



Lunar iDXA

Fitness Institute of Texas

Bellmont Hall Rm 966

Austin, TX 78712

Phone: 512-471-0081

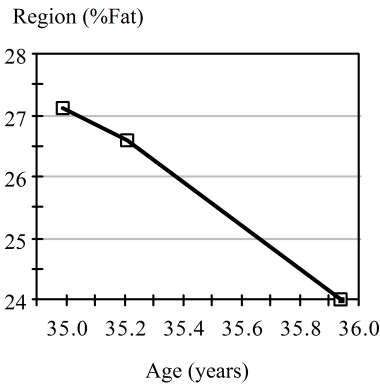
Client	Sex	Ethnicity	Birth Date	Height	Weight	Measured	Scanner Type
Doe, Jane	Female	White	05/23/1977	63.0 in.	117.2 lbs.	04/30/2013	ME+210247

Body Composition History (Region: Total)

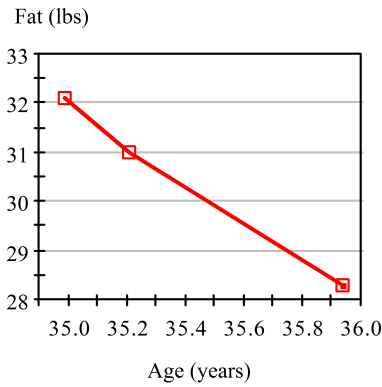
Measured Date	Change vs.			Change vs.			Change vs.			Total Region %Fat (%)	BMC (lbs)
	Total Mass (lbs)	Baseline (lbs)	Previous (lbs)	Fat Mass (lbs)	Baseline (lbs)	Previous (lbs)	Lean Mass (lbs)	Baseline (lbs)	Previous (lbs)		
05/18/2012	118.2	baseline	-	32.1	baseline	-	81.4	baseline	-	27.1	4.8
08/08/2012	116.6	-1.6	-1.6	31.0	-1.1	-1.1	80.8	-0.6	-0.6	26.6	4.8
04/30/2013	117.9	-0.3	1.3	28.3	-3.8	-2.7	84.7	3.3	3.9	24.0	4.9

BMC = Bone Mineral Content

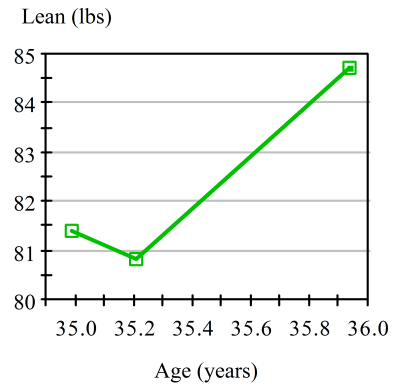
Total Body: Total



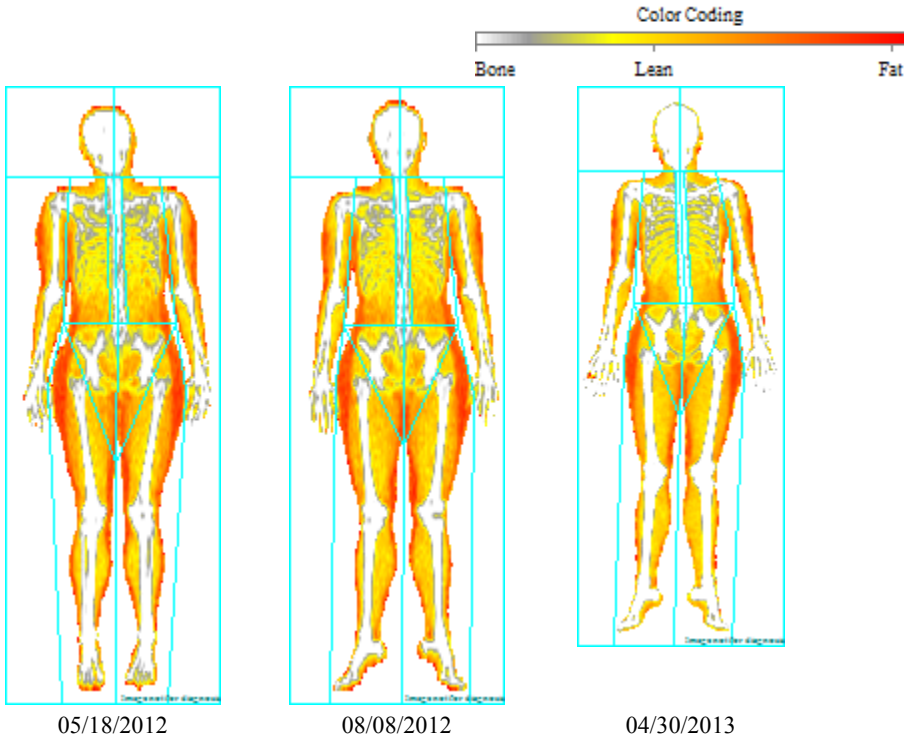
Total Body: Total



Total Body: Total



Compsition Analysis





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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)		
05/18/2012	13.1	baseline	-	3.5	baseline	-	8.9	baseline	-	26.5	0.7
08/08/2012	13.3	0.2	0.2	3.5	0.0	0.0	9.1	0.2	0.2	26.7	0.7
04/30/2013	13.4	0.3	0.1	3.4	-0.1	-0.1	9.3	0.4	0.2	25.4	0.7

