

Name: Henley, Dave	Birth Date: 10/04/1965	Measure Date: 01/06/2021
Age: 55.2	Height: 71.0 in.	Measure Time: 4:14:57 PM
Gender: Male	Weight: 182.1 lbs.	

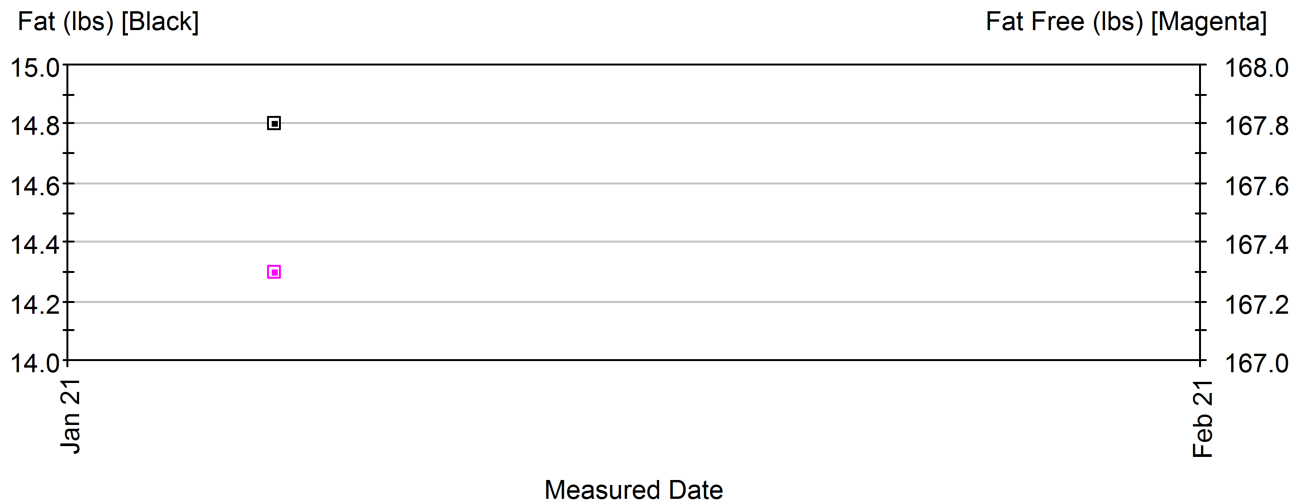
DexaFit Summary Analysis Page

Summary - Total Body Composition Analysis

The total body composition table summarizes the metrics of your entire body and displays your Total Body Fat %, Total Mass (lbs), Fat Tissue (lbs), Lean Tissue (lbs), Bone Mineral Content (BMC), and Visceral Fat (lbs).

Measured Date	Total Body Fat %	Total Mass	Fat Tissue	Lean Tissue	BMC	Visceral Fat
01/06/2021	8.1%	182.1 lbs	14.8 lbs	159.4 lbs	7.9 lbs	0.00 lbs

Composition Trend: Total



Lean Mass Balance

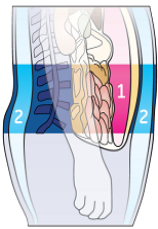
Lean mass balance is a comparison of your body's right to left lean mass symmetry. A lean mass difference close to zero indicates a balance of muscle. An injury, non-symmetrical training, or a health condition may cause disproportionate lean mass differences, but only your physician can determine if a health condition is the related cause.

Region	Measured Date	Lean Mass Right	Lean Mass Left	Lean Mass Difference
Arms:	01/06/2021	10.0 lbs	9.6 lbs	0.4 lbs
Legs:	01/06/2021	26.3 lbs	27.2 lbs	-0.9 lbs
Total:	01/06/2021	80.7 lbs	78.7 lbs	2.1 lbs

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BODY COMPOSITION: Total Body (Enhanced Analysis)

Region	Body Fat (%)	Fat (lbs)	Lean (lbs)	BMC (lbs)	Total Mass (lbs)
Arms	10.5	2.5	19.6	1.3	23.4
Arm Right	10.7	1.3	10.0	0.7	12.0
Arm Left	10.3	1.2	9.6	0.6	11.4
Arms Diff.	0.5	0.1	0.4	0.0	0.6
Legs	9.0	5.6	53.5	3.2	62.3
Leg Right	8.9	2.7	26.3	1.6	30.6
Leg Left	9.1	2.9	27.2	1.6	31.7
Legs Diff.	-0.2	-0.2	-0.9	0.0	-1.1
Trunk	5.6	4.8	78.6	2.1	85.5
Trunk Right	5.8	2.5	39.1	1.0	42.6
Trunk Left	5.4	2.3	39.6	1.1	43.0
Trunk Diff.	0.4	0.2	-0.5	-0.1	-0.4
Android	5.3	0.6	10.7	0.2	11.5
Gynoid	6.3	1.7	23.9	0.8	26.4
Total	8.1	14.8	159.4	7.9	182.1
Total Right	8.5	7.9	80.7	4.2	92.8
Total Left	7.8	7.0	78.7	3.7	89.3
Total Diff.	0.7	0.9	2.1	0.5	3.5



Adipose Tissue
1 Visceral
2 Subcutaneous

The Android region is that of the abdomen, and often the body type with increased fat in this area is described as "apple shaped." The Gynoid region is that around the hips and thighs and often the body type with increased fat in this area is described as "pear shaped." Understanding where fat is stored on the body is recognized as an important predictor of the potential health risks of obesity.

CoreScan estimates the VAT (Visceral Adipose Tissue) content within the android region, VAT is a specific type of fat that is associated with several types of metabolic diseases such as obesity, metabolic syndrome, and type 2 diabetes. CoreScan results have been validated for adults between ages 18-90, and with a BMI in the range of 18.5-40.

