



«« TOTAL BODY COMPOSITION SCAN RESULTS SUMMARY »»

Re: Female Example 1

- Total body bone mineral density: 1.033g.cm<sup>-2</sup> (normal).
- Total percent body fat: 24.8% (recommended limits<sup>1</sup> 21% – 33%)
- Central abdominal fat (sub-region R1): 0.222kg – Low risk<sup>2</sup>
- Ideal weight calculation suggests an ideal weight of 53.2kg to 53.8kg
- A loss of 2kg to 2.7kg of fat tissue
- Resting Metabolic Rate: 1424 kcal/day

**Suggested calorie intake to attain ideal weight based on RMR**

1600 kcal/day

| Protein (g) | Carbohydrate (g) | Fat (g) |
|-------------|------------------|---------|
| 120         | 160              | 53      |

**Minimum Structured Exercise Energy Expenditure Target**

1600 kcal/week

**Comments:**

If you have any questions please don't hesitate to contact me.

Dr Jarrod Meerkin (*PhD., MAAESS, AEP*)  
**Director Body Composition Australia**

1. Gallagher et al., 2000
2. Bertin et al., 2000 and Kamel et al., 1999; 2000.
3. Bonnet et al. 2005

# Body Composition Australia

32A Oxford St  
Darlinghurst, NSW 2010

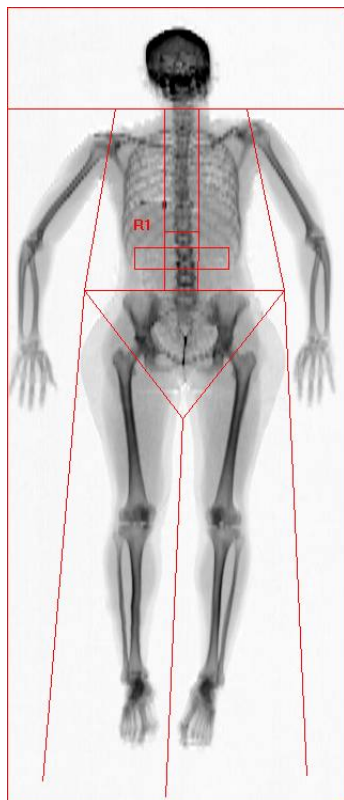
Telephone: (02) 9331 7822

E-Mail: info@bodycomposition.com.au

Fax: (02) 9331 6438

Sex: Female

Age: 37



318 x 150

## Scan Information:

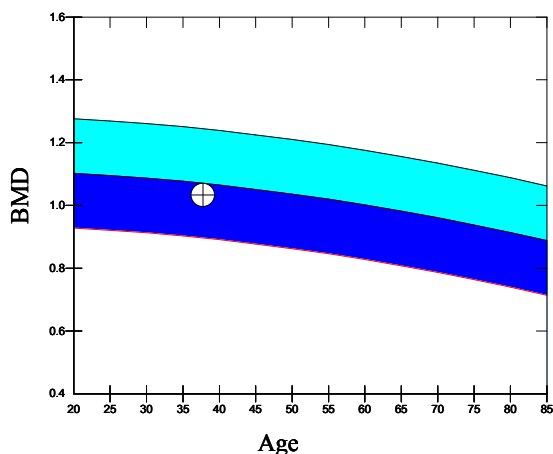
Scan Type: e Whole Body

Comment:

## DXA Results Summary:

| Region       | Area (cm <sup>2</sup> ) | BMC (g)        | BMD (g/cm <sup>2</sup> ) |
|--------------|-------------------------|----------------|--------------------------|
| L Arm        | 174.91                  | 116.79         | 0.668                    |
| R Arm        | 192.29                  | 120.62         | 0.627                    |
| L Ribs       | 108.98                  | 65.22          | 0.598                    |
| R Ribs       | 105.82                  | 63.44          | 0.600                    |
| T Spine      | 135.04                  | 101.75         | 0.754                    |
| L Spine      | 55.67                   | 61.03          | 1.096                    |
| Pelvis       | 194.26                  | 191.64         | 0.987                    |
| L Leg        | 334.03                  | 336.90         | 1.009                    |
| R Leg        | 332.45                  | 345.01         | 1.038                    |
| Subtotal     | 1633.45                 | 1402.41        | 0.859                    |
| Head         | 199.39                  | 491.74         | 2.466                    |
| <b>Total</b> | <b>1832.85</b>          | <b>1894.15</b> | <b>1.033</b>             |
| Sub-Region   | Area (cm <sup>2</sup> ) | BMC (g)        | BMD (g/cm <sup>2</sup> ) |
| R1           | 25.27                   | 28.55          | 1.130                    |
| <b>Net</b>   | <b>25.27</b>            | <b>28.55</b>   | <b>1.130</b>             |

Total



TBAR3606

This is the weight of your skeleton in grams or 1.8 kilograms

This is your bone mineral density

# Body Composition Australia

32A Oxford St  
Darlinghurst, NSW 2010

Telephone: (02) 9331 7822

E-Mail: info@bodycomposition.com.au

Fax: (02) 9331 6438

Sex: Female

Age: 37

## Scan Information:

Scan Type: e Whole Body

Comment:

## DXA Results Summary:

This represents the weight of everything in your body except fat or your Fat Free Mass.

| Region       | BMC (g)        | Fat (g)        | Lean (g)       | Lean+BMC (g)   | Total Mass (g) | % Fat       |
|--------------|----------------|----------------|----------------|----------------|----------------|-------------|
| L Arm        | 116.79         | 647.3          | 2016.9         | 2133.7         | 2781.0         | 23.3        |
| R Arm        | 120.62         | 610.2          | 2219.6         | 2340.2         | 2950.4         | 20.7        |
| Trunk        | 483.08         | 4921.5         | 19830.5        | 20313.5        | 25235.1        | 19.5        |
| L Leg        | 336.90         | 3524.7         | 6453.3         | 6790.2         | 10314.9        | 34.2        |
| R Leg        | 345.01         | 3410.3         | 7054.9         | 7399.9         | 10810.2        | 31.5        |
| Subtotal     | 1402.41        | 13114.1        | 37575.1        | 38977.5        | 52091.7        | 25.2        |
| Head         | 491.74         | 740.9          | 2547.6         | 3039.3         | 3780.3         | 19.6        |
| <b>Total</b> | <b>1894.15</b> | <b>13855.1</b> | <b>40122.7</b> | <b>42016.8</b> | <b>55871.9</b> | <b>24.8</b> |
| Sub-Region   | BMC (g)        | Fat (g)        | Lean (g)       | Lean+BMC (g)   | Total Mass (g) | % Fat       |
| R1           | 28.55          | 222.2          | 1767.4         | 1796.0         | 2018.2         | 11.0        |
| <b>Net</b>   | <b>28.55</b>   | <b>222.2</b>   | <b>1767.4</b>  | <b>1796.0</b>  | <b>2018.2</b>  | <b>11.0</b> |

TBAR3606

This represents your total fat mass in grams or 13.8 kilograms.

This represents your total muscle mass in grams or 40.1 kilograms.

This represents your total body weight in grams or 55.8 kilograms.

This represents your total percentage body fat.