

# Washington Institute of Sports Medicine

12707 120th Avenue, NE, Suite 100

Kirkland, WA 98034

Telephone: (425) 820-2110

E-Mail: info@washington-institute.com

Fax: (425) 820-2111

David E

Sex: Male

Height: 73.0 in

Patient ID:

Ethnicity: White

Weight: 164.4 lb

DOB: November 17, 1977

Age: 33

Referring Physician:

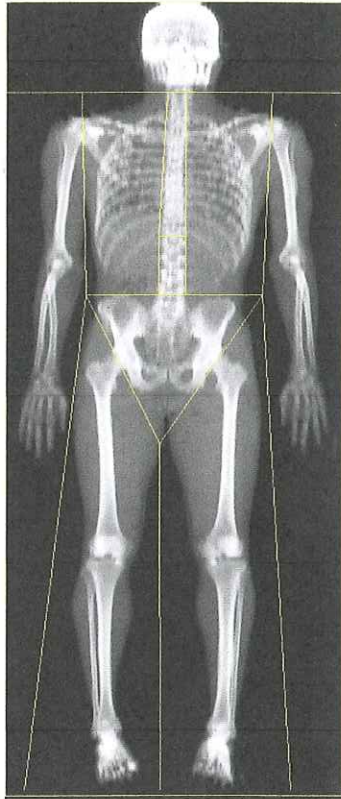


Image not for diagnostic use  
k = 1.182, d0 = 46.3  
0 x 0

## Scan Information:

Scan Date: September 16, 2011 ID: A09161107

Scan Type: a Whole Body

Analysis: September 16, 2011 12:41 Version 13.3:7  
Auto Whole Body

Operator: Lisa

Model: Discovery W (S/N 85565)

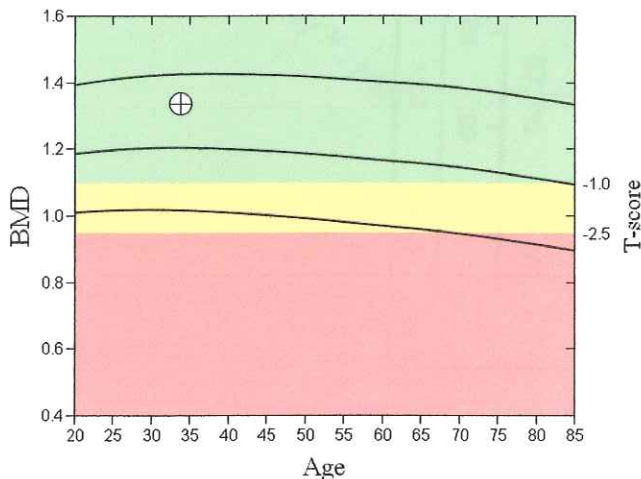
Comment:

*Compared to 30yr*  
*age matched*

## DXA Results Summary:

Region	Area (cm <sup>2</sup> )	BMC (g)	BMD (g/cm <sup>2</sup> )	T - score	Z - score
L Arm	240.44	225.20	0.937		
R Arm	248.65	224.18	0.902		
L Ribs	163.42	149.59	0.915		
R Ribs	169.68	146.73	0.865		
T Spine	134.88	159.30	1.181		
L Spine	65.68	73.44	1.118		
Pelvis	288.53	366.13	1.269		
L Leg	433.58	636.39	1.468		
R Leg	437.10	660.65	1.511		
Subtotal	2181.96	2641.59	1.211		
Head	283.45	652.81	2.303		
<b>Total</b>	<b>2465.41</b>	<b>3294.40</b>	<b>1.336</b>	<b>1.3</b>	<b>1.2</b>

