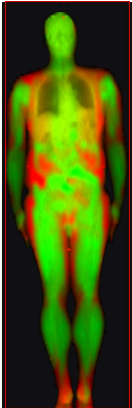




BODY SCORE



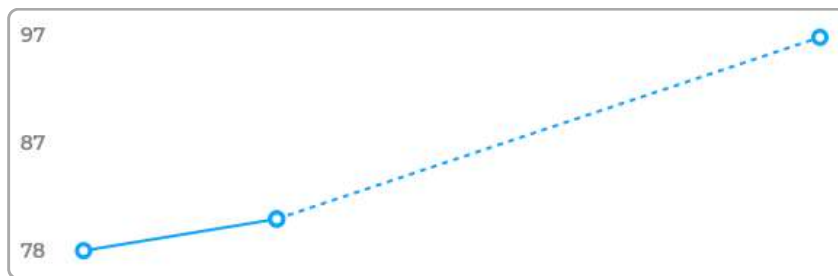
OVERALL, YOUR BODY COMP IS IN FAIR SHAPE

B-
Body Score

Updated on Feb 06, 2023
Suggested next visit in 88 days

At Risk  Optimized 

BODY HISTORY



ABOUT YOUR BODY SCORE

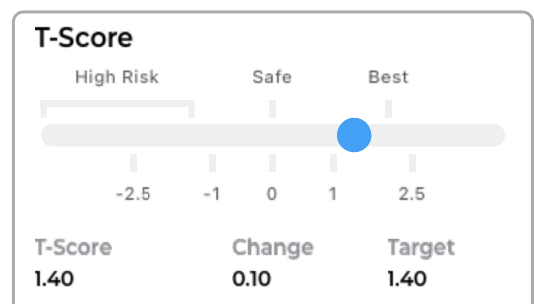
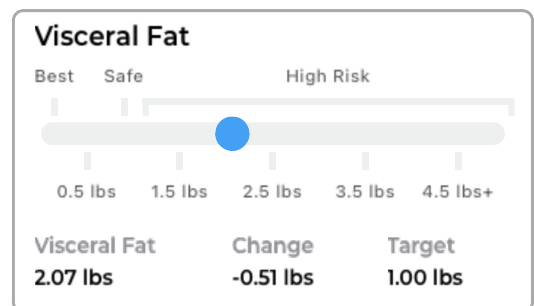
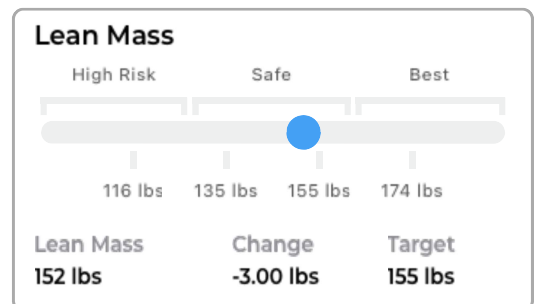
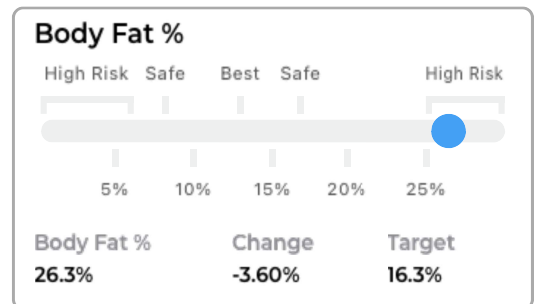
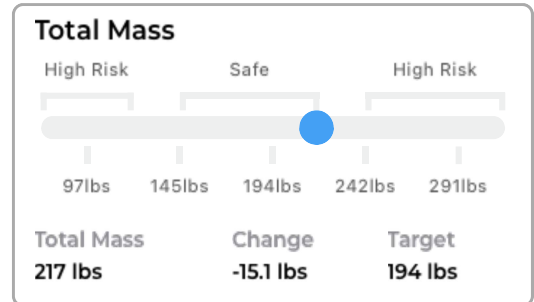
Because body fat % and BMI are incomplete indicators of health, your Body Score reflects the health of your body composition distribution vs body fat by itself. Like your grade school report card, your body score is a letter grade.

