



## YOUR PRESCRIPTION FOR A HEALTHIER LIFE

17000 El Camino Real, Suite 104C, Houston, TX 77058 Phone: (281) 241-7125

<b>Patient:</b> Doe, John	<b>Age:</b> 38.7 years	<b>Referring Physician:</b> (Not Specified)
<b>Birth Date:</b> 11/13/1980	<b>Weight:</b> 217.0 lbs.	<b>Patient ID:</b> (not specified)
<b>Height:</b> 73.0 in.	<b>Ethnicity:</b> Hispanic	<b>Measured:</b> 05/24/2019 01:19:22 AM (16 [SP 1])
<b>Sex:</b> Male		<b>Analyzed:</b> 05/24/2019 01:19:23 AM (16 [SP 1])

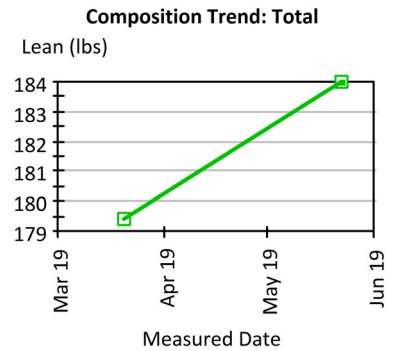
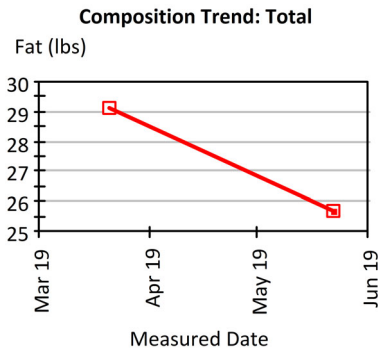
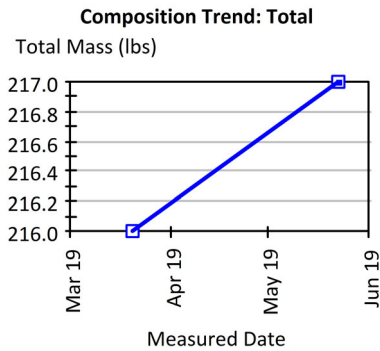
### Body Composition Analysis (BCA)

DXA or DEXA is a three component model, it quantifies three primary metrics: Bone, Fat & Lean Tissue. These components are then organized into additional metrics which are depicted throughout your report. **Total Mass** = Measured Weight it's the sum of your Fat, Lean & BMC. **Fat Tissue** = All Fat Mass including items like brain, bone marrow, ect. **Lean Tissue** = Muscle Mass, Organs, Blood and Stomach Contents. **BMC** = Bone Mineral Content; generally 3 - 5% of the total. **Fat Free** = the total of Lean Tissue and BMC.

Measured Date	Total Body Fat %	Total Mass (lbs)	Fat Tissue (lbs)	Lean Tissue (lbs)	BMC (lbs)	Fat Free (lbs)
05/24/2019	11.8	217.0	25.7	184.0	7.3	191.3 lbs
03/20/2019	13.5	216.0	29.1	179.4	7.5	186.9 lbs

### Body Composition History (Region: Total)

Measured Date	Total Mass (lbs)	Change vs.		Fat Mass (lbs)	Change vs.		Lean Mass (lbs)	Change vs.	
		Baseline (lbs)	Previous (lbs)		Baseline (lbs)	Previous (lbs)		Baseline (lbs)	Previous (lbs)
(e) 05/24/2019	217.0	1.0	1.0	25.7	-3.4	-3.4	184.0	4.6	4.6
(e) 03/20/2019	216.0	baseline	-	29.1	baseline	-	179.4	baseline	-



### Regional Body Composition Analysis

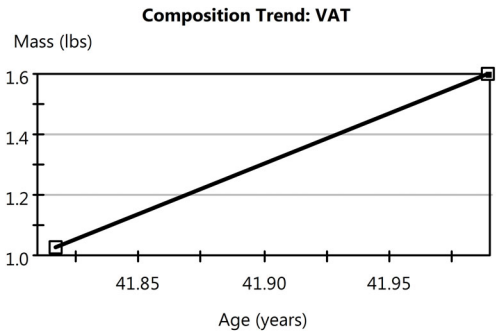
The regional body composition report below shows the 5 key regions of your body including your arms, legs, trunk, android (abdomen) and gynoid (hips region) metric and displays the composition analysis for each region.