## Total



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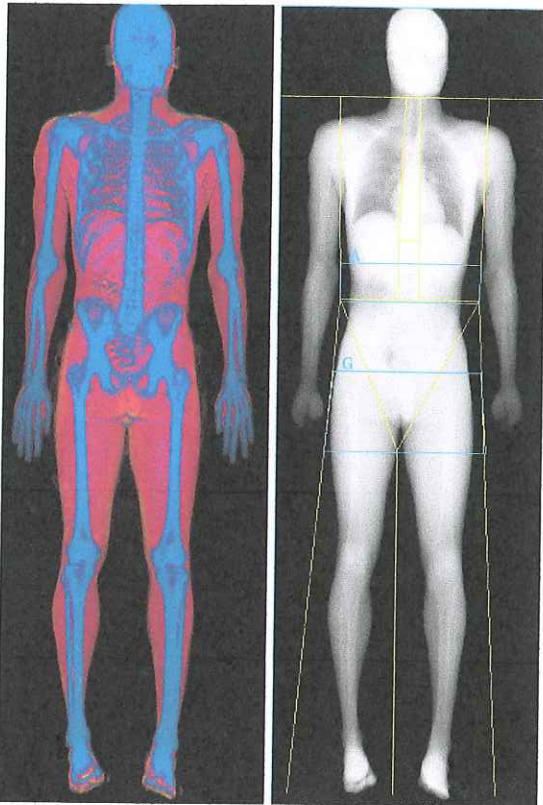
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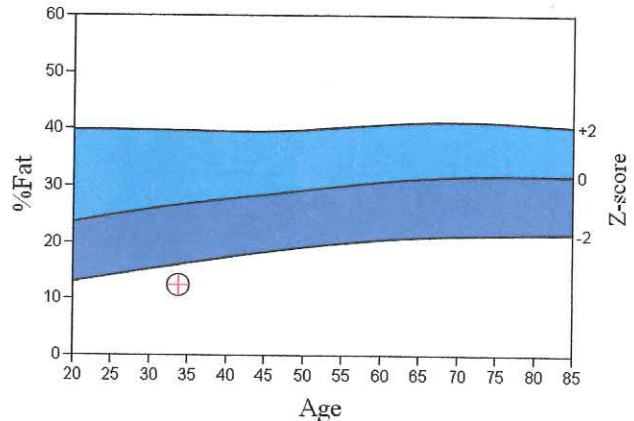
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Images not for diagnostic use



## Total Body % Fat



Source: 2008 NHANES White Male

World Health Organization Body Mass Index Classification  
BMI = 21.7 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 Percentile YN	Percentile AM
L Arm	468	3985	4453	10.5		
R Arm	437	4178	4614	9.46		
Trunk	3817	29963	33779	11.3		
L Leg	1554	11787	13341	11.6		
R Leg	1612	11284	12897	12.5		
Subtotal	7888	61197	69085	11.4		
Head	1281	4393	5674	22.6		
<b>Total</b>	<b>9169</b>	<b>65590</b>	<b>74759</b>	<b>12.3</b>	<b>1</b>	<b>1</b>
Android (A)	530	4060	4590	11.6		
Gynoid (G)	1565	10033	11597	13.5		

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## Adipose Indices

Measure	Result	Percentile YN	Percentile AM
<b>Total Body % Fat</b>	<b>12.3</b>	<b>1</b>	<b>1</b>
Fat Mass/Height <sup>2</sup> (kg/m <sup>2</sup> )	2.67	2	1
Android/Gynoid Ratio	0.86		
% Fat Trunk/% Fat Legs	0.94	51	32
Trunk/Limb Fat Mass Ratio	0.94	37	20

## Lean + BMC Indices

Measure	Result	Percentile YN	Percentile AM
(Lean + BMC)/Height <sup>2</sup> (kg/m <sup>2</sup> )	19.1	46	38
Appen. (Lean + BMC)/Height <sup>2</sup> (kg/m <sup>2</sup> )	9.08	54	50

YN = Young Normal  
AM = Age Matched



Name: David

	Fat Mass (g)	Lean + BMC (g)	Total Mass (g)	Fat Mass (lbs)	Lean + BMC (lbs)	Total Mass (lbs)
L. Arm	468	3985	4453	1.0	8.8	9.8
R. Arm	437	4178	4615	1.0	9.2	10.2
Trunk	3818	29963	33781	8.4	66.1	74.5
L Leg	1554	11787	13341	3.4	26.0	29.4
R Leg	1612	11284	12896	3.6	24.9	28.4
Subtotal	7888	61197	69085	17.4	134.9	152.3
Head	1281	4393	5674	2.8	9.7	12.5
<b>Total</b>	<b>9169</b>	<b>65590</b>	<b>74759</b>	<b>20.2</b>	<b>144.6</b>	<b>164.8</b>
Android	530	4060	4590	1.2	9.0	10.1
Gynoid	1565	10033	11598	3.5	22.1	25.6