Your Score Factors determine your Body Score and include your body fat %, lean mass, total mass, visceral fat, and skeletal health (T-Score). Here you will find your current value, how it's changed since your last test (if applicable), and your target. You can set your own target in the app.

You will also see how your current value correlates with health risks. There are three categories here: "Best," "Safe," and "High Risk".

- "High Risk" means an increase in health risks, so pay close attention to this value if you find yourself here.
- "Safe" isn't necessarily good, but it's not highly correlated with increased risk.
- "Best" is where we want to be because it's the optimal range of peak performance.

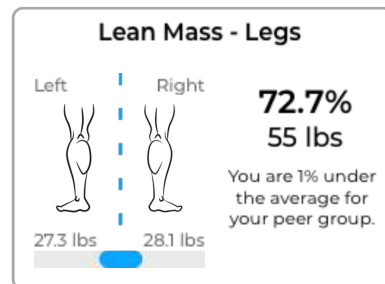
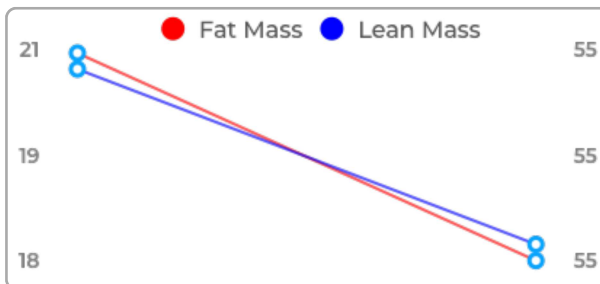
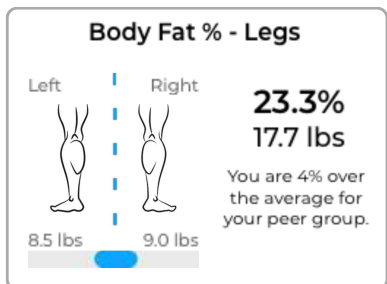
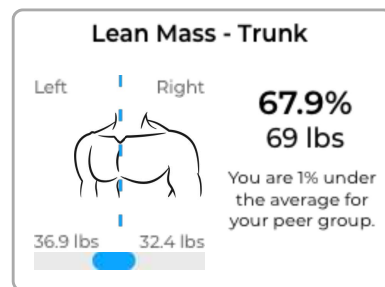
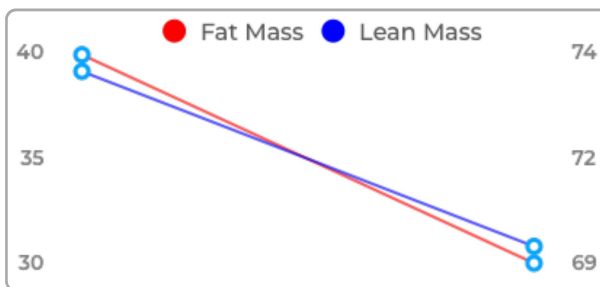
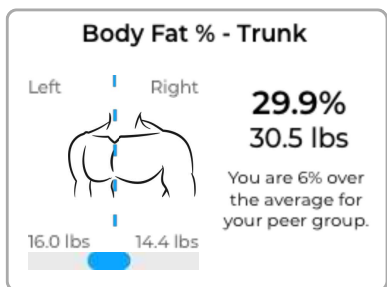
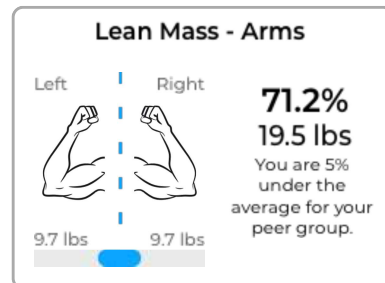
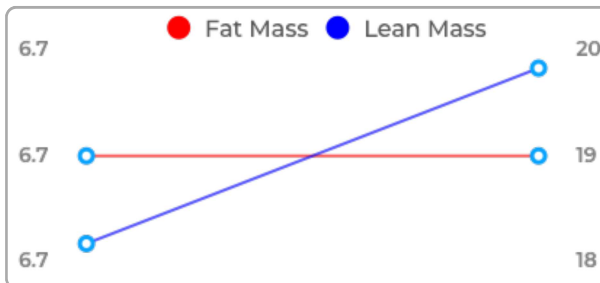
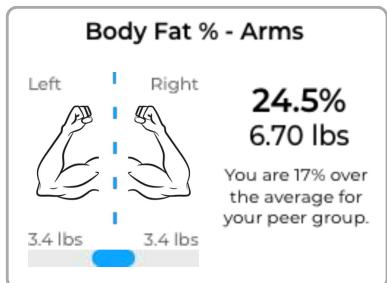
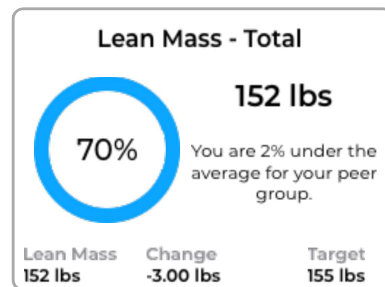
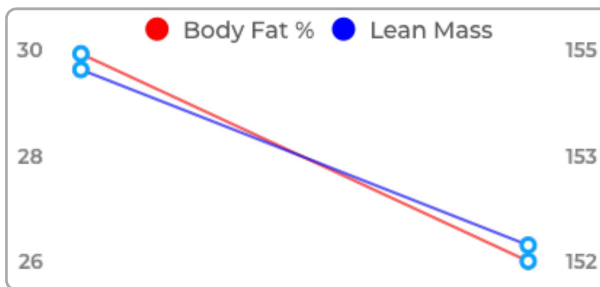
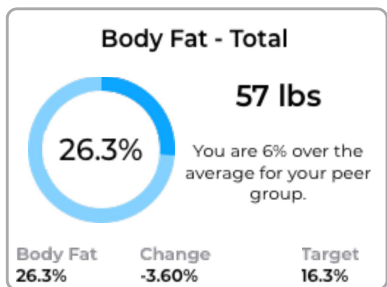
SCORE FACTORS