Region	Total Fat %	Total Mass (lbs)	Fat Tissue (lbs)	Lean Tissue (lbs)	BMC (lbs)	Fat Free (lbs)
Arms	9.1%	32.2	2.9 lbs	28.0 lbs	1.3 lbs	29.2 lbs
Legs	13.8%	61.9	8.6 lbs	50.6 lbs	2.7 lbs	53.3 lbs
Trunk	10.8%	112.0	12.1 lbs	97.7 lbs	2.1 lbs	99.8 lbs
Android	10.7%	16.9	1.8 lbs	14.9 lbs	0.2 lbs	15.1 lbs
Gynoid	13.0%	31.5	4.1 lbs	26.6 lbs	0.8 lbs	27.4 lbs
<b>Total</b>	<b>11.8%</b>	<b>217.0</b>	<b>25.7 lbs</b>	<b>184.0 lbs</b>	<b>7.3 lbs</b>	<b>191.3 lbs</b>



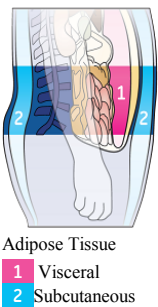
**YOUR PERScription FOR A HEATHIER LIFE**

**Visceral Adipose Tissue (VAT)**



Date	Age	Fat Mass (lbs)	Volume (in <sup>3</sup> )
05/24/2019	41.9	1.60	<b>46.81</b>
03/20/2019	41.8	1.03	<b>30.26</b>

**How does your VAT volume compare?**



Ideal   Healthy	Increased Risk   High	At Risk   Very High
<b>0.00 to 52.00</b>	<b>52.15 to 112.10</b>	<b>112.10 +</b>
A VAT volume (in <sup>3</sup> ) between the level listed above is considered a healthy range. Continue to practice exercise and a balanced diet.	If your VAT volume (in <sup>3</sup> ) is between the level listed above you are considered to be at an increase risk. Within this range, you may consider improving your diet and increasing exercise.	If your VAT volume (in <sup>3</sup> ) is at or above the level listed above your risk may be considered high. If you are within this range you may consider consulting your physician.

**What is Visceral Adipose Tissue (VAT)?**

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.

**A/G Body Fat Distribution**

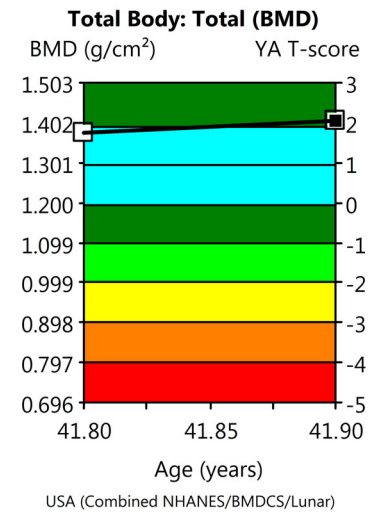
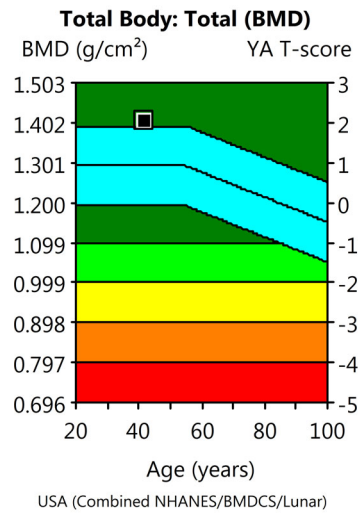
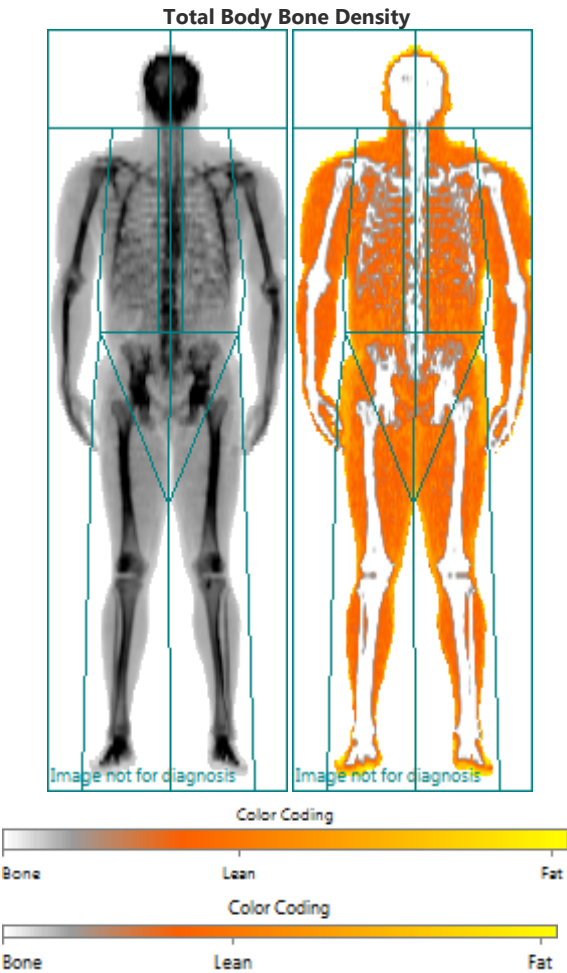
Measure Date	Android	Gynoid	A/G Ratio
	Android fat is concentrated in the lower abdominal region.	Gynoid fat is concentrated in the hips, upper thighs and buttocks.	For optimal distribution, Android fat % should be less than your total body fat % and your A/G should be less than 1.0
05/24/2019	<b>10.7%</b>	<b>13.0%</b>	<b>0.81</b>
03/20/2019	<b>14.7%</b>	<b>13.6%</b>	<b>1.06</b>



