Custom Fit

DEXA WHOLE-BODY SCAN

Body Composition Report

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**

Body Composition Overview



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

BODY FAT	VISCERAL FAT AREA (EST.)
35.3%	**87.0 cm²**
37th percentile for age	35th percentile for age
	420 g mass

How you compare with others your age

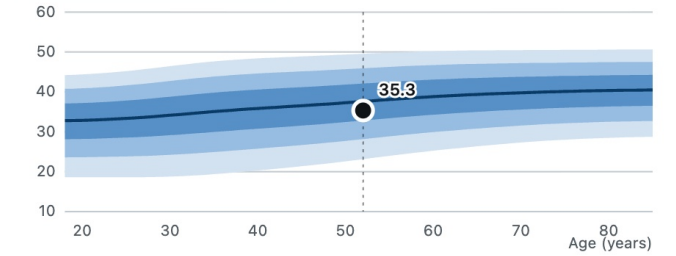
Each chart shows how the measure is spread across US females from age 18 to 85 in the national NHANES survey. The dark line is the average (50th percentile); the shaded bands hold the middle 50%, 80% and 94% of people. Your result is the dot.

25th–75th 10th–90th 3rd–97th 50th

Body fat %

35.3 %

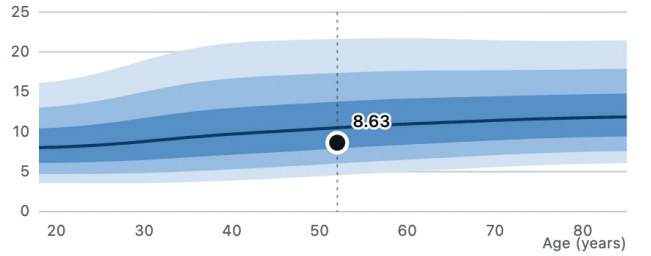
● 37th percentile for age



Fat mass index

8.63 kg/m²

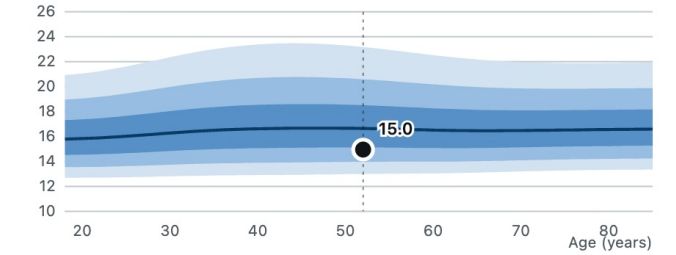
● 32nd percentile for age



Lean mass index

15.0 kg/m²

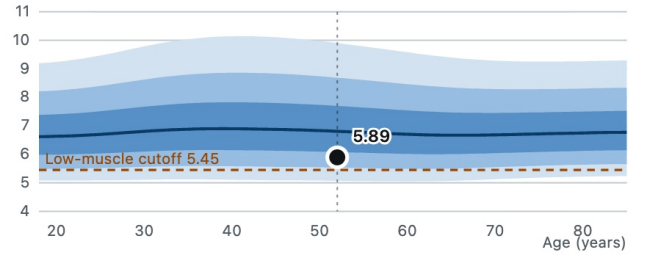
● 22nd percentile for age



Appendicular lean mass index

5.89 kg/m²

● 19th percentile for age



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 area · mass	87.0 cm² · 420 g
Visceral fat percentile for age	35th

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/cm²
T-score	0.6
Z-score	0.4

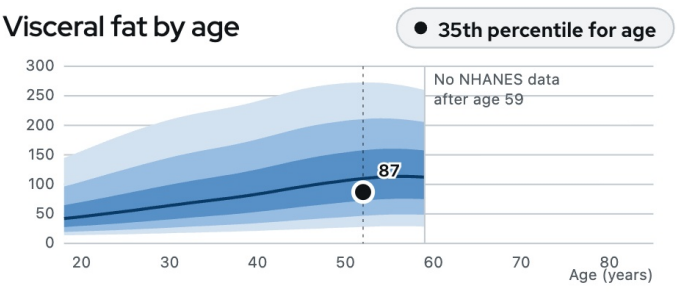
Z/T-SCORE RANGES

-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.

