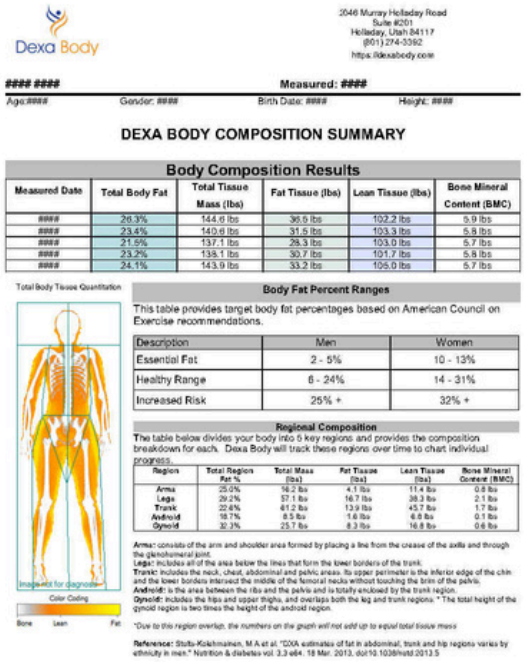
DEXA SCREENING

7:00AM to 4:00PM

MONDAY, DECEMBER 15, 2025

Salt River Community Bldg
1880 N. Longmore Rd. Scottsdale, AZ



Dexa Body

2046 Murray Holladay Road
Suite #201
Holladay, Utah 84117
(801) 274-3392
https://dexabody.com

Measured:

Age:#### Gender: #### Birth Date: #### Height: ####

DEXA BODY COMPOSITION SUMMARY

Body Composition Results

Measured Date	Total Body Fat	Total Tissue Mass (lbs)	Fat Tissue (lbs)	Lean Tissue (lbs)	Bone Mineral Content (BMC)
####	26.3%	144.6 lbs	38.5 lbs	102.2 lbs	5.9 lbs
####	23.4%	140.6 lbs	31.5 lbs	103.3 lbs	5.8 lbs
####	21.5%	137.1 lbs	29.3 lbs	103.0 lbs	5.7 lbs
####	23.2%	138.1 lbs	30.7 lbs	101.7 lbs	5.8 lbs
####	24.1%	143.9 lbs	33.2 lbs	105.0 lbs	5.7 lbs

Total Body Tissue Quantification

Image not for diagnosis

Color Coding

Bone Lean Fat

Body Fat Percent Ranges

This table provides target body fat percentages based on American Council on Exercise recommendations.

Description	Men	Women
Essential Fat	2 - 5%	10 - 13%
Healthy Range	6 - 24%	14 - 31%
Increased Risk	25% +	32% +

Regional Composition

The table below divides your body into 5 key regions and provides the composition breakdown for each. Dexa Body will track these regions over time to chart individual progress.

Region	Total Region Fat %	Total Mass (lbs)	Fat Tissue (lbs)	Lean Tissue (lbs)	Bone Mineral Content (BMC)
Arms	25.0%	16.2 lbs	4.1 lbs	11.4 lbs	0.8 lbs
Legs	29.2%	57.1 lbs	16.7 lbs	38.3 lbs	2.1 lbs
Trunk	22.6%	61.2 lbs	13.9 lbs	45.7 lbs	1.7 lbs
Android	18.7%	8.5 lbs	1.6 lbs	6.8 lbs	0.1 lbs
Gynoid	32.3%	25.7 lbs	8.3 lbs	16.8 lbs	0.6 lbs

Arms: consists of the arm and shoulder area formed by placing a line from the crease of the axilla and through the glenohumeral joint.
Legs: includes all of the area below the lines that form the lower borders of the trunk.
Trunk: includes the neck, chest, abdominal and pelvic areas. Its upper perimeter is the inferior edge of the chin and the lower borders intersect the middle of the femoral necks without touching the trim of the pelvis.
Android: is the area between the ribs and the pelvis and is totally enclosed by the trunk region.
Gynoid: includes the hips and upper thighs, and overlaps both the leg and trunk regions. * The total height of the gynoid region is two times the height of the android region.

*Due to this region overlap, the numbers on the graph will not add up to equal total tissue mass

Reference: Stults-Kolehmainen, M A et al. "DXA estimates of fat in abdominal, trunk and hip regions varies by ethnicity in men." Nutrition & diabetes vol. 3,3 e64. 18 Mar. 2013, doi:10.1038/nutd.2013.5

WHAT IS A DEXA SCAN?

"The dual energy x-ray absorptiometry (DXA) scan measures body composition (the amount of fat and lean (non-fat) tissue and bone in the body. The scan does require you to lie flat on your back and still for up to 10-minutes. The Dexa Body Composition Analysis Scan will provide you with a detailed report and a consultation with a WellPath Coach that provides an overview of your results and comparison for change since previous DXA scans. Your report and consultation will include:

The total weight and percent of body weight from

- body fat
- muscle mass and muscle symmetry
- bone
- Regional composition (i.e. How much fat, lean, and bone in arms, legs, trunk, etc.)
- Images of bone, lean, and fat tissue

Baseline measurements to be compared to subsequent scans over time, especially after there has been a considerable change in body weight or lifestyle.

Subsequent scans can help evaluate the quality of diet and/or exercise programs.

To schedule your DEXA appointment, please email WellPath with time options between 7:00AM and 4:00PM that work best for you.

WELLNESS@SRPMIC-NSN.GOV
WWW.SRPMIC-NSN.GOV/WELLPATH/