BODY FAT

TREND

LEAN MASS



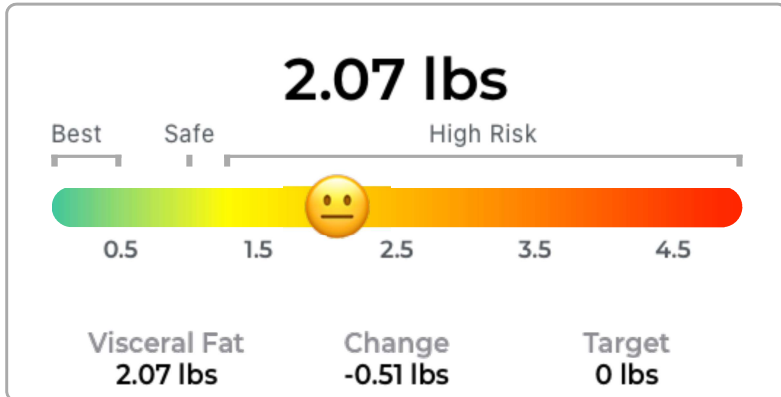
ABOUT YOUR BODY FAT

ABOUT YOUR LEAN MASS

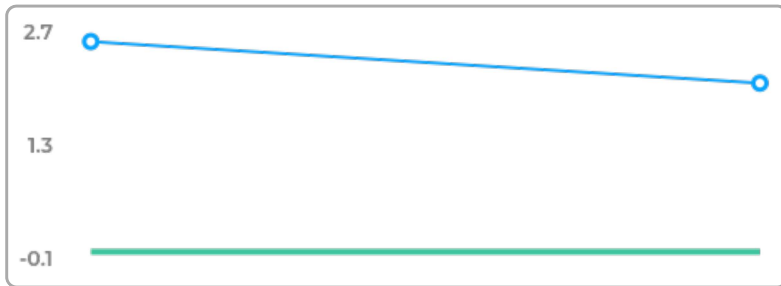
Your body fat includes essential body fat and storage body fat. Essential body fat is necessary to maintain life and reproductive functions. The percentage of essential body fat for women is greater than that for men, due to the demands of childbearing and other hormonal functions. Storage body fat consists 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.

Your lean body mass is a significant component of your DXA 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.

