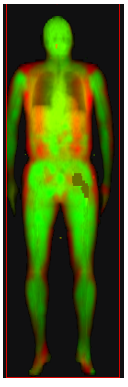
DEXAFIT

BODY SCORE



OVERALL, YOUR BODY COMP IS ALMOST BELOW AVERAGE

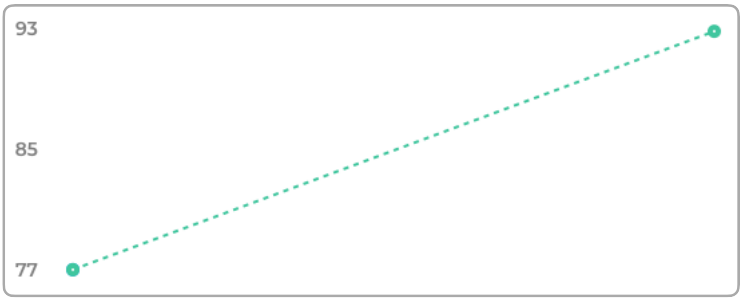
C+

Body Score

Updated on Apr 09, 2026
Suggested next visit in 88 days

At Risk — Optimized

BODY HISTORY



ABOUT YOUR BODY SCORE

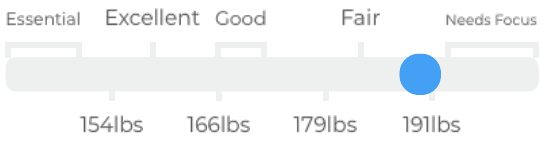
Scale weight and body fat percentage alone can be misleading indicators of health. Your Body Score provides a more comprehensive snapshot by examining key components of body composition that are strongly correlated with health, fitness, and longevity. These include lean mass, fat distribution, and bone density. This multi-faceted approach gives a more accurate picture of your overall health status than traditional metrics alone.

The Body Score is presented as a simple letter grade, making it easy to understand and reliably track progress. Score Factors determining your grade include body fat %, lean mass, total mass, visceral fat, and skeletal health (T-Score). Each factor is rated from "Excellent" to "Needs Focus", allowing you to identify specific areas for improvement.

Your score also provides current values, changes since your last test, and targets for each factor. This detailed breakdown helps you pinpoint where to focus your efforts and allows for a more personalized approach to your health and fitness journey.

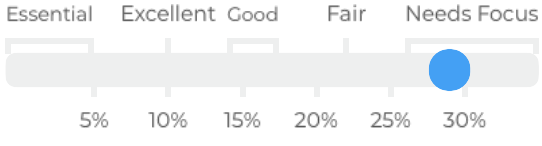
SCORE FACTORS

Total Mass



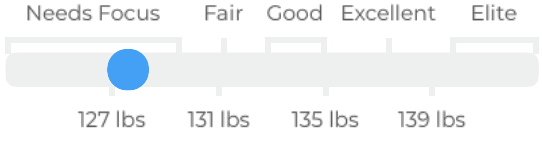
Total Mass	Change	Target
190.5 lbs	0 lbs	185 lbs

Body Fat



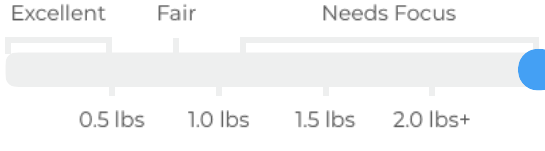
Body Fat	Change	Target
29%	0%	25.0%

Lean Mass



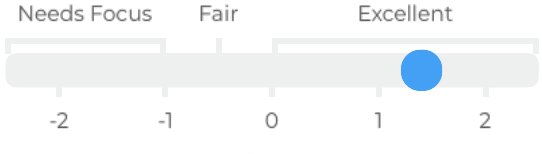
Lean Mass	Change	Target
128.2 lbs	0 lbs	132 lbs

Visceral Fat



Visceral Fat	Change	Target
2.96 lbs	0 lbs	1.00 lbs

T-Score

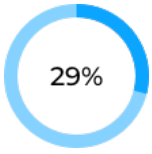


T-Score	Change	Target
1.40	0	1.40

DEXAFIT

BODY FAT

Body Fat - Total

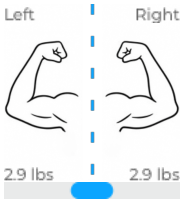


55 lbs

You are 2 points over your peer group average of 26%

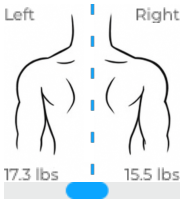
Body Fat	Change	Target
29%	0%	25.0%

Body Fat - Arms



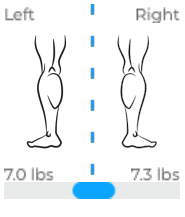
27.1%
5.70 lbs
You are 4 points over your peer group average of 2...