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)		
05/18/2012	42.0	baseline	-	12.5	baseline	-	27.7	baseline	-	29.8	1.8
08/08/2012	43.1	1.1	1.1	11.7	-0.8	-0.8	29.6	1.9	1.9	27.2	1.8
04/30/2013	42.3	0.3	-0.8	10.9	-1.6	-0.8	29.7	2.0	0.1	25.6	1.8

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)		
05/18/2012	54.3	baseline	-	14.4	baseline	-	38.6	baseline	-	26.6	1.2
08/08/2012	51.4	-2.9	-2.9	14.1	-0.3	-0.3	36.1	-2.5	-2.5	27.5	1.2
04/30/2013	53.2	-1.1	1.8	12.4	-2.0	-1.7	39.6	1.0	3.5	23.2	1.2

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)		
05/18/2012	7.3	baseline	-	1.8	baseline	-	5.4	baseline	-	25.3	0.1
08/08/2012	7.1	-0.2	-0.2	2.0	0.2	0.2	5.0	-0.4	-0.4	28.3	0.1
04/30/2013	7.2	-0.1	0.1	1.7	-0.1	-0.3	5.4	0.0	0.4	23.1	0.1

BMC = Bone Mineral Content

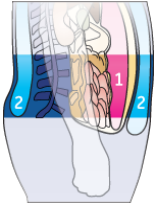
Body Composition History (Region: Gynoid)

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)		
05/18/2012	19.7	baseline	-	6.4	baseline	-	12.9	baseline	-	32.4	0.4
08/08/2012	19.4	-0.3	-0.3	6.0	-0.4	-0.4	13.0	0.1	0.1	31.0	0.5
04/30/2013	19.3	-0.4	-0.1	5.4	-1.0	-0.6	13.4	0.5	0.4	28.1	0.5

BMC = Bone Mineral Content



Abdomen Composition



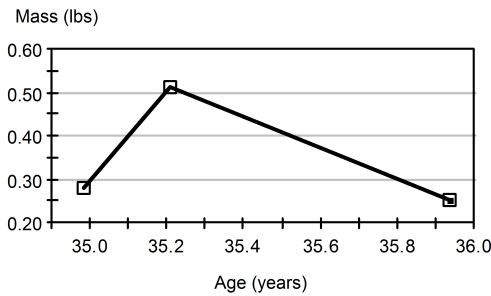
Adipose Tissue
 1 Visceral
 2 Subcutaneous

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.

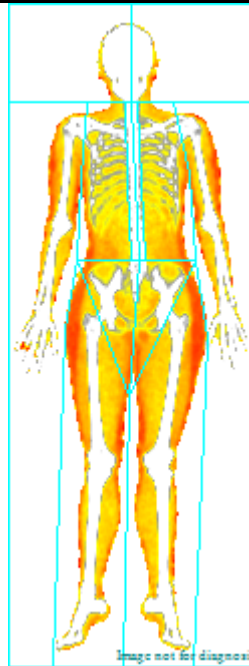
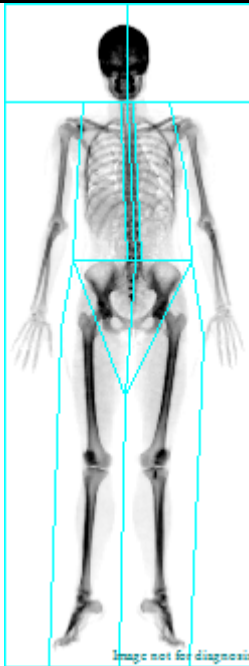
Visceral Adipose Tissue (VAT)

Composition Trend: VAT

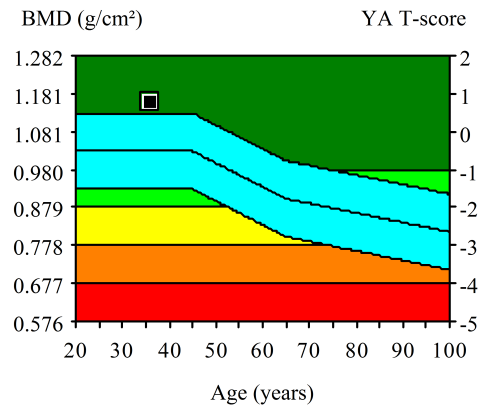


Date	Age	Fat Mass (lbs)	Volume (in ³)
05/18/2012	34.9	0.28	8.20
08/08/2012	35.2	0.51	14.98
04/30/2013	35.9	0.25	7.44

Total Body BMD



Total Body: Total (BMD)



Region

BMD
g/cm²

Young Adult
T-score

Age Matched
Z-score

Total

1.159 g/cm²

0.8

1.3