Total Mass on Scale (lbs)
164.4

Percent Error

-0.3%

Name: David

DXA Measured Weight:	164.8 lbs	74.75 kgs
DXA LBW	144.6	
Essential FAT (e FAT)	6.6	
Core Body: LBW + e FAT	151.2 lbs	68.58 kgs
Storage Fat Mass	13.6 lbs	6.17 kgs
Percent Fat:	8.26%	
Ideal Fat Percent:	8.3%	
Fat Weight Loss:	0.0 lbs	
Ideal Weight:	164.8	

**Total FAT Mass consists of 2 components:**

1. **Non-Essential Fat** is Storage Visceral and Subcutaneous Adipose FAT Tissue that is used for Energy reserves
2. **Essential FAT (e FAT)** is critical and needed for Normal Body Functions and Health. E FAT is found in the Central Nervous and Peripheral Nervous System, Heart, Lungs, Kidneys, Spleen, Intestinal Tract and every Cell Membrane, and in small amounts for structurally cushioning and insulating the organs and Energy Reserves. When trying to lose weight, you do not want to lose e FAT, just like you do not want to lose muscle tissue, both necessary CORE BODY Components. Females have a higher percentage of anatomical Essential Body Fat, usually more abundant in the hips and breasts.
3. **CORE BODY Tissue** consists of LBW (Muscle and Bone Mineral content), and e FAT, all essential for maintaining Normal Body functions.
4. **IDEAL FAT and IDEAL WEIGHT** address the ideal amount of excess storage FAT that your body should have, based upon your gender, age and Activity level.

**TOTAL DAILY ENERGY EXPENDITURE: BMR, RMR, OCCUPATIONAL AND PERSONAL ACTIVITY LEVEL****BMR :** 1851 calories

<b>Sedentary : NO INTENTIONAL EXERCISE</b>	2222 calories	24/hrs
<b>Light :</b> 30 MIN / 3XWK	2546 calories	24/hrs
<b>Moderate :</b> 30-60 MIN / 4-5X WK	2870 calories	24/hrs
<b>High :</b> 45 MIN- 90 MIN/ 5-7X WK	3194 calories	24/hrs
<b>Extreme :</b> 2 HRS DAY / 5-7X WK	3518 calories	24/hrs

Your **Metabolic Rate is determined by your Body Weight, and Body Composition:** Lean Muscle and Fat Mass. With accurate DXA determination of these values, it is possible to accurately estimate your **BMR and RMR.**

The **Basal Metabolic Rate (BMR)** is the minimum calorie expenditure needed to maintain life in a Basal or a sleeping state.

**Basal and Resting Metabolic Rate (RMR)** are responsible for burning up to 70% of the daily calorie burn. **TOTAL DAILY ENERGY EXPENDITURE** includes Total Activity and Intensity Levels, added to your Basal and Resting Metabolism.

Level Calorie Expenditure not only includes exercise sessions, energy expenditure all day long; occupational and personal

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L Arm	225.20	468.2	3759.4	3984.6	4452.8	10.5
R Arm	224.18	436.6	3953.7	4177.9	4614.4	9.5
Trunk	895.19	3816.8	29067.4	29962.6	33779.5	11.3
L Leg	636.39	1554.0	11150.8	11787.2	13341.2	11.6
R Leg	660.65	1612.3	10623.7	11284.4	12896.7	12.5
Subtotal	2641.59	7888.0	58555.0	61196.6	69084.6	11.4
Head	652.81	1281.2	3740.3	4393.1	5674.3	22.6
Total	3294.40	9169.1	62295.3	65589.7	74758.9	12.3