YOUR DEXA SCAN DEFINITIONS EXPLAINED INSIDE

UNDERSTANDING YOUR DEXA SCAN

HOLISTIC PHYSIO FITNESS

84 BARRENJOEY ROAD, MONA VALE NSW 2103

HOLISTICPHYSIOFITNESS.COM.AU

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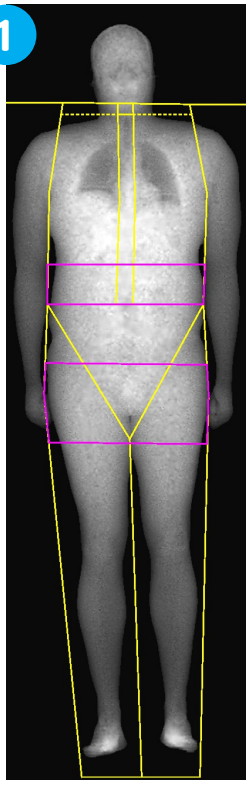
ATTACH REPORT HERE

HOLISTIC PHYSIO FITNESS

Patient :		**Height :** 185cm	**Weight :** 108kg	**Prescriber :**
Patient's ID :	**Ethnic :**	**Sex :** Male		**Scan date:**
Birth Date :	**Current Age :** 30 Years			**Analysis date :**

Whole Body

1



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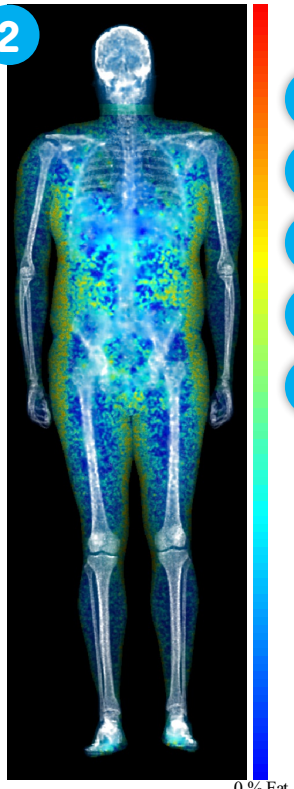
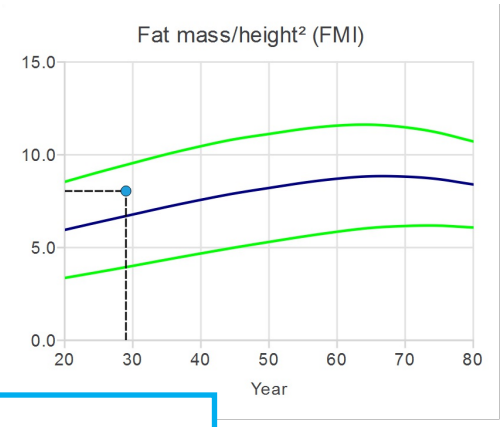


Tissue Composition

Composition indices

	Measure	Results
3	Total body weight (kg)	108.919
	Total body % Bone	3.2
	Total body % Lean	71.6
	Total body % Fat	25.3
4	BMC/Height² (g/m²)	1.0
	Fat mass/height² (kg/m²) (FMI)	8.0
5	Android/Gynoid % fat ratio	1.18
	Trunk/legs % fat ratio	1.88
	Trunk/limb fat mass ratio	1.43
6	Lean mass/height² (kg/m²)	22.8
	Skeletal lean mass index (kg/m²)	9.7
7	Basal metabolic rate (kcal/Day)	2105.4



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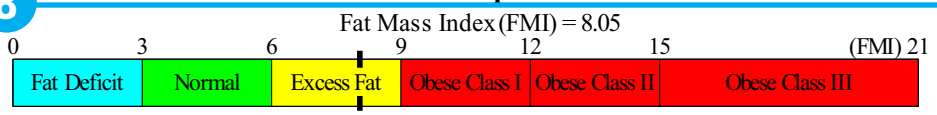