Body Fat - Trunk



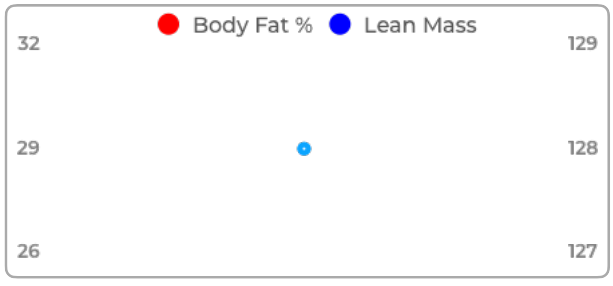
33.5%
32.8 lbs
You are 4 points over your peer group average of 2...

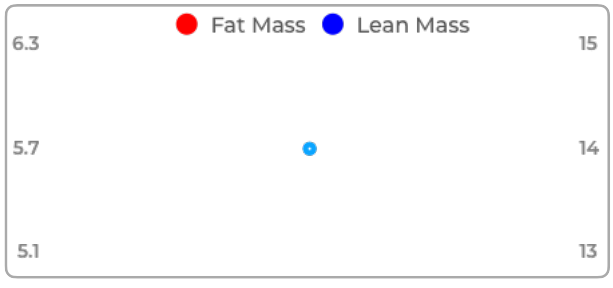
Body Fat - Legs

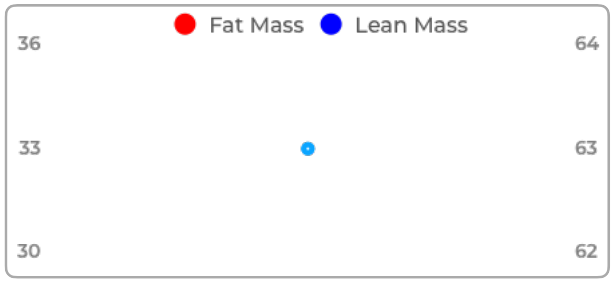


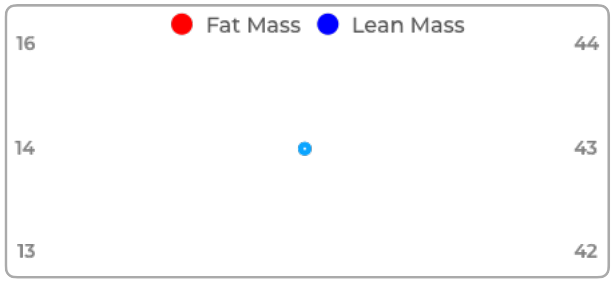
23.9%
14.3 lbs
You are exactly in your peer group average of 24%

TREND









LEAN MASS

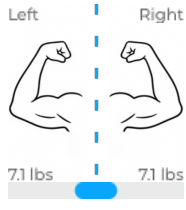
Lean Mass - Total

128.2 lbs

You are 2 points under your peer group average of 70%

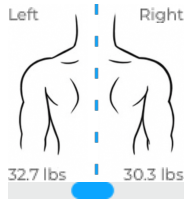
Lean Mass	Change	Target
128.2 lbs	0 lbs	132 lbs

Lean Mass - Arms



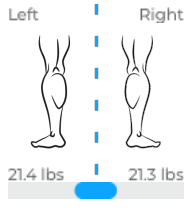
67.6%
14.2 lbs
You are 4 points under your peer group average of 7...

Lean Mass - Trunk



64.4%
63 lbs
You are 3 points under your peer group average of 6...

Lean Mass - Legs



71.4%
43 lbs
You are exactly in your peer group average of 72%

ABOUT YOUR BODY FAT

Your body fat includes essential body fat and storage body fat. Essential body fat is necessary to maintain life and reproductive functions. The percentage of essential body fat for women is greater than that for men, due to the demands of childbearing and other hormonal functions. Storage body fat consists of fat accumulation in adipose tissue, part of which protects internal organs in the chest and abdomen.

Excessive body fat and low muscle mass is linked to an increased risk of serious health complications and decreased survival. Be sure to track your levels of body fat over time to make sure you're going in the right direction.

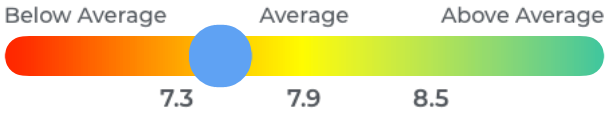
ABOUT YOUR LEAN MASS

Your lean body mass is a significant component of your DEXA body composition scan. It includes muscle mass, lean organ mass, and fluids. Lean mass is often considered an index superior to total body weight for prescribing proper levels of medications and for assessing metabolic disorders because body fat is less relevant for your metabolism.

