Female	65.5 in	149.1 lb	NHANES White females

What you're made of



■ Fat 52.7 lb · 35.3% ■ Lean 91.2 lb · 61.2% ■ Bone 5.2 lb · 3.5%

BODY FAT 35.3% 37th percentile for age	ALMI (MUSCLE) 5.89 19th percentile for age	FAT MASS INDEX 8.63 Normal	VISCERAL FAT AREA (EST.) 87.0 cm² 420 g mass
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How you compare with others your age

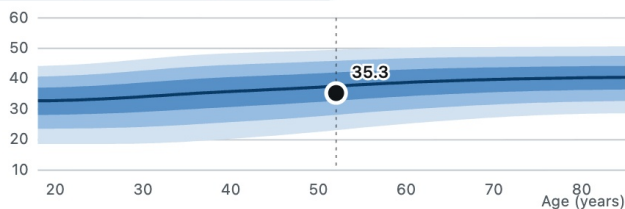
Each chart shows how the measure is spread across US females from age 18 to 85 in the national NHANES survey. The dark line is the average (50th percentile); the shaded bands hold the middle 50%, 80% and 94% of people. Your result is the dot.

■ 25th–75th ■ 10th–90th ■ 3rd–97th — 50th

Body fat %

35.3 %

● 37th percentile · Typical range

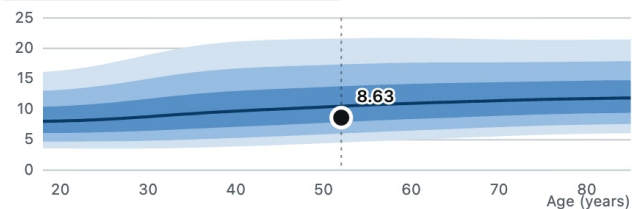


Share of total body mass that is fat tissue. Your value is higher than about 37% of White females age 52.

Fat mass index

8.63 kg/m²

● 32nd percentile · Typical range

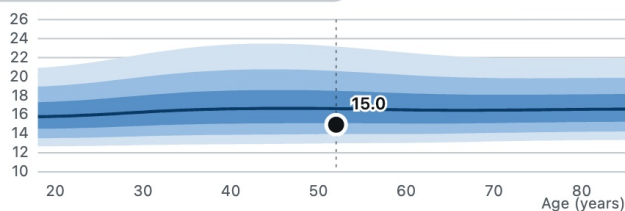


Fat mass relative to height (fat kg ÷ height m²), so tall and short clients compare fairly. Your value is higher than about 32% of White females age 52.

Lean mass index

15.0 kg/m²

● 22nd percentile · Below typical

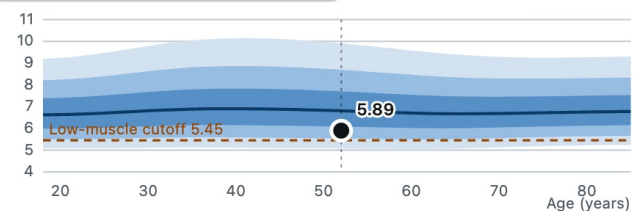


All lean soft tissue (muscle, organs, water; bone excluded) relative to height. Your value is higher than about 22% of White females age 52.

Appendicular lean mass index

5.89 kg/m²

● 19th percentile · Below typical



Lean tissue in the arms and legs relative to height. The standard DEXA proxy for skeletal muscle. Your value is higher than about 19% of White females age 52.



Mass by region

Arm lean mass differs by **4.7%** (right is larger) and leg lean mass by **4.4%** (right is larger). Side-to-side differences under about 5–10% are common.

REGION	FAT (G)	LEAN (G)	BONE (G)	TOTAL (G)	% FAT
Left Arm	1,522.5	2,173.4	154.3	3,850.2	39.5
Right Arm	1,504.4	2,279.4	167.3	3,951.1	38.1
Trunk	9,223.4	22,163.9	619.4	32,006.7	28.8
Left Leg	5,129.6	5,798.6	430.3	11,358.5	45.2
Right Leg	5,458.4	6,062.8	442.5	11,963.7	45.6
Head	1,057.8	2,909.4	529.5	4,496.7	23.5
Total	23,896.1	41,387.5	2,343.3	67,626.9	35.3

Fat distribution

Where fat is stored matters as much as how much there is. Fat around the midsection (android) and deep around the organs (visceral) carries more metabolic risk than hip and thigh (gynoid) fat.

Android (belly) % fat	27.4%
Gynoid (hip) % fat	38.2%
Android / gynoid ratio lower is better; ~0.8 or less typical	0.72
Est. visceral fat mass	420 g
Est. visceral fat area	87.0 cm ²

VISCERAL FAT AREA RANGES

Under 100 cm² Lower risk **YOU**

100–160 cm² Elevated risk

Over 160 cm² High risk

Commonly used cutoffs for DEXA-estimated visceral fat area.

Bone

Whole-body bone density. The T-score compares with healthy young adults; the Z-score compares with people your age.

Total bone mineral content	2343 g
Total BMD	1.150 g/cm ²
T-score	0.6
Z-score	0.4

Z/T-SCORE RANGES

-1.0 and above Normal **YOU**

-1.0 to -2.5 Low bone mass

-2.5 and below Osteoporosis range

Highlighted using your T-score.

This scan is not for diagnostic purposes for bone health.

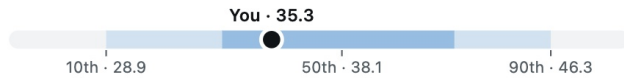


Each table shows typical values for White females in each decade of life. Your age group is highlighted. The bar above each table shows where you fall within your own age group: the darker middle section is where half of people land.

