

Appalachian State University

1179 State Farm Rd.

Boone, NC 28607

Height: 64.1 in
Weight: 125.2 lb
Age: 22

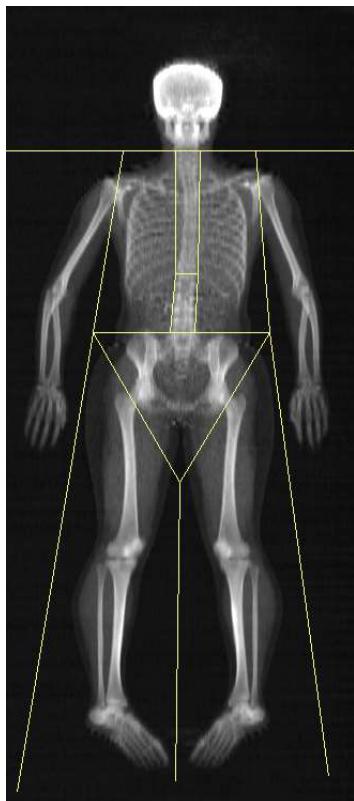
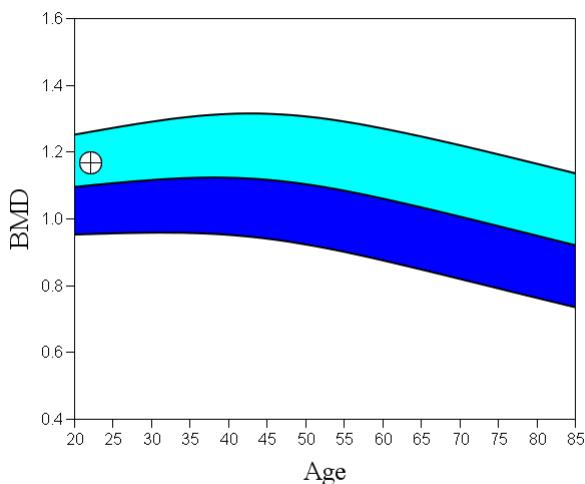


Image not for diagnostic use
 $k = 1.189$, $d_0 = 51.2$
327 x 150

Total



Scan Information:

Scan Date: March 15, 2019 ID: A0315190B
Scan Type: a Whole Body
Analysis: March 15, 2019 10:29 Version 13.6.0.5:3
Operator:
Model: Horizon A (S/N 301625M)
Comment:

DXA Results Summary:

Region	Area (cm ²)	BMC (g)	BMD (g/cm ²)	T - score	Z - score
L Arm	183.39	128.98	0.703		
R Arm	185.82	134.30	0.723		
L Ribs	135.11	87.12	0.645		
R Ribs	126.99	81.02	0.638		
T Spine	116.85	95.61	0.818		
L Spine	56.80	63.93	1.125		
Pelvis	213.00	247.36	1.161		
L Leg	312.41	342.35	1.096		
R Leg	330.26	362.15	1.097		
Subtotal	1660.62	1542.82	0.929		
Head	243.43	681.69	2.800		
Total	1904.05	2224.51	1.168		0.9

Total BMD CV 1.0%, ACF = 1.041, BCF = 1.012

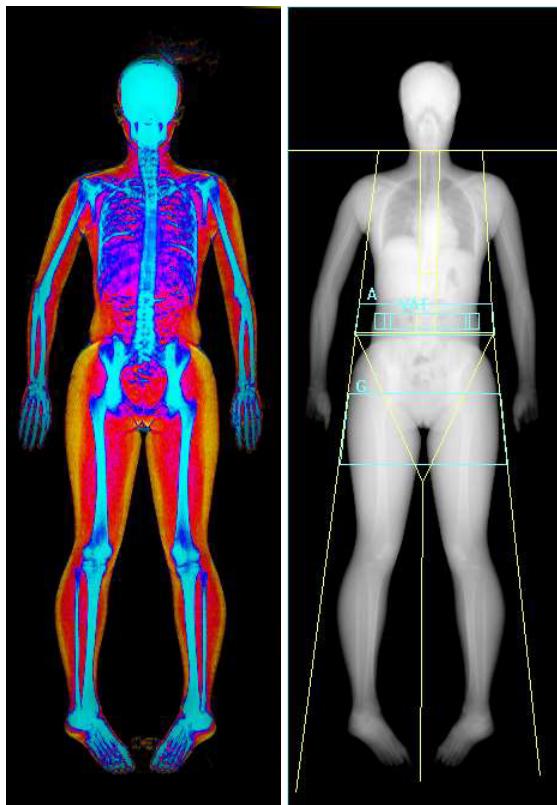
This is the weight
of your skeleton in
grams or 2.224
kilograms .

This is your total
body bone density.