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Body composition

	Tissues (%Fat)	Tissues (g)	Fat (g)	Lean (g)	BMC (g)	Total mass (kg)
Left Arm	22.6	5683	1283	4400	255.2	5.9
Right Arm	23.4	5769	1351	4419	249.0	6.0
Left Ribs	28.4	18102	5141	12961	249.9	18.4
Right Ribs	28.2	17306	4877	12428	256.9	17.6
T Spine	23.4	584	136	448	28.2	0.6
LSpine	21.9	4672	1022	3649	204.5	4.9
Pelvis	27.8	16096	4480	11616	426.4	16.5
Left Leg	25.3	15936	4035	11901	653.9	16.6
Right Leg	25.6	16720	4285	12435	663.2	17.4
SubTotal	26.4	100868	26611	74257	2987.3	103.9
Head	20.1	4604	924	3680	459.6	5.1
Total	26.1	105472	27535	77937	3446.9	108.9
Android	33.4	9117	3041	6076	63.3	9.2
Gynoid	28.2	16307	4600	11706	363.2	16.7

UNDERSTANDING YOUR **DEXA BODY COMPOSITION SCAN**

1 TISSUE IMAGE

This image forms the basis of defining your body's soft tissue densities. It also divides your body into segments for more detailed analysis of each limb or torso region.

2 BODY COMPOSITION IMAGE

The image is refined greatly into a color spectrum based depiction of soft tissue densities. Cooler colours represent lean tissue and warmer colours represent fat tissue as shown on the spectrum bar with deep blue as 100% lean and bright red as 100% fat.

3 TOTAL BODY

TOTAL BODY WEIGHT (KG)

This measurement is the overall weight of your body, measured in kilograms.

TOTAL BODY % BONE

This measurement tells you what portion of your total body weight is made up of your bone mass or skeleton.

TOTAL BODY % LEAN

This measurement tells you what proportion of your total body weight is made up of your lean muscle mass.

TOTAL BODY % FAT

This measurement tells you what proportion of your total body weight is made up of fat.

SEE OVER FOR DEXA DEFINITIONS

4 BONE

BONE MINERAL CONTENT / HEIGHT² (G/M²)

This ratio accounts for your skeletal weight and height. Monitoring this value will help us identify changes in bone mass relative to stature.

5 FAT

Fat mass ratios provide a quick snapshot of how fat is distributed in our bodies. This is an individualised approach to understanding fat distribution relative to our total body composition. ***Refer to the Tissue image for regions.***

FAT MASS / HEIGHT² (KG/M²) (FMI)

FMI is a measure of your excess fat, not including your lean mass. FMI is different to BMI as it uses gender specific reference values:

FAT MASS INDICES 25-75TH %	Male	Female
Fat Mass Index	3 - 7	5 - 10

ANDROID / GYNOID % FAT RATIO

Android % Android fat is associated with unhealthy/visceral fat. It is concentrated in the abdominal region, lends itself to an 'apple shape,' and can be metabolically active. Ideally, Android % should be less than your Total Body Fat %.

Gynoid % Gynoid fat is concentrated in the hips, upper thighs, and buttocks. It is not necessarily unhealthy, but it is where excess fat deposits reside and results in a 'pear shape.'

The Android/Gynoid % Fat Ratio compares Android Fat to Gynoid Fat. ***The ideal ranges are below or equal to 1 for men and below or equal to 0.8 for women.***

TRUNK / LEGS % FAT RATION

This metric tells you what percentage of your total fat mass is concentrated in your legs. ***A good target window for all individuals is between 1.35 and 1.45.***

6 LEAN / MUSCLE

LEAN MASS/HEIGHT² (KG/M²)

LMI is a measure of your lean muscle mass, not including your fat mass. LMI uses gender specific reference values:

LEAN MASS INDICES 25-75TH %	Male	Female
Lean Mass Index	18 - 21	15 - 18

7 METABOLIC RATE

BASAL METABOLIC RATE (KCAL/DAY)

Basal Metabolic Rate is the daily minimum number of calories your body needs when at total rest. This is a nutritional baseline indicating the number of calories you need to intake to sustain lean tissue.

Increasing muscle mass will speed up your metabolic rate. A person with a high BMR can burn more calories at rest than a person with a low BMR. Depending on your goals, you will need a caloric deficit or surplus.

8 FMI = FAT MASS/HEIGHT^2

FAT MASS INDEX (FMI)

Fat mass index (FMI) is your total fat mass divided by your height squared. The strength of your fat mass index is that it is based purely on the absolute amount of fat in your body.

