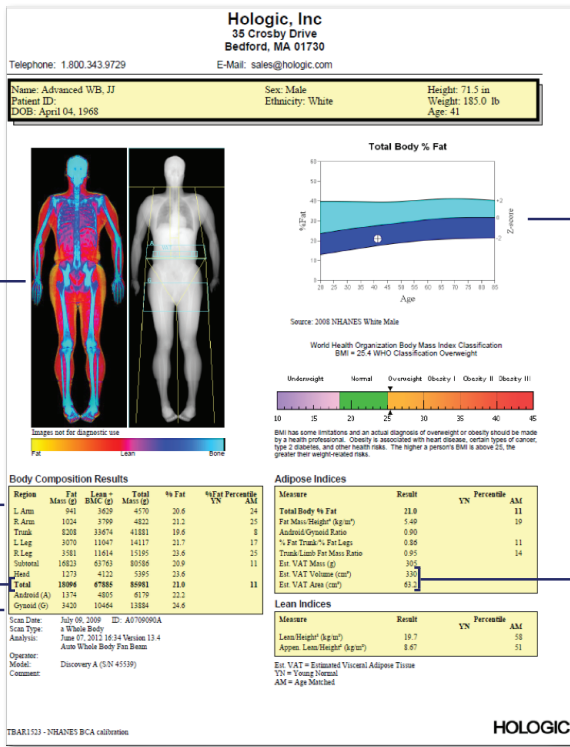


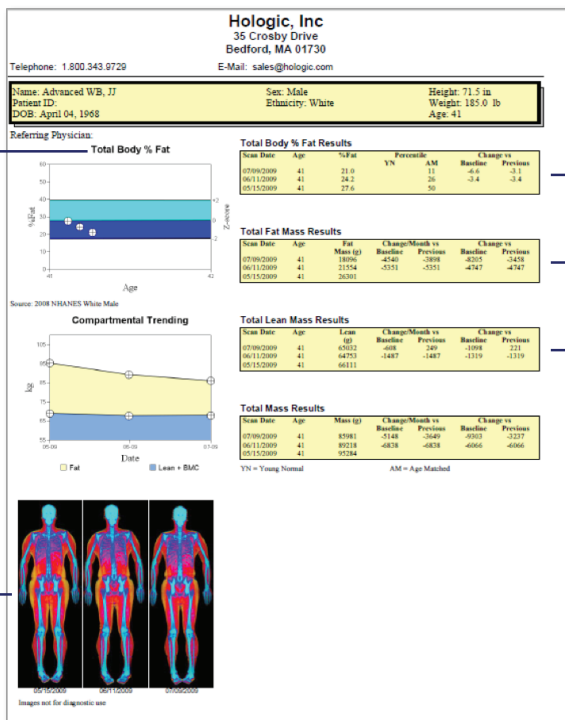
Advanced Body Composition® Report



Legend

1. Visual image of precise location of bone, lean mass, and fat mass
2. Plot of % Body Fat compared to age group
3. Precise Fat Mass, Lean Mass, and % Body Fat measurements of each area:
 - Left Arm
 - Right Arm
 - Torso (Trunk)
 - Abdomen (Android)
 - Hips (Gynoid)
 - Left Leg
 - Right Leg
4. Calculation of Total Mass, Fat Mass, and Lean Mass to give overall % Body Fat
5. Estimated amount of visceral fat (the type of fat around internal organs associated with medical disorders such as metabolic syndrome, cardiovascular disease, and type 2 diabetes).

Track % Body Fat, Fat Mass and Lean Mass values over time



Legend

1. Graph of % Body Fat values over time
2. % Body Fat values over time
3. Fat Mass values over time
4. Lean Mass values over time
5. Visual comparison over time of changes in bone, lean mass, and fat mass

Excellence in body composition & bone density analysis

Bone Density Testing High Definition Instant Vertebral Assessment Body Composition Assessment Visceral Fat Assessment

	Actual	Ideal Fat mass	Competition Goal (based on height)			
			Bikini	Fitness	Figure	Physique
Total Body Fat %	21.6%	11.4 kg to 20.5 kg	17.1%	14.8%	12.6%	11.1%
Fat mass	12.0 kg		8.4	7.2	6.3	5.7
Fat Free mass	43.4 kg		40.8	41.5	43.3	45.6
Total DEXA Weight	55.3 kg		49.3	48.7	49.6	51.3
Body Mass Index	24.3 kg/m2		21.6	21.4	21.8	22.5
Fat Mass Index	5.2 kg/m2		3.7	3.2	2.8	2.5
Fat Free Mass Index	19.0 kg/m2		17.9	18.2	19.0	20.0

Android = waist region Gynoid = hips region
Lean = muscle, organs + fluids
BMC = bone mineral contents
Fat free mass = Lean + BMC = Everything but fat

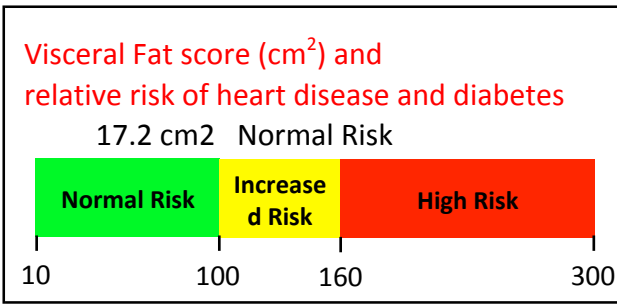
** (Goal to be used as a guide in conjunction with your trainer.
For novice competitors allow upto an additional 2-4% BF
NB: Fat mass range are within fat mass deficit ranges and usually during competition phase)

Based on a range of 5 prediction equations, your resting metabolic rate is (calories per day): **1176 to 1450**

Your daily caloric need is based on your resting metabolic rate and the appropriate activity factor.