VISCERAL FAT



HISTORY

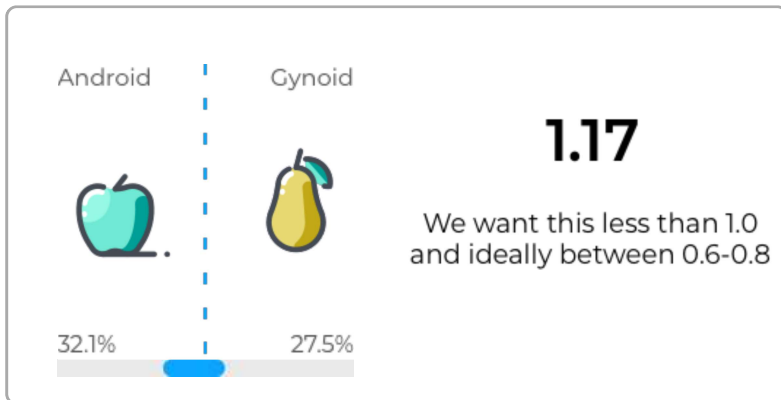


ABOUT YOUR VISCERAL FAT

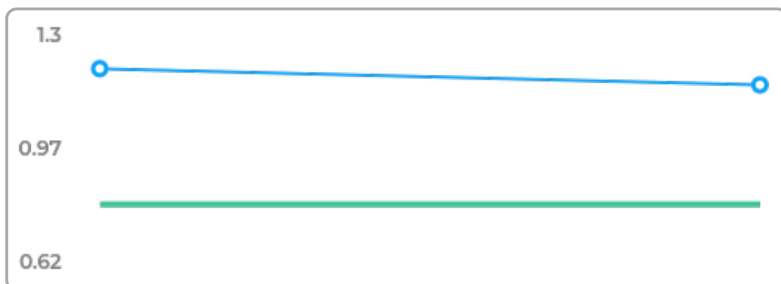
Your visceral fat is the nefarious fat located inside your abdominal cavity. It's packed between your organs (e.g., stomach, liver, intestines, kidneys, etc.). Visceral fat is different from subcutaneous fat layered underneath your skin, and intramuscular fat interspersed between your skeletal muscles.

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.

ANDROID/GYNOID RATIO (A/G RATIO)



HISTORY

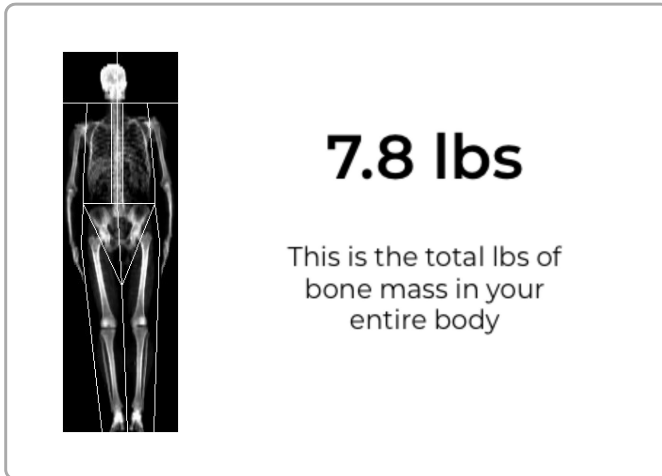


ABOUT YOUR A/G RATIO

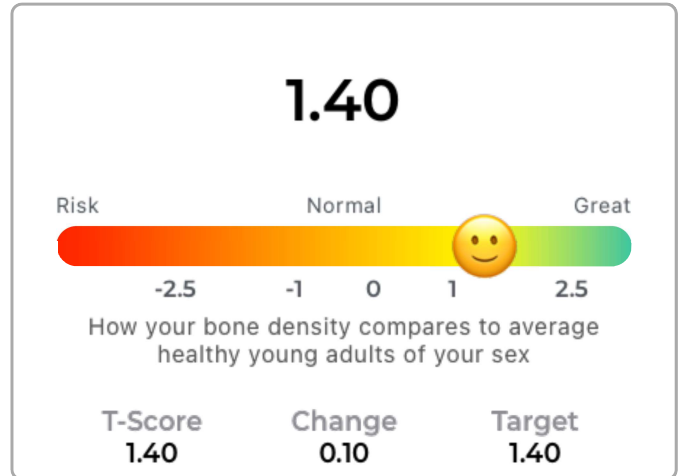
Android versus Gynoid Ratio, abbreviated to A/G Ratio, represents how your body fat is being stored proportionally across the body. Those that are "Apple" shaped store more fat around the belly and midsection whereas "Pear" shaped individuals store more fat around the hips and thighs region.