**YOUR PERScription FOR A HEATHIER LIFE**

**Total Body Bone Density Report**

Bone Density is critically important to our overall health & physical capability. Good, holistic nutrition is essential to maximizing peak bone mass, which is typically achieved between your mid to late thirties. Then, as we continue to age, our bones start to naturally deteriorate through a process called fibrosis, where bone structure slowly converts to fibrous tissue. Keep in mind that this measurement is of Total Body Bone Density and cannot be compared apples to apples versus what is referred to as a DEXA Bone Density, which consists of measurements of your left / right femoral neck and AP Spine (L1-L4). A DEXA Bone Density is the standard exam for observing the potential risk for Osteopenia and Osteoporosis and is typically referred by your physician.



<b>Densitometry: USA (Combined NHANES/BMDCS/Lunar) (Enhanced Analysis)</b>			
<b>Region</b>	<b>BMD (g/cm<sup>2</sup>)</b>	<b>YA T-score</b>	<b>AM Z-score</b>
Head	2.377	-	-
(e) Arms	1.318	-	-
Legs	1.488	-	-
Trunk	1.123	-	-
Ribs	0.856	-	-
Spine	1.450	-	-
Pelvis	1.220	-	-
(e) Total	1.406	2.0	1.1



**YOUR PRESCRIPTION FOR A HEALTHIER LIFE**

**Muscle Mass Balance Analysis**

The table below regionalizes your arms and legs to assess muscle symmetry. Arms will often have tissue imbalances up to 0.5 lbs, while legs will have tissue imbalances up to 1.5 lbs. Live Lean Rx looks at movement efficiency because a better balanced body composition improves overall physical capability, especially relating to functional movements.

Left / Right Side	Date	Lean Mass (lbs)	Lean %	Fat Mass (lbs)	Fat %	Total Mass (lbs)
Arms Total	05/24/2019	28.0	87.0	2.9	9.1	32.2
	03/20/2019	27.3	86.3	3.0	9.6	31.6
Right Arm	05/24/2019	14.0	87.0	1.5	9.1	16.1
	03/20/2019	13.6	86.3	1.5	9.6	15.8
Left Arm	05/24/2019	14.0	87.0	1.5	9.1	16.1
	03/20/2019	13.6	86.3	1.5	9.6	15.8
<b>Arms Difference</b>	<b>05/24/2019</b>	<b>0.0 lbs</b>	<b>0.0%</b>	<b>0.0 lbs</b>	<b>0.0%</b>	<b>0.0%</b>
	<b>03/20/2019</b>	<b>0.0 lbs</b>	<b>0.0%</b>	<b>0.0 lbs</b>	<b>0.0%</b>	<b>0.0%</b>
Legs Total	05/24/2019	50.6	81.7	8.6	13.8	61.9
	03/20/2019	51.5	82.3	8.3	13.2	62.6
Right Leg	05/24/2019	25.7	81.7	4.3	13.8	31.4
	03/20/2019	26.3	83.1	3.9	12.5	31.6
Left Leg	05/24/2019	24.9	81.7	4.2	13.8	30.5
	03/20/2019	25.3	81.5	4.4	14.1	31.0
<b>Legs Difference</b>	<b>05/24/2019</b>	<b>0.8 lbs</b>	<b>3.1%</b>	<b>0.1 lbs</b>	<b>0.0%</b>	<b>3.1%</b>
	<b>03/20/2019</b>	<b>1.0 lbs</b>	<b>3.9%</b>	<b>-0.4 lbs</b>	<b>-1.6%</b>	<b>1.8%</b>



**YOUR PERSCRIPTION FOR A HEATHIER LIFE**

**Body Composition Trending Report**

The following graphs show how different regions of your body have changed over time. This image and table shows how your body's muscle development and body fat in each area has responded to your training and/or nutrition program. Each individual will gain and lose lean tissue differently. Live Lean Rx will continue to track these regions with each subsequent scan.



Measured Date	Total Mass (lbs)	Total Fat (%)	Total Fat (lbs)	Total Lean (lbs)	Trunk Fat (lbs)	Trunk Lean (lbs)	Arms Fat (lbs)	Arms Lean (lbs)	Legs Fat (lbs)	Legs Lean (lbs)
05/24/2019	217.0	11.8%	25.7	184.0	12.1	97.7	2.9	28.0	8.6	50.6
03/20/2019	216.0	13.5%	29.1	179.4	15.8	93.3	3.0	27.3	8.3	51.5