



Lunar iDXA

Fitness Institute of Texas

Bellmont Hall Rm 966

Austin, TX 78712

Phone: 512-471-0081

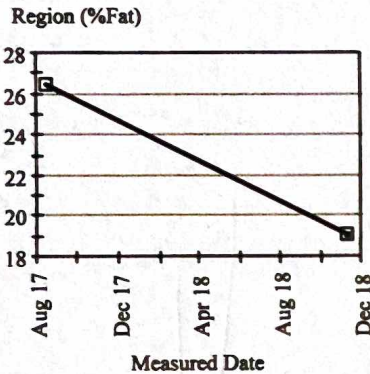
Client	Sex	Ethnicity	Birth Date	Height	Weight	Measured	Scanner Type
agp, 051874	Male	White	5/18/1974	72.5 in.	200.6 lbs.	11/9/2018	ME+210247

Body Composition History (Region: Total)

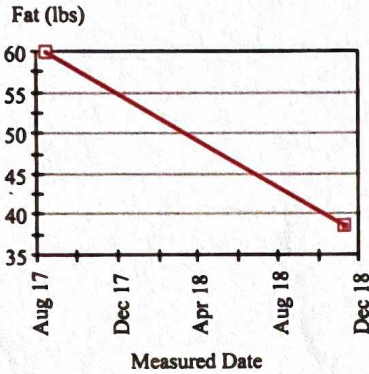
Measured Date	Total Mass (lbs)	Baseline (lbs)	Previous (lbs)	Change vs.			Lean Mass (lbs)	Baseline (lbs)	Previous (lbs)	Total Region %Fat (%)	BMC (lbs)
				Fat Mass (lbs)	Baseline (lbs)	Previous (lbs)					
8/16/2017	227.1	baseline	-	60.0	baseline	-	158.8	baseline	-	26.4	8.3
11/9/2018	202.5	-24.6	-24.6	38.6	-21.4	-21.4	155.4	-3.4	-3.4	19.1	8.5

BMC = Bone Mineral Content

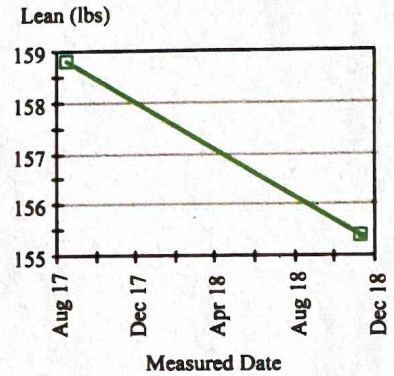
Total Body: Total



Total Body: Total



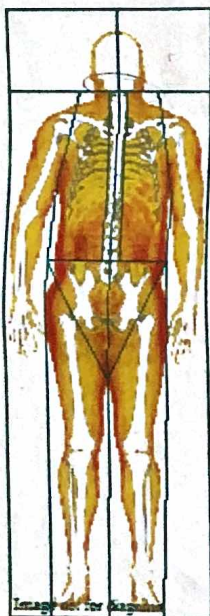
Total Body: Total



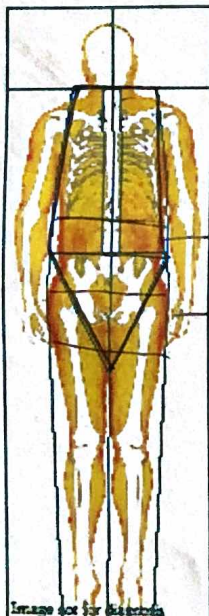
Composition Analysis

Color Coding

Bone Lean Fat



8/16/2017



11/9/2018

android/abs
gynoid/hips



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Body Composition History (Region: Arms)

Measured Date	Total Mass (lbs)	Change vs.		Fat Mass (lbs)	Change vs.		Lean Mass (lbs)	Change vs.		Region %Fat (%)	BMC (lbs)
		Baseline (lbs)	Previous (lbs)		Baseline (lbs)	Previous (lbs)		Baseline (lbs)	Previous (lbs)		
8/16/2017	29.7	baseline	-	4.8	baseline	-	23.7	baseline	-	16.1	1.2
11/9/2018	27.3	-2.4	-2.4	3.7	-1.1	-1.1	22.2	-1.5	-1.5	13.7	1.3

BMC = Bone Mineral Content

Body Composition History (Region: Legs)

Measured Date	Total Mass (lbs)	Change vs.		Fat Mass (lbs)	Change vs.		Lean Mass (lbs)	Change vs.		Region %Fat (%)	BMC (lbs)
		Baseline (lbs)	Previous (lbs)		Baseline (lbs)	Previous (lbs)		Baseline (lbs)	Previous (lbs)		
8/16/2017	69.6	baseline	-	13.3	baseline	-	53.3	baseline	-	19.1	3.0
11/9/2018	62.6	-7.0	-7.0	9.8	-3.5	-3.5	49.7	-3.6	-3.6	15.6	3.1