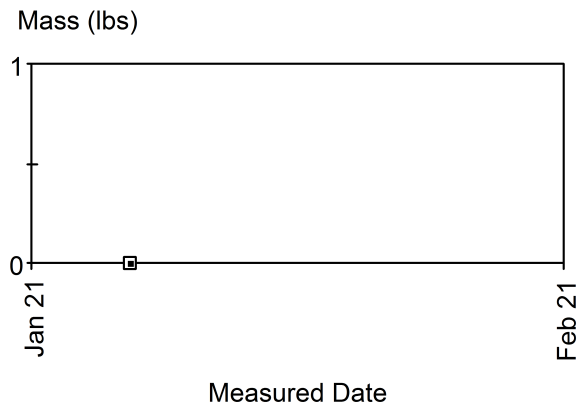
Android/Gynoid Ratio

Measure Date	Android Body Fat %	Gynoid Body Fat %	A/G Ratio
01/06/2021	5.3%	6.3%	0.83

Estimated Visceral Adipose Tissue

Measure Date	Android Fat Mass	Visceral Fat Mass
01/06/2021	0.6 lbs	0.00 lbs

Composition Trend: VAT



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Measure Date: 01/06/2021

Age: 55.2

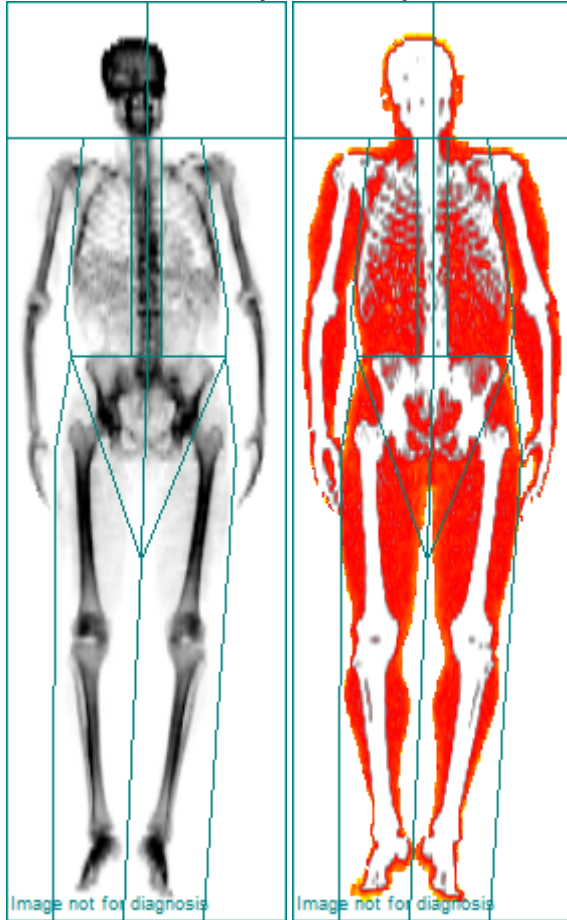
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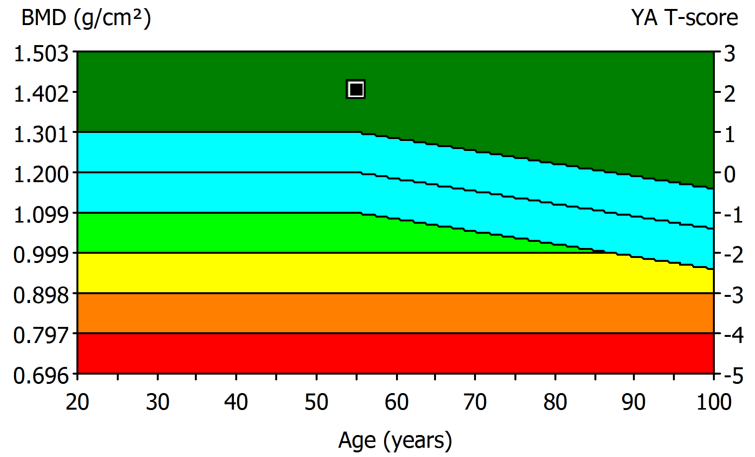
Gender: Male

Weight: 182.1 lbs.

Total Body Bone Density



Total Body: Total (BMD)



USA (Combined NHANES/BMDCS/Lunar)

Densitometry: USA (Combined NHANES/BMDCS/Lunar) (Enhanced Analysis)

Region	BMD (g/cm ²)	YA T-score	AM Z-score
Head	2.366	-	-
Arms	1.186	-	-
Legs	1.506	-	-
Trunk	1.138	-	-
Ribs	0.825	-	-
Spine	1.435	-	-
Pelvis	1.185	-	-
Total	1.407	2.0	2.1

Color Coding



Region	Measured Date	Age	Body Fat %	%Change vs. Previous	%Change vs. Baseline
Arms:	01/06/2021	55.2	10.5	-	baseline
Legs:	01/06/2021	55.2	9.0	-	baseline
Trunk:	01/06/2021	55.2	5.6	-	baseline
Android:	01/06/2021	55.2	5.3	-	baseline
Gynoid:	01/06/2021	55.2	6.3	-	baseline
Total:	01/06/2021	55.2	8.1	-	baseline

Body Composition History

Measured Date	Total Mass (lbs)	Change vs.		Fat Mass (lbs)	Change vs.		Lean Mass (lbs)	Change vs.	
		Baseline (lbs)	Previous (lbs)		Baseline (lbs)	Previous (lbs)		Baseline (lbs)	Previous (lbs)
01/06/2021	182.1	baseline	-	14.8	baseline	-	159.4	baseline	-