

«« TOTAL BODY COMPOSITION SCAN RESULTS SUMMARY »»

Re: Female Example

- Total body bone mineral density: 1.107 g.cm⁻² (normal).
- Total percent body fat: 35.6 % (recommended limits¹ 21% – 33%)
- Resting Metabolic Rate: 1373 kcal/day
- In reviewing your current body composition your ideal weight is between 55.9kg to 56.7kg
- To achieve this you need to lose 4.9kg to 5.7kg of fat

Suggested calorie intake to attain ideal weight based on RMR

Protein (g)	Carbohydrate (g)	Fat (g)
113	150	50

1500 kcal/day

Note: Fat total is to be divided by 3; 1/3 saturated fats (animal and dairy) and 2/3 poly and monounsaturated fats (olive oil, nuts, avocado, flaxseed/fish oil etc).

Minimum Structured Exercise Energy Expenditure Target

1800 kcal/week

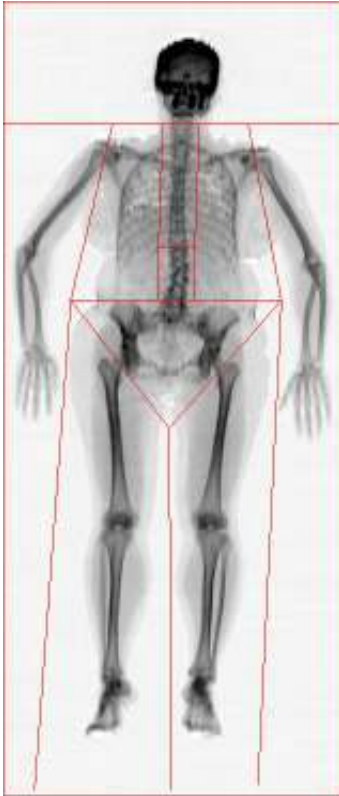
Comments:

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

Dr Jarrod Meerkin (PhD., ESSAM, AEP)
Director MeasureUp

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

Sex: Female



318 x 150

Scan Information:

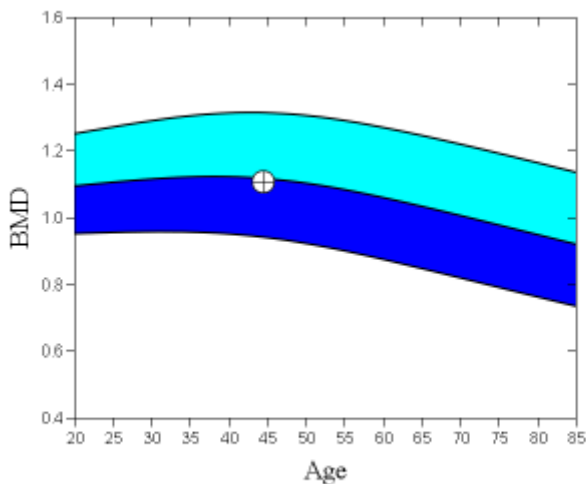
Scan Date: 23 May 2011 ID: A05231106
 Scan Type: a Whole Body
 Analysis: 24 May 2011 07:41 Version 13.0
 Comment:

DXA Results Summary:

Region	Area (cm ²)	BMC (g)	BMD (g/cm ²)
L Arm	196.05	135.52	0.691
R Arm	180.37	122.36	0.678
L Ribs	119.20	78.18	0.656
R Ribs	103.91	69.78	0.672
T Spine	156.45	124.46	0.796
L Spine	51.37	64.15	1.249
Pelvis	185.46	231.71	1.249
L Leg	331.72	343.48	1.035
R Leg	324.66	337.80	1.040
Subtotal	1649.18	1507.43	0.914
Head	203.11	543.77	2.677
Total	1852.29	2051.20	1.107

TBAR1503

Total



This is the weight of your skeleton in grams or 2.0 kilograms

This is your bone mineral density

T-score vs. White Female; Z-score vs. White Female. Source:2008 NHANES White Female

MeasureUp

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Sex: Female

Scan Information:

Scan Date: 23 May 2011

ID: A05231106

Scan Type: a Whole Body

Analysis: 24 May 2011 07:41 Version 13.0

Comment:

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

DXA Results Summary:

Region	BMC (g)	Fat Mass (g)	Lean Mass (g)	Lean+ BMC (g)	Total Mass (g)	% Fat
L Arm	135.52	1281.2	1977.7	2113.2	3394.4	37.7
R Arm	122.36	1231.8	1863.1	1985.5	3217.2	38.3
Trunk	568.27	10751.8	18573.7	19142.0	29893.8	36.0
L Leg	343.48	3915.1	6214.7	6558.2	10473.3	37.4
R Leg	337.80	4123.2	6383.2	6721.0	10844.1	38.0
Subtotal	1507.43	21303.0	35012.4	36519.8	57822.8	36.8
Head	543.77	698.2	2678.0	3221.8	3920.0	17.8
Total	2051.20	22001.2	37690.4	39741.6	61742.8	35.6

TBAR1503

This represents your total fat mass in grams or 22 kilograms.

This represents your total muscle mass in grams or 37.6 kilograms.

This represents your total body weight in grams or 61.7 kilograms.

This represents your total percentage body fat.