For example, if you put on a few kilos of muscle but your body fat remains unchanged, your FMI will stay the same. It only moves if the amount of fat you carry changes.

FAT MASS INDEX (FAT MASS/HEIGHT²)	
Women	5 – 9 kg/m2
Men	3 - 6 kg/m2

ADVANTAGES OF FMI

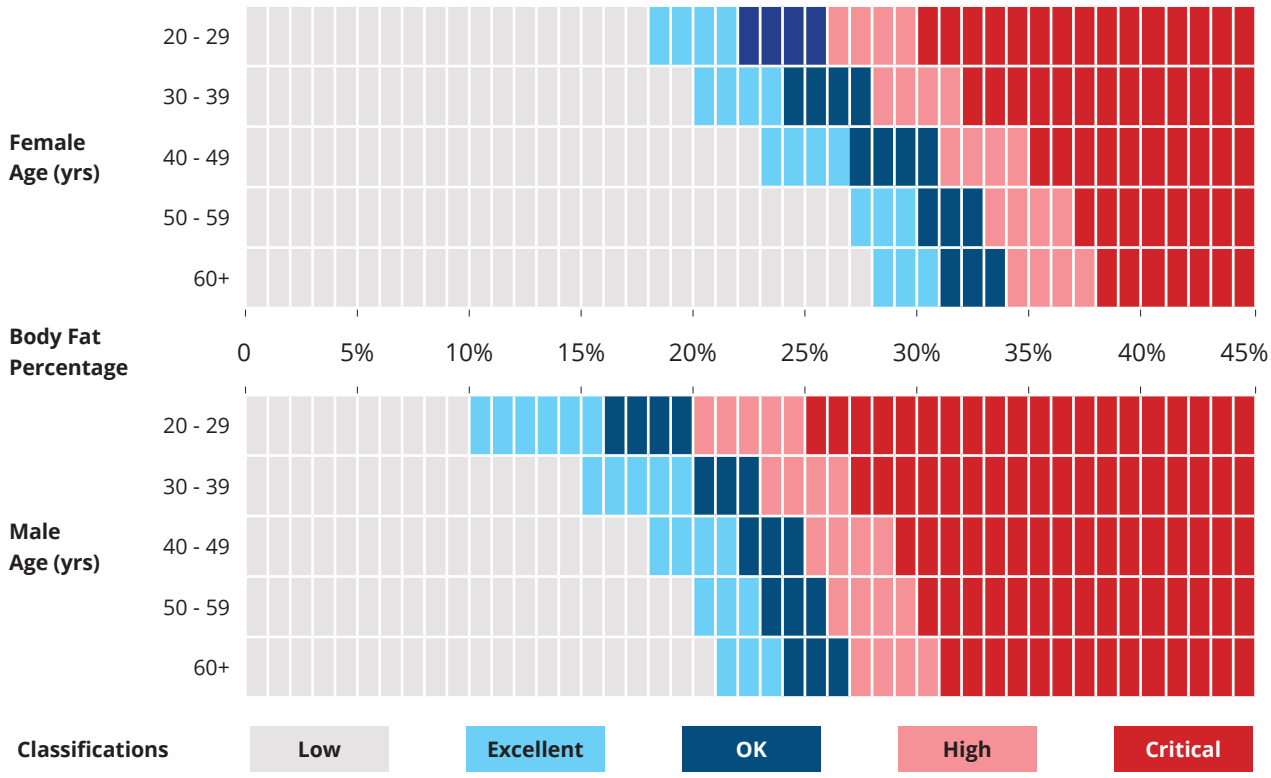
i) Measure of excess fat not confounded by lean mass
ii) Gender specific reference values ***(using NHANES calibration) .***

9 BODY COMPOSITION REGIONAL MEASUREMENTS

The Region of Interest (ROI) Table regionalises the measurements in your trunk, arms and legs, allowing you to assess muscle symmetry and specific regional changes in fat and muscle mass over time.

Arms will often have tissue imbalances up to 250 grams, while legs will have tissue imbalances up to 1kg.

+ BODY FAT % REFERENCE CHART



IF YOU'RE SERIOUS ABOUT IMPROVING YOUR HEALTH, FITNESS OR PHYSIQUE. GET AN ACCURATE BASELINE AND MONITOR YOUR PROGRESS.