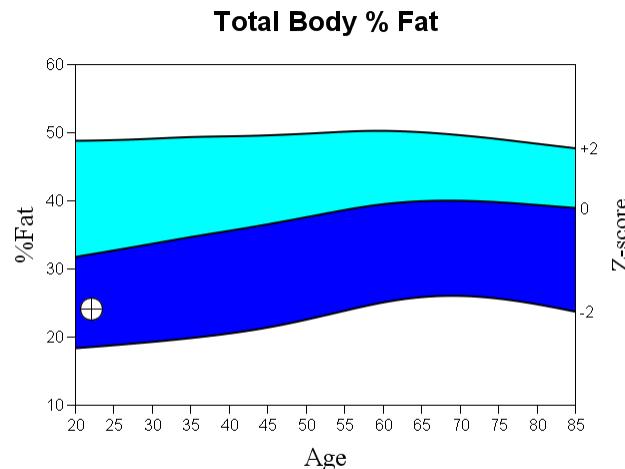
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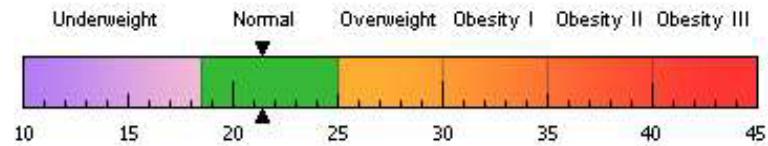


Images not for diagnostic use



Source: NHANES Classic White Female.

World Health Organization Body Mass Index Classification
BMI = 21.4 WHO Classification Normal



BMI has some limitations and an actual diagnosis of overweight or obesity should be made by a health professional. Obesity is associated with heart disease, certain types of cancer, type 2 diabetes, and other health risks. The higher a person's BMI is above 25, the greater their weight-related risks.

Body Composition Results

Region	Fat Mass (g)	Lean + BMC (g)	Total Mass (g)	% Fat	%Fat YN	Percentile AM
L Arm	841	1853	2694	31.2	28	30
R Arm	753	1992	2745	27.4	18	19
Trunk	4918	21281	26199	18.8	13	15
L Leg	3046	6808	9853	30.9	14	15
R Leg	3013	7384	10397	29.0	8	9
Subtotal	12571	39318	51888	24.2	12	13
Head	1056	3415	4471	23.6		
Total	13626	42733	56359	24.2	12	14
Android (A)	803	2526	3328	24.1		
Gynoid (G)	2788	6345	9133	30.5		

Android, is the distribution of fat tissue around the trunk and upper bod.
Gynoid, is the distribution of fat tissue around the hips and thighs.

Adipose Indices

Measure	Result	YN	Percentile AM
Total Body % Fat	24.2	12	14
Fat Mass/Height ² (kg/m ²)	5.14	16	19
Android/Gynoid Ratio	0.79		
% Fat Trunk/% Fat Legs	0.63	25	28
Trunk/Limb Fat Mass Ratio	0.64	29	33
Est. VAT Mass (g)	187		
Est. VAT Volume (cm ³)	202		
Est. VAT Area (cm ²)	38.7		

Lean Indices

Measure	Result	YN	Percentile AM
Lean/Height ² (kg/m ²)	15.3	37	39
Appen. Lean/Height ² (kg/m ²)	6.44	36	36

Est. VAT = Estimated Visceral Adipose Tissue
YN = Young Normal
AM = Age Matched

Visceral Adipose Tissue (VAT), is a hormonally active component of total body fat.

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Auto Whole Body Fan Beam

Operator:

Model: Horizon A (S/N 301625M)

Comment:

These two columns allow you to see specific regional changes in fat mass and muscle mass.

DXA Results Summary:

Region	BMC (g)	Fat Mass (g)	Lean Mass (g)	Lean + BMC (g)	Total Mass (g)	% Fat
L Arm	128.98	840.8	1724.3	1853.3	2694.1	31.2
R Arm	134.30	753.1	1857.7	1992.0	2745.2	27.4
Trunk	575.04	4918.2	20705.9	21280.9	26199.1	18.8
L Leg	342.35	3045.5	6465.2	6807.6	9853.1	30.9
R Leg	362.15	3013.0	7021.5	7383.7	10396.7	29.0
Subtotal	1542.82	12570.6	37774.7	39317.5	51888.2	24.2
Head	681.69	1055.5	2733.4	3415.1	4470.6	23.6
Total	2224.51	13626.1	40508.1	42732.6	56358.7	24.2

TBAR1209

This is the total amount of body fat mass in grams or 13.626 kilograms.

This is your total muscle mass in grams or 40.508 kilograms.

This is the weight of everything in our body except fat. This is also known as fat free mass.

This is your overall mass or weight, 56.358 kilograms.

Total body fat percentage is shown here.