Growing scientific evidence suggests that lean mass is a new vital sign. It should be a key factor when you evaluate your health status, especially if you're living with a chronic disease.

APPENDICULAR LEAN MASS INDEX (ALMI)

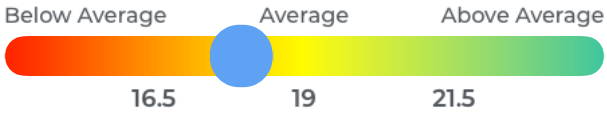
7.54 kg/m²



ALMI	Change	Target
7.54 kg/m²	0 kg/m²	8.5 kg/m²

FAT-FREE MASS INDEX (FFMI)

17.9 kg/m²



FFMI	Change	Target
17.9 kg/m²	0 kg/m²	21.0 kg/m²

HISTORY

HISTORY

ABOUT ALMI

Your Appendicular Lean Mass Index (ALMI) measures lean mass in your arms and legs relative to height, indicating muscularity and functional strength.

A healthy ALMI provides essential insights into your muscular health, injury prevention, and overall quality of life. It also helps combat age-related muscle loss (sarcopenia), which can lead to frailty and increased risk of falls.

Strive to keep your ALMI north of the 75th percentile for optimal health and longevity, as data suggests this leads to longer, better lives with reduced risk of chronic diseases and age-related declines.

ABOUT FFMI

Your Fat-Free Mass Index (FFMI) takes into account your total lean mass in relation to your height. It is calculated by dividing your fat-free mass (in kilograms) by your height (in meters) squared. Fat-free mass includes everything in your body that is not fat, such as muscles, bones, organs, and water content.

FFMI is a useful metric for assessing your overall body composition and muscularity.

A high FFMI typically indicates a higher proportion of muscle mass, which is associated with improved physical performance and metabolic health. To maintain a healthy body composition, aim for an FFMI within the average or above-average range for your age and sex.

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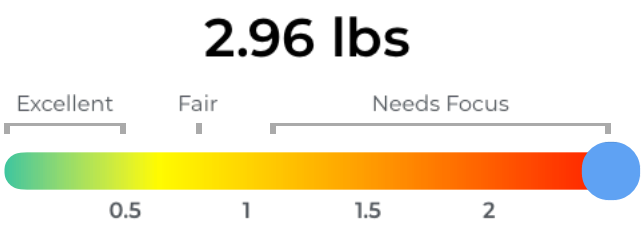
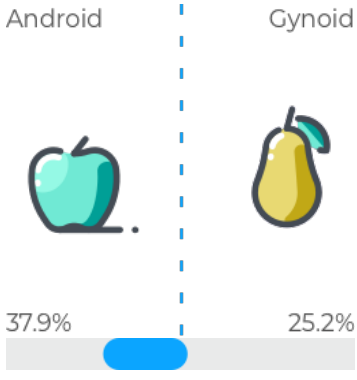
VISCERAL FAT



You are in 52nd percentile of your peers, 0.2 lbs over your peer group average of 2.8 lbs

Visceral Fat	Change	Target
2.96 lbs	0 lbs	1.00 lbs

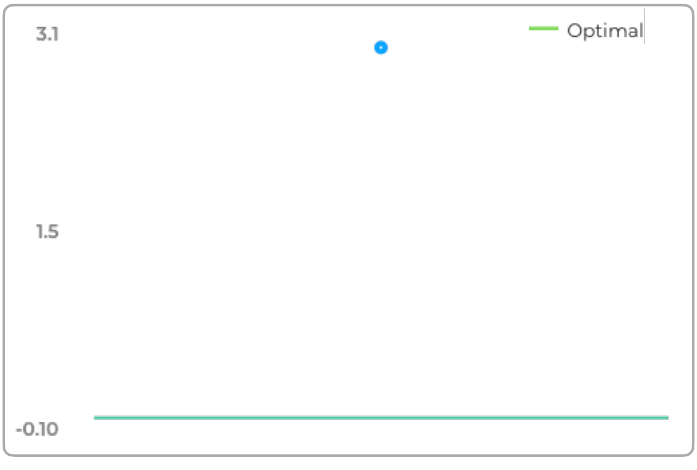
ANDROID/GYNOID RATIO (A/G RATIO)



