

PATIENT OVERVIEW

Ali, Chloe

SEX
Female

DOB
14 May 1990

SCAN DATE
09 Feb 2024

METABOLIC RISK SCORE

1 - 8

5

MODERATE RISK

LOW HIGH

Moderate metabolic risk. DEXA score based on VAT area, total body fat %, android/gynoid ratio, and ALMI.

87.0 kg / 182.6 cm / 1822 kcal (RMR)

FAT

WHAT WE TRACK	WHY IT MATTERS	YOUR METRIC	HOW IT RATES
Body fat	Healthy levels support hormone production. Excess raises risk of cardiovascular disease and diabetes.	22.7%	You have lower body fat than most peers Optimal: <23% Suboptimal: >30%
Fat mass index	Fat mass relative to height. Lower values often align with better metabolic profile and healthy aging.	5.94	Low relative fat mass Optimal: 5 - 9 Suboptimal: >9
Visceral fat area	Deep abdominal fat marker. Excess is linked to type 2 diabetes, heart disease, and fatty liver.	134 cm ²	Normal abdominal risk zone Optimal: <70 Suboptimal: >90
Android/Gynoid	Compares abdominal and hip-thigh fat distribution. Lower is usually better for long-term health.	1.05	Distribution ratio

FAT MASS RECOMMENDATIONS

Your fat mass profile is favorable; the main job is maintenance.

- Maintain your current training and nutrition pattern instead of cycling through aggressive bulk and cut phases.
- Keep at least 150 minutes per week of aerobic activity plus regular strength work to hold this range.
- Recheck trends at future DEXA scans so small upward drifts are corrected early.

VISCERAL FAT RECOMMENDATIONS

Central fat is the clearest near-term cardiometabolic target on this scan.

- Make waist reduction a priority with 150 to 300 minutes per week of aerobic activity and 2 to 3 strength sessions.
- Favor a Mediterranean-style eating pattern and be especially strict with sugary drinks, frequent alcohol, and late-night excess calories.
- Review blood pressure, fasting lipids, glucose or HbA1c, and liver enzymes with your clinician if they have not been checked recently.

MUSCLE

Lean mass index	Size-normalized amount of lean mass. Lets you compare muscle status across people of different heights.	23.1 lean mass: 67.2 kg	You have more lean mass than peers Suboptimal: <15 Optimal: >17
ALMI	Appendicular Lean Mass Index measures muscle in arms and legs adjusted for height.	11.37 ALM: 33.5 kg	You have strong limb muscle Suboptimal: <6 Optimal: >7.5 Legs: track L/R trend Arms: track L/R trend
Lean asymmetry	Difference in muscle between left and right sides; larger gaps can signal imbalance or injury risk.	3.2%	Low asymmetry (balanced) Optimal: <4% Suboptimal: >10% Legs: 1.9% L<R Arms: 4.5% L<R

LEAN MASS RECOMMENDATIONS

Lean mass is a strength on this scan; the aim is to protect it.

- Maintain 2 to 3 strength sessions per week with progressive overload and adequate recovery.
- Keep protein intake consistent so future fat loss does not erode muscle.
- Monitor side-to-side balance and add unilateral work if one limb starts to fall behind.

BONE

TOTAL BODY Z SCORE
(HEAD EXCLUDED)

Standardized whole-body bone mineral density score relative to peers of your age and sex.

0.45

You have higher bone density than 67% of your peers

N/A



BONE HEALTH RECOMMENDATIONS

Bone status is a relative strength, and the goal is to keep it that way.

- Continue regular weight-bearing and resistance training to maintain skeletal loading.
- Aim for about 1000 mg of calcium per day and 400 to 800 IU per day; food first is preferred, with supplements only as needed to close the gap.
- Protect this advantage by avoiding smoking, keeping alcohol modest, and staying consistent with training and recovery.

Comparisons are benchmarked against age and sex matched NHANES cohorts for consistent longitudinal tracking.

THIS REPORT IS NOT A MEDICAL DIAGNOSIS