Body fat %

%

35.3 is the **37th percentile** for females 50–59

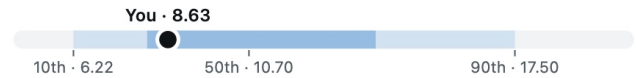


AGE	5TH	10TH	25TH	50TH	75TH	90TH
20–29	20.7	23.8	28.5	33.4	37.8	41.6
30–39	21.6	24.9	29.9	35.1	39.8	43.8
40–49	23.5	26.7	31.5	36.5	41.2	45.1
50–59 YOU	26.0	28.9	33.4	38.1	42.5	46.3
60–69	28.2	30.8	35.0	39.4	43.5	47.0
70–79	29.7	32.1	36.0	40.1	44.0	47.3
80+	30.2	32.6	36.4	40.4	44.2	47.5

Fat mass index

kg/m²

8.63 is the **32nd percentile** for females 50–59



AGE	5TH	10TH	25TH	50TH	75TH	90TH
20–29	3.98	4.73	6.24	8.35	11.00	13.93
30–39	4.18	5.04	6.79	9.29	12.47	16.04
40–49	4.66	5.58	7.43	10.05	13.35	17.04
50–59 YOU	5.28	6.22	8.10	10.70	13.94	17.50
60–69	5.84	6.79	8.66	11.21	14.32	17.69
70–79	6.37	7.32	9.15	11.61	14.58	17.75
80+	6.58	7.53	9.37	11.81	14.74	17.86

Lean mass index

kg/m²

15.0 is the **22nd percentile** for females 50–59



AGE	5TH	10TH	25TH	50TH	75TH	90TH
20–29	13.1	13.6	14.7	16.0	17.7	19.4
30–39	13.2	13.8	15.0	16.5	18.4	20.4
40–49	13.3	13.9	15.1	16.7	18.6	20.8
50–59 YOU	13.4	14.0	15.1	16.6	18.4	20.5
60–69	13.4	14.0	15.1	16.5	18.1	20.0
70–79	13.6	14.2	15.2	16.5	18.1	19.8
80+	13.7	14.2	15.2	16.6	18.2	19.9

Appendicular lean mass index

kg/m²

5.89 is the **19th percentile** for females 50–59



AGE	5TH	10TH	25TH	50TH	75TH	90TH
20–29	5.25	5.52	6.03	6.70	7.51	8.40
30–39	5.29	5.59	6.14	6.88	7.79	8.80
40–49	5.27	5.56	6.12	6.88	7.80	8.83
50–59 YOU	5.23	5.52	6.06	6.77	7.64	8.61
60–69	5.23	5.50	6.01	6.67	7.47	8.34
70–79	5.34	5.60	6.08	6.72	7.47	8.28
80+	5.39	5.65	6.13	6.76	7.51	8.32

Values come from the same NHANES reference curves used on page 1, read at each decade's midpoint (age 82 for 80+). Your own percentile uses your exact age.



ESTIMATED RMR

1,376

 kcal / day

About how many calories your body burns in a day at complete rest, just to keep you alive: breathing, circulation, brain and organ function, and maintaining muscle.

Estimated daily calorie needs by activity level

RMR multiplied by standard activity factors. These are starting points: adjust based on how weight and energy actually respond over 2–4 weeks.

Sedentary Desk job, little exercise · ×1.2		1,651 kcal
Lightly active Exercise 1–3 days/week · ×1.375		1,892 kcal
Moderately active Exercise 3–5 days/week · ×1.55		2,132 kcal
Very active Hard training 6–7 days/week · ×1.725		2,373 kcal
Extremely active Twice-daily training or physical job · ×1.9		2,614 kcal

Why muscle matters here

Because this estimate is built on lean mass, every pound of lean tissue you add raises it by about **11 kcal/day**, and every pound lost lowers it by the same.

Lose 5 lb of lean mass	1,321 kcal/day (–55)
Gain 5 lb of lean mass	1,431 kcal/day (+55)
Gain 10 lb of lean mass	1,486 kcal/day (+110)

RMR is estimated from lean mass measured on this DEXA scan. It's an estimate, not a measurement; the equation used has been validated against traditional metabolic rate testing to come within 50 or less calories on average for most populations. Activity factors are the conventional Harris-Benedict multipliers.



Comparing this scan (**September 24, 2026**) with your previous scan (**March 24, 2026**), about **6 months** apart. The open circle is the previous scan and the filled circle is this one.

— Moved in a favorable direction — Moved in an unfavorable direction — Within normal scan-to-scan variation

Body fat	03/24/2026 36.8 %	09/24/2026 35.3 %		▼ Down -1.5 % -4.1%
Fat mass	03/24/2026 55.6 lb	09/24/2026 52.7 lb		▼ Down -2.9 lb -5.3%
Lean mass	03/24/2026 90.1 lb	09/24/2026 91.2 lb		→ About the same +1.1 lb +1.3%
Appendicular lean mass index (ALMI)	03/24/2026 5.78 kg/m ²	09/24/2026 5.89 kg/m ²		→ About the same +0.11 kg/m² +1.9%
Bone density (total BMD) Changes under 0.014 g/cm ² (Hologic's least significant change) are within measurement error	03/24/2026 1.146 g/cm ²	09/24/2026 1.150 g/cm ²		→ No significant change +0.004 g/cm² +0.3%

Values are taken from the comparison pages of the Hologic report. "About the same" means the change is smaller than typical DXA scan-to-scan variation (approximately body fat 1 point, fat mass 2 lb, lean mass 2 lb, appendicular lean mass index 0.2 kg/m²). For bone density this uses the least significant change printed on the report. Favorable means lower body fat and fat mass, and higher lean mass, ALMI and bone density.