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.

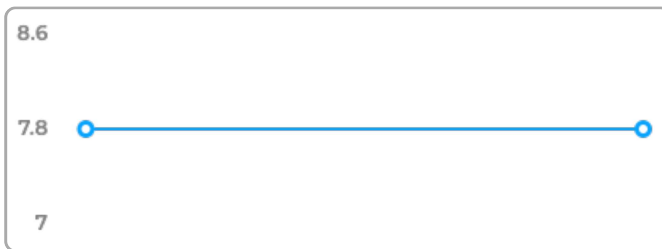
BONE MINERAL CONTENT (BMC)



T-SCORE



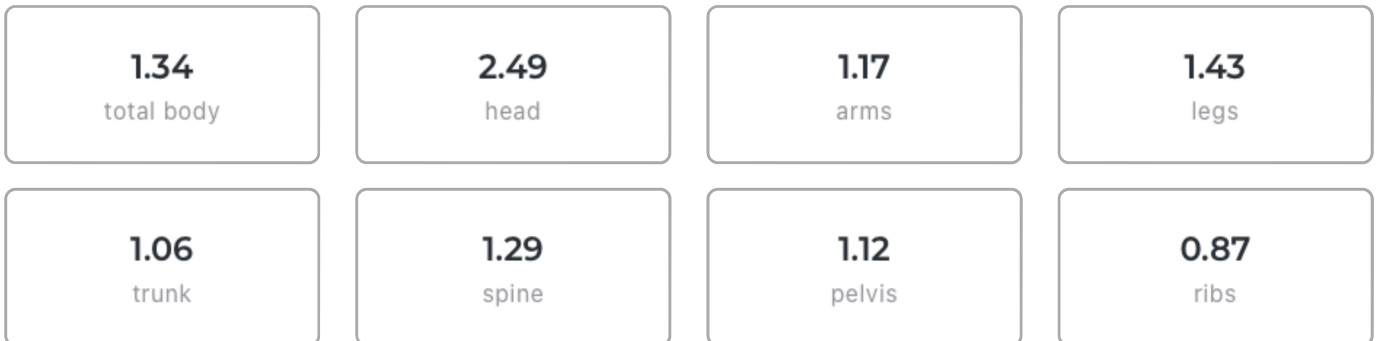
BMC HISTORY



T-SCORE HISTORY



BONE MINERAL DENSITY (BMD) - G/CM²



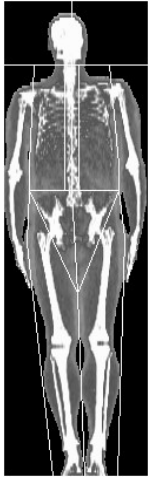
ABOUT YOUR SKELETAL HEALTH


A whole-body DEXA scan provides a great screening opportunity for bone density but does not replace the need for a site-specific bone density test at the lumbar spine or dual hip regions.


Pay attention to your total body T-Score more than total body BMC or BMD. A T-Score compares your current level of bone density to an average healthy young adult of your sex. It is a standard deviation measurement, with -1 to +1 being the normal range of one standard deviation and 0 being the average. The more positive your T-Score, the higher your bone density and lower your fracture risk; the more negative your T-Score, the lower your bone density and higher your fracture risk.


Along with your T-Score, you will find your total pounds of bone mineral content, or bone mass, along with bone mineral density. BMD is derived by dividing the BMC (g) by the area (cm²). Talk to your doctor if you're worried about your skeletal health.


SCAN HISTORY





 **Date:** 02/06/2023


 **Body Score:** B-

 **Total Mass:** 217 lbs


 **Lean Mass:** 152 lbs


 **Body Fat %:** 26.3 %


 **Visceral Fat:** 2.1 lbs


 **T-Score:** 1.4





 **Date:** 01/05/2023


 **Body Score:** C+

 **Total Mass:** 232 lbs

 **Lean Mass:** 155 lbs

 **Body Fat %:** 29.9 %

 **Visceral Fat:** 2.6 lbs

 **T-Score:** 1.3