Activity Level	Factor	Daily Caloric Need**	Calories to lose weight (* 15.0% Calorie deficit)	Calories to gain weight (* 15.0% Calorie surplus)
Sedentary	1.2	1411 to 1740	1199 to 1479	1623 to 2001
Light	1.4	1617 to 1994	1374 to 1695	1859 to 2293
Moderate	1.6	1822 to 2248	1549 to 1911	2096 to 2585
Vigorous	1.7	2028 to 2502	1724 to 2126	2332 to 2877
Extreme	1.9	2234 to 2755	1899 to 2342	2569 to 3169

NB: *RMR does not take into consideration Thyroid issues, certain hormones, supplements and drugs which affect Metabolic Rate. ACSM recommends that calorie levels never drop below 1200 calories per day for women or 1800 calories per day for men



A DEXA visceral fat estimate has a very close correlation with CT scanning. Visceral fat is the unseen toxic fat that surrounds the internal organs. A DEXA reading above 100cm² indicates an increased health risk, while above 160cm² is high risk.

Even individuals with normal body weight and a BMI below 25 can have significant accumulations of visceral fat.

Body Composition Calibration: 2 methods available: a) Recommended NHANES or b) pre-NHANES (gives lower reading)

TBAR 1209 NHANES BCA % Body fat 21.6% Conversion to TBAR 1209 (Pre-NHANES) % Body fat 17.4%

* Please note that other DEXA systems and body composition assessments have different calibration and therefore prevent direct numerical comparison of results. Follow up is strongly recommended on the same machine with the same calibration.

DISCLAIMER: The information provided is for informational purposes. You should not use this report to diagnose a medical condition or disease and diagnosis of any medical condition or disease should be made by a health professional. Whilst all reasonable care has been taken in the preparation of this report no liability is assumed for any errors or omissions.

Body DEXA Fit

Shop 2, 76 Keilor Rd Essendon North 3041

E-Mail: info@bodydexafit.com.au Mob: 0409 647 886 ph: 03 9374 3392

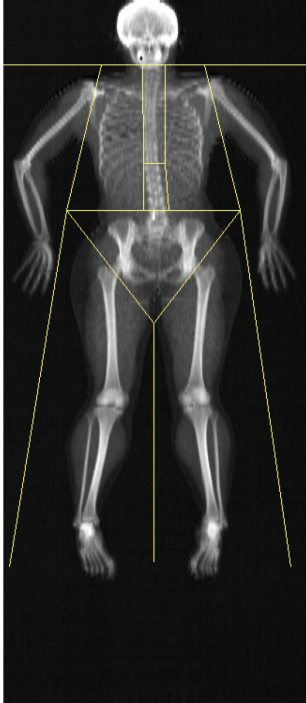
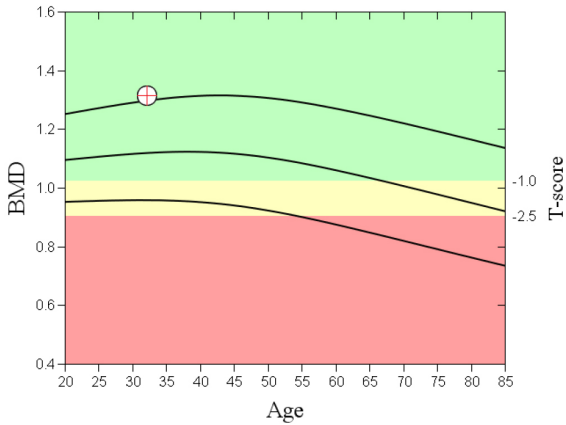


Image not for diagnostic use
 k = 1.184, d0 = 46.7
 327 x 150
 DAP: 13.1 cGy*cm²

Total



Scan Information:

Scan Date: 19 July 2015 ID: A07191509
 Scan Type: a Whole Body
 Analysis: 19 July 2015 10:04 Version 13.5.3:3
 Auto Whole Body Fan Beam
 Operator:
 Model: Discovery A (S/N 86884)
 Comment:

DXA Results Summary:

Region	Area (cm ²)	BMC (g)	BMD (g/cm ²)	T-score	PR (%)	Z-score	AM (%)
L Arm	158.53	124.40	0.785				
R Arm	165.81	129.09	0.779				
L Ribs	92.61	63.69	0.688				
R Ribs	75.62	47.82	0.632				
T Spine	97.06	84.91	0.875				
L Spine	48.12	43.58	0.906				
Pelvis	213.12	293.63	1.378				
L Leg	305.73	407.87	1.334				
R Leg	298.45	384.61	1.289				
Subtotal	1455.07	1579.60	1.086				
Head	213.53	614.16	2.876				
Total	1668.60	2193.76	1.315	2.4	119	2.2	118

Total BMD CV 1.0%, ACF = 1.039, BCF = 1.013