



«« TOTAL BODY COMPOSITION SCAN RESULTS SUMMARY »»

Re: Male Example 1

- Total body bone mineral density: 1.369g.cm⁻² (normal).
- Total percent body fat: 11.4% (recommended limits¹ 8% – 20%)
- Central abdominal fat (sub-region R1): 0.373kg – Low risk²
- Ideal weight calculation suggests an ideal weight of 86.5kg to 87.5kg
- A gain of 2kg to 3kg of muscle tissue
- Resting Metabolic Rate: 2148 kcal/day

Suggested calorie intake to attain ideal weight based on RMR

2700 kcal/day

Protein (g)	Carbohydrate (g)	Fat (g)
203	270	90

Minimum Structured Exercise Energy Expenditure Target

1500 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

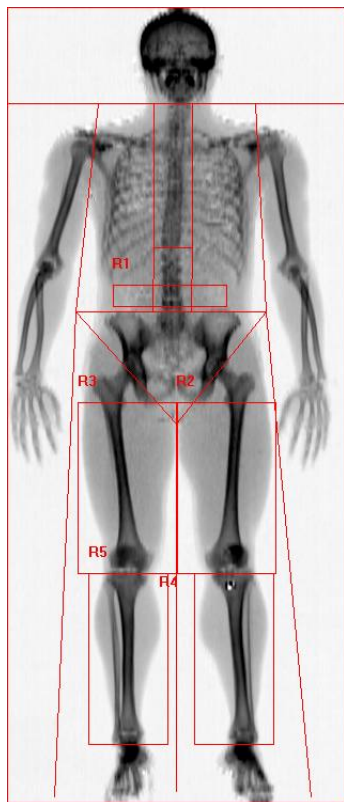
Telephone: (02) 9331 7822

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Sex: Male

Age: 28



318 x 150

Scan Information:

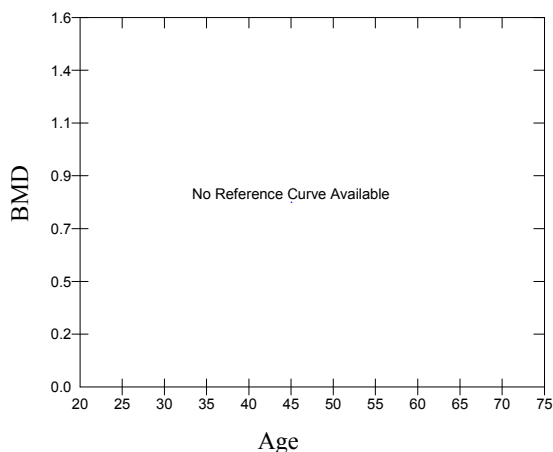
Scan Type: e Whole Body

Comment:

DXA Results Summary:

Region	Area (cm ²)	BMC (g)	BMD (g/cm ²)
L Arm	257.84	216.39	0.839
R Arm	273.59	246.77	0.902
L Ribs	140.14	110.15	0.786
R Ribs	133.45	116.93	0.876
T Spine	172.03	166.68	0.969
L Spine	65.74	81.62	1.242
Pelvis	234.62	359.59	1.533
L Leg	459.00	765.85	1.669
R Leg	468.05	687.95	1.470
Subtotal	2204.44	2751.93	1.248
Head	273.59	640.97	2.343
Total	2478.03	3392.90	1.369
Sub-Region	Area (cm ²)	BMC (g)	BMD (g/cm ²)
R1	29.13	41.34	1.419
R2	164.15	323.30	1.970
R3	167.30	299.97	1.793
R4	186.59	272.33	1.460
R5	201.94	266.88	1.322
Net	730.22	1180.56	1.617

Total



TBAR3606

This is the weight of your skeleton in grams or 3.4 kilograms

This is your bone mineral density

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Sex: Male

Age: 28

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	216.39	476.4	4391.2	4607.6	5084.0	9.4
R Arm	246.77	532.9	4440.8	4687.6	5220.5	10.2
Trunk	834.97	4438.8	30789.5	31624.5	36063.3	12.3
L Leg	765.85	1543.8	13874.8	14640.7	16184.4	9.5
R Leg	687.95	1546.8	14308.2	14996.2	16542.9	9.3
Subtotal	2751.93	8538.6	67804.6	70556.5	79095.1	10.8
Head	640.97	1087.3	3787.8	4428.7	5516.0	19.7
Total	3392.90	9625.9	71592.3	74985.2	84611.1	11.4
Sub-Region	BMC (g)	Fat (g)	Lean (g)	Lean+BMC (g)	Total Mass (g)	% Fat
R1	41.34	373.1	2383.9	2425.2	2798.4	13.3
R2	323.30	931.4	8234.9	8558.2	9489.6	9.8
R3	299.97	890.7	8681.8	8981.8	9872.4	9.0
R4	272.33	329.0	3164.5	3436.8	3765.9	8.7
R5	266.88	323.2	3164.8	3431.7	3754.9	8.6
Net	1180.56	2796.5	25404.0	26584.6	29381.1	9.5

TBAR3606

This represents your total fat mass in grams or 9.6 kilograms.

This represents your total muscle mass in grams or 71.5 kilograms.

This represents your total body weight in grams or 84.6 kilograms.

This represents your total percentage body fat.