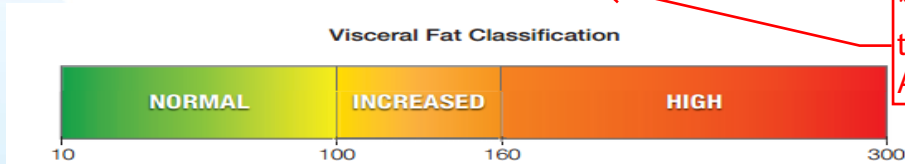


«« TOTAL BODY COMPOSITION SCAN RESULTS SUMMARY »»

Re: Male Example

- Total body bone mineral density: 1.248 g.cm⁻² (normal)
- Total percent body fat: 25.3 % (recommended limits¹ 8 % to 20 %)
- Estimated visceral adipose tissue (Est VAT)^{1,2}: 114 cm² – Increased risk



*Refer to page 2 of the report Est Vat Area cm²

- Resting Metabolic Rate: 2011 kcal/day
- In reviewing your current body composition our suggested goal is to lose 8.0 kg to 10.3 kg of fat tissue

Suggested minimum macronutrient split to attain the suggested goal based on your RMR

Protein (g)	Carbohydrate (g)	Fat (g)	Kcal/Day
142	179	91	2100

Note: Total Fat is; 1/3 saturated fats (animal and dairy) and 2/3 monounsaturated fats (Omega 3: olive oil, nuts, avocado, flaxseed/fish oil etc). A great free resource to help manage your macronutrients is found at www.calorieking.com.au

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. Pickhardt PJ, Jee Y, O'Connor SD, Del Rio AM. Visceral Adiposity and Hepatic Steatosis at Abdominal CT: Association With the Metabolic Syndrome. AJR Am J Roentgenol. 2012 May;198(5):1100-7.
2. 13. Nicklas, BJ et al. Visceral Adipose Tissue Cutoffs Associated With Metabolic Risk Factors for Coronary Heart Disease in Women. Diabetes Care 26:1413–1420, 2003

Name: DOE, JOHN	Sex: Male
Patient ID: 000000	
DOB: 01 January 1980	Age: 35

Scan Information:

Scan Date: 01 January 2015 ID: 000000
 Scan Type: a Whole Body
 Analysis: 01 January 2015
 Comment:

These two columns allow you to see specific regional changes in fat mass and muscle mass.

DXA Results Summary:

Region	BMC (g)	Fat Mass (g)	Lean Mass (g)	Lean + BMC (g)	Total Mass Mass (g)	% Fat
L Arm	206.25	1164.2	3602.6	3808.9	4973.1	23.4
R Arm	221.01	1162.3	3910.7	4131.7	5294.0	22.0
Trunk	829.13	12577.9	33099.1	33928.2	46506.1	27.0
L Leg	541.08	3643.6	10789.9	11330.9	14974.6	24.3
R Leg	541.94	3803.2	11022.7	11564.6	15367.9	24.7
Subtotal	2339.42	22351.2	62424.9	64764.4	87115.6	25.7
Head	596.79	969.2	3329.5	3926.3	4895.5	19.8
Total	2936.21	23320.5	65754.5	68690.7	92011.1	25.3

TBAR1209

This is the total body fat mass in grams or 23.32kg

This is the total muscle mass in grams or 65.75kg

This is the weight of everything in your body except fat. Known as your fat free mass

Total mass or weight is 92.01kg

Total body fat percentage is shown here