Visceral fat by age



How you compare by age group

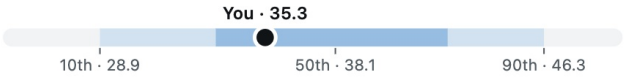
Sample Client · 52 · Female · Scan September 24, 2026

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

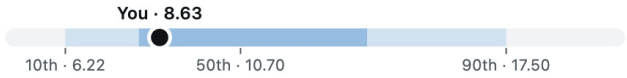


AGE	5TH	10TH	25TH	50TH	75TH	90TH
20–29	20.7	23.8	28.5	33.4	37.8	41.6
30–39	21.6	24.9	29.9	35.1	39.8	43.8
40–49	23.5	26.7	31.5	36.5	41.2	45.1
50–59 YOU	**26.0**	**28.9**	**33.4**	**38.1**	**42.5**	**46.3**
60–69	28.2	30.8	35.0	39.4	43.5	47.0
70–79	29.7	32.1	36.0	40.1	44.0	47.3
80+	30.2	32.6	36.4	40.4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

Fat mass index

kg/m²

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

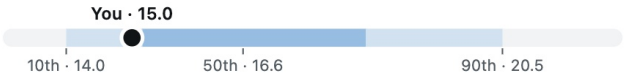


AGE	5TH	10TH	25TH	50TH	75TH	90TH
20–29	3.98	4.73	6.24	8.35	11.00	13.93
30–39	4.18	5.04	6.79	9.29	12.47	16.04
40–49	4.66	5.58	7.43	10.05	13.35	17.04
50–59 YOU	**5.28**	**6.22**	**8.10**	**10.70**	**13.94**	**17.50**
60–69	5.84	6.79	8.66	11.21	14.32	17.69
70–79	6.37	7.32	9.15	11.61	14.58	17.75
80+	6.58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

Visceral fat area

cm² · NHANES 2011–2018, ages 18–59

87 is the **35th percentile** for females 50–59



AGE	10TH	25TH	50TH	75TH	90TH
20–29	23	35	54	85	126
30–39	30	47	73	112	161
40–49	40	62	96	142	195
50–59 YOU	**49**	**75**	**113**	**160**	**212**

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. Visceral fat uses NHANES 2011–2018 scans, which only include adults up to age 59.

Resting metabolic rate

Sample Client · 52 · Female · Scan September 24, 2026

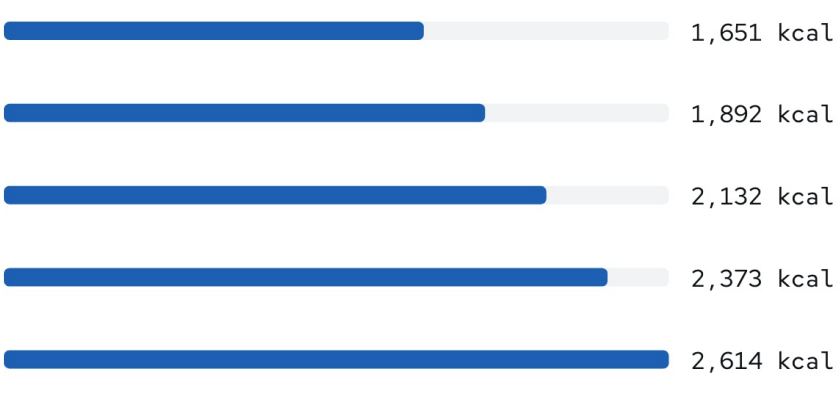
ESTIMATED RMR

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.



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.

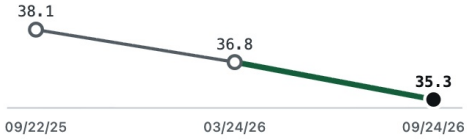
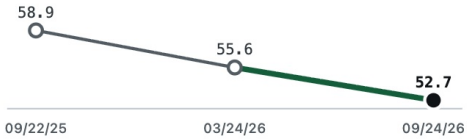
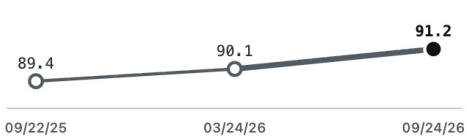
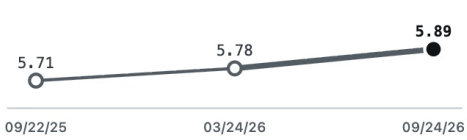
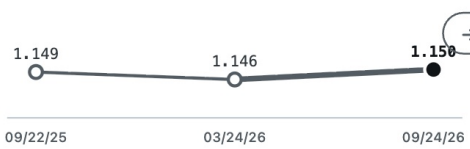
CUSTOM FIT

Progress across your scans

Sample Client · 52 · Female · Scan September 24, 2026

Comparing this scan (**September 24, 2026**) with your previous scan (**March 24, 2026**), about **6 months** apart. Each chart shows all 3 of your scans; the filled dot is this scan and the colored segment is the change since your last one.

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

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

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.