BMC = Bone Mineral Content

Body Composition History (Region: Trunk)

Measured Date	Total Mass (lbs)	Change vs.		Fat Mass (lbs)	Change vs.		Lean Mass (lbs)	Change vs.		Region %Fat (%)	BMC (lbs)
		Baseline (lbs)	Previous (lbs)		Baseline (lbs)	Previous (lbs)		Baseline (lbs)	Previous (lbs)		
8/16/2017	117.1	baseline	-	39.8	baseline	-	74.5	baseline	-	34.0	2.8
11/9/2018	101.8	-15.3	-15.3	23.0	-16.8	-16.8	76.0	1.5	1.5	22.6	2.7

BMC = Bone Mineral Content

Body Composition History (Region: Android)

Measured Date	Total Mass (lbs)	Change vs.		Fat Mass (lbs)	Change vs.		Lean Mass (lbs)	Change vs.		Region %Fat (%)	BMC (lbs)
		Baseline (lbs)	Previous (lbs)		Baseline (lbs)	Previous (lbs)		Baseline (lbs)	Previous (lbs)		
8/16/2017	18.8	baseline	-	7.2	baseline	-	11.4	baseline	-	38.5	0.2
11/9/2018	15.6	-3.2	-3.2	3.7	-3.5	-3.5	11.7	0.3	0.3	24.0	0.2

BMC = Bone Mineral Content

Body Composition History (Region: Gynoid)

Measured Date	Total Mass (lbs)	Change vs.		Fat Mass (lbs)	Change vs.		Lean Mass (lbs)	Change vs.		Region %Fat (%)	BMC (lbs)
		Baseline (lbs)	Previous (lbs)		Baseline (lbs)	Previous (lbs)		Baseline (lbs)	Previous (lbs)		
8/16/2017	35.7	baseline	-	8.5	baseline	-	26.2	baseline	-	23.9	0.9
11/9/2018	30.9	-4.8	-4.8	5.7	-2.8	-2.8	24.2	-2.0	-2.0	18.3	1.0

BMC = Bone Mineral Content

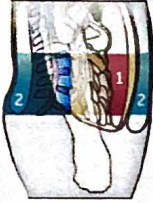


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Abdomen Composition

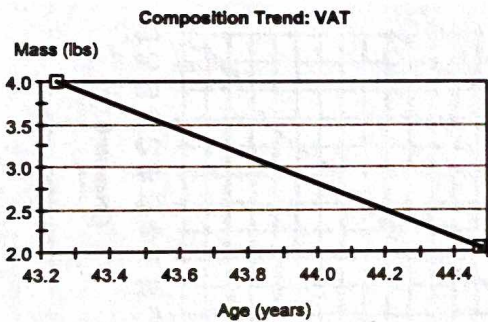


Adipose Tissue
 1 Visceral
 2 Subcutaneous

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.

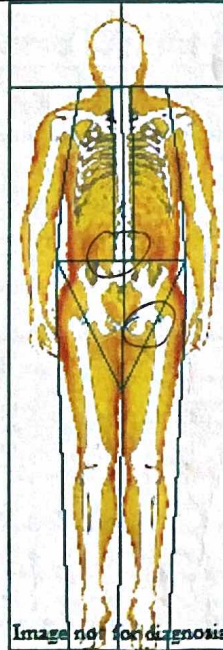
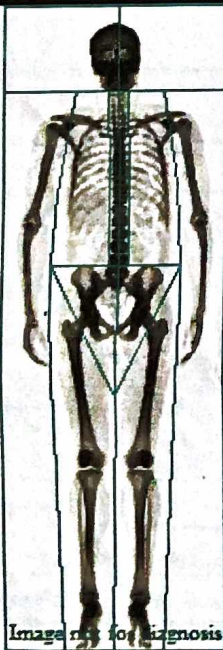
Visceral Adipose Tissue (VAT)



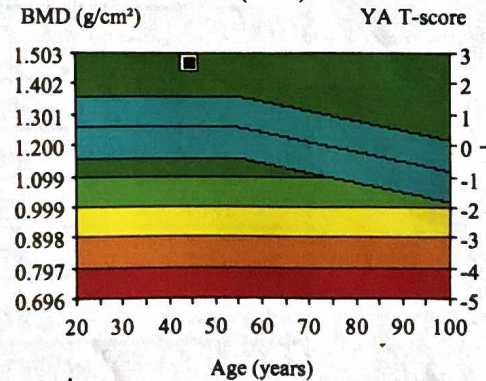
Date	Age	Fat Mass (lbs)	Volume (in ³)
8/16/2017	43.2	3.99	116.99
11/9/2018	44.4	2.05	60.13

alcohol. sugar

Total Body BMD



USA (Combined NHANES/Lunar) Total Body: Total (BMD)



*genetics
 diet
 bone loading*

Region	BMD g/cm ²	Young Adult T-score	Age Matched Z-score
Total	1.471 g/cm ²	2.7	2.1

20-30 year olds vs.

age gender ethnicity low

VAS