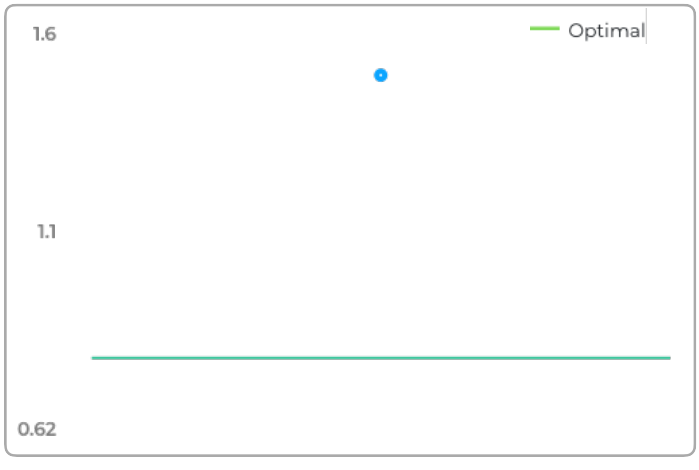
1.50

We want this less than 1.0 and ideally between 0.6-0.8

HISTORY



HISTORY



ABOUT YOUR VISCERAL FAT

Your visceral fat is the nefarious fat located inside your abdominal cavity. It's packed between your organs (e.g., stomach, liver, intestines, kidneys, etc.). Visceral fat is different from subcutaneous fat layered underneath your skin, and intramuscular fat interspersed between your skeletal muscles.

Be especially careful of storing excessive accumulation of visceral fat because it will lead to visceral obesity, which induces low-grade systemic inflammation. Excess visceral fat is also closely associated with the development of a cluster of metabolic derangements, hypertension, cardiovascular disease, and malignancies.

ABOUT YOUR A/G RATIO

Android versus Gynoid Ratio, abbreviated to A/G Ratio, represents how your body fat is being stored proportionally across the body. Those that are "Apple" shaped store more fat around the belly and midsection whereas "Pear" shaped individuals store more fat around the hips and thighs region.

Having an apple shape is associated with elevated levels of visceral fat and in increased risk for type II diabetes, metabolic syndrome, and heart disease. Men are more likely to store their fat in an apple shape while women are more likely to be pear shaped.

DEXAFIT

BONE MINERAL CONTENT (BMC)

7.2 lbs

Total bone mineral mass in your skeleton. BMC reflects quantity, not density or strength.

T-SCORE

1.40

Needs Focus — Fair — Excellent

-2.5 -1.5 -0.5 0.5 1.5

Comparison of your total body BMD to healthy young adults of your sex. Whole-body values are for context only—not diagnosis.

T-Score	Change	Target
1.40	0	1.40

BMC HISTORY

T-SCORE TREND

BONE MINERAL DENSITY (BMD) *

	g/cm²	%tile
Total Body	1.343	61%
Trunk	1.051	44%
Head	2.392	50%
Arms	1.047	58%
Legs	1.512	83%
Ribs	0.944	72%
Spine	1.313	44%
Pelvis	1.022	31%

*Reported in g/cm². Reflects mineral concentration, not bone size or diagnostic bone density/strength.

Z-SCORE

1.60

Needs Focus — Fair — Excellent

-2.5 -1.5 -0.5 0.5 1.5

Comparison of your total body BMD to people your age and sex.

Z-Score	Change	Target
1.60	0	1.60

Z-SCORE TREND

ABOUT YOUR SKELETAL HEALTH

A total-body DEXA scan offers useful insight into your overall skeletal mineralization, but it **does not replace** a site-specific scan of the **hip or spine,** which clinicians use to assess osteoporosis or fracture risk.

Your scan shows **Bone Mineral Content (BMC)**—the total mineral mass in your skeleton—and **Bone Mineral Density (BMD)**, which reflects how tightly those minerals are packed (reported in g/cm²). These values, including your total body T- and Z-Scores help you track changes over time but are **not diagnostic** on their own.

The colored circles indicate how each region ranks (vs peers): light grey = bottom quartile, dark grey = below average, blue = above average, and black = top quartile.

Whole-body DEXA scans are ideal for monitoring long-term trends. If you have concerns about bone health, family history, or symptoms, speak with your physician about a **clinical hip and spine** DEXA for medical evaluation.

DEXAFIT

SCAN HISTORY

Measured Date	Total Mass (lbs)	Change vs. Baseline (lbs)	Change vs. Previous (lbs)	Fat Mass (lbs)	Change vs. Baseline (lbs)	Change vs. Previous (lbs)	Lean Mass (lbs)	Change vs. Baseline (lbs)	Change vs. Previous (lbs)
04/09/2026	190.5	baseline	--	55.1	baseline	--	128.2	baseline	--

Date: 04/09/2026

Body Score: C+

Total Mass: 190.5 lbs

Lean Mass: 128.2 lbs

Body Fat: 29 %

Visceral Fat: 2.96 lbs

T-Score: 1.40