A DEXA BODY COMPOSITION ASSESSMENT, ALONG WITH ADVICE FROM US CAN GIVE YOU INFORMATION TO HELP YOU MEASURE, MANAGE AND ULTIMATELY ACHIEVE YOUR GOALS. WE HAVE ACCREDITED PERSONAL TRAINERS, EXERCISE PHYSIOLOGISTS AND PHYSIOTHERAPISTS TO HELP YOU SUCCEED.

Holistic Physio Fitness is a leading injury and performance clinic located in Mona Vale on Sydney's Northern Beaches.

We use the highest quality DEXA scanner on the market. It measures your body composition (fat and muscle percentages) and bone mineral density (osteoporosis).

WE BELIEVE IN TAKING A MEDICAL APPROACH TO FITNESS AND WELL-BEING.

At **Holistic Physio Fitness**, we specialise in helping people improve their health using only the best medical-grade equipment. We believe in bringing the best therapies and technologies to our clients because we only get one body in this lifetime – and we think it's worth looking after!

Hospitals, clinics and allied health practices around Australia use these elite technologies and now we're bringing these directly to you.

WE OFFER INDIVIDUALISED SERVICES BY FULLY-ACCREDITED PROFESSIONALS.

Our philosophy is to provide individualised services for each client. We use the very best equipment and only employ highly qualified and fully-accredited staff to perform our tests, scans, and consultations.

The **Holistic Physio Fitness** medical approach to health and fitness has raised the standards of safety, professionalism and effectiveness within the fitness industry and is regarded as a leader in 'best practice' methodology.

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DEFINITIONS

MUSCLE MASS

The predicted weight of muscle in your body. As you exercise more, your muscle mass increases, which in turn burns more calories. Check your muscle mass rating against the desirable range.

BONE MASS

The predicted weight of bone mineral in your body.

It has been proven that increased muscle mass through sport activities promotes stronger healthier bones.

Check for significant changes over time.

FAT % / FAT MASS

Fat Mass is the weight of fat in your body. Fat % is the proportion of Fat to the total body weight.

Body Fat is essential for maintaining body temperature, cushioning joints and protecting internal organs. Yet, too much fat can damage your health. Reducing excess levels of body fat has shown to reduce the risk of certain conditions such as high blood pressure, heart disease, type 2 diabetes and cancer. Too little body fat may lead to irregular periods in women and infertility.

Check your body fat results against the healthy body fat ranges shown at the bottom of your printout.

FAT FREE MASS (FFM)

Fat Free Mass is comprised of non-fat components of the human body. Muscle, bone and water are all examples of fat free mass.

BODY MASS INDEX (BMI)

Body Mass Index is a standardised ratio of weight to height, and is used as a general indicator of health. BMI is a good general indicator for population studies but has serious limitations when used for individual analysis. Your BMI can be calculated by dividing your weight (in kilograms) by the square of your height (in metres):

<18.5	Under Weight
18.5 – 24.9	Normal Weight
25-29.9	Overweight
30>	Obese

FAT MASS INDEX (FMI)

Fat mass index (FMI) is your total fat mass divided by your height squared. The strength of your fat mass index is that it is based purely on the absolute amount of fat in your body.

Women	5 – 9 kg/m2
Men	3 – 6 kg/m2

VISCERAL FAT

Visceral fat is located deep in the abdominal area surrounding and protecting the vital organs.

Ensuring you have a low level of visceral fat reduces the risk of certain conditions such as heart disease, high blood pressure and type 2 diabetes.

BASAL METABOLIC RATE (BMR)

Basal Metabolic Rate is the daily minimum number of calories your body needs when at total rest.

Increasing muscle mass will speed up your metabolic rate. A person with a high BMR can burn more calories at rest than a person with a low BMR.

Check how efficient your body is at burning calories in the Basal Metabolic Rate (BMR) section of your report.

TRUNK/LIMB FAT

This compares the fat mass in your trunk, to the combined amount of fat mass in your arms and legs.
As the body is made up of five sections – the arms, the legs & the trunk, all having different composition values.
For example the internal organs occupy the trunk therefore its metabolic characteristics are different from the other parts of the body, because the trunk has a lower impedance resistance so it should be measured separately.

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