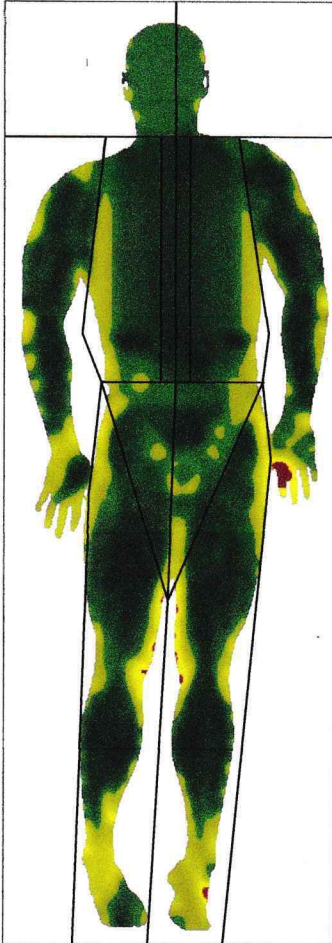


GWU Weight Management & Human Performance Lab

44983 Knoll Square
Ashburn, VA 20147

Patient:	[REDACTED]	Facility ID:	
Birth Date:	[REDACTED] 27.7 years	Referring Physician:	
Height / Weight:	68.0 in. 163.4 lbs.	Measured:	07/20/2018 10:03:42 AM (14.10)
Sex / Ethnic:	Male White	Analyzed:	07/20/2018 10:03:46 AM (14.10)

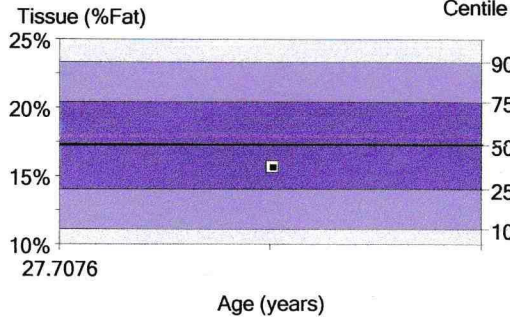
Total Body Tissue Quantitation



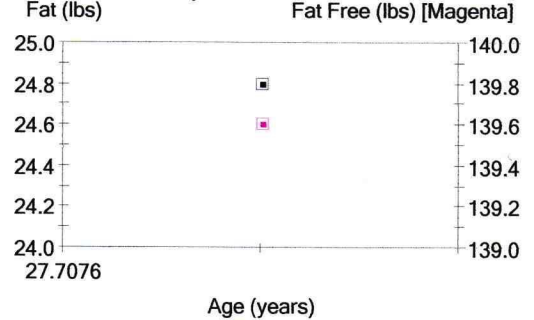
Color Mapping (%Fat)



Composition Reference: Total



Composition Trend: Total



Trend: Total (Enhanced Analysis)

Measured Date	Age (years)	Tissue ¹ (%Fat)	Centile ^{2,3}	Total Mass (lbs)	Region (%Fat)	Tissue ¹ (lbs)	Fat ¹ (lbs)	Lean ¹ (lbs)	BMC (lbs)	Fat Free (lbs)
07/20/2018	27.7	15.7	37	164.3	15.1	157.8	24.8	133.1	6.5	139.6

Trend: Fat Distribution (Enhanced Analysis)

Measured Date	Age (years)	Android (%Fat)	Gynoid (%Fat)	A/G Ratio	Total Body ¹ (%Fat)
07/20/2018	27.7	12.5	16.6	0.75	15.7

< 1.0

COMMENTS:

World Health Organization BMI Classification

BMI = 24.8 (kg/m²)

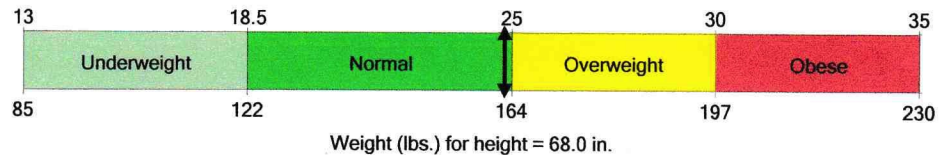


Image not for diagnosis

Printed: 07/20/2018 10:04:18 AM (14.10)100:0.19:153.85:15.6 0.00:-1.00

2.40x3.04 11.6:%Fat=15.7%

0.00:0.00 0.00:0.00

Filename: sfc6cp4i9e.meb

Scan Mode: Standard 3.0 µGy

1 -Statistically 68% of repeat scans fall within 1SD (± 0.4 % Fat, ±0.33 lbs. Tissue Mass, ±0.62 lbs. Fat Mass, ±0.68 lbs. Lean Mass for Total Body Total)

2 -USA (Lunar) Total Body Composition Reference Population (v113)

3 -Composition Matched for Age



GE Healthcare

Lunar iDXA
ME+210290

GWU Weight Management & Human Performance Lab

44983 Knoll Square

Ashburn, VA 20147

Patient:		Facility ID:	
Birth Date:	27.7 years	Referring Physician:	
Height / Weight:	68.0 in. 163.4 lbs.	Measured:	07/20/2018 10:03:42 AM (14.10)
Sex / Ethnic:	Male White	Analyzed:	07/20/2018 10:03:46 AM (14.10)

BODY COMPOSITION (Enhanced Analysis)

Region	Tissue ¹ (%Fat)	Region (%Fat)	Tissue ¹ (lbs)	Fat ¹ (lbs)	Lean ¹ (lbs)	BMC (lbs)	Total Mass (lbs)
Arms	14.3	13.7	21.6	3.1	18.5	1.0	22.6
Arm Right	14.7	14.1	11.3	1.7	9.6	0.5	11.8
Arm Left	13.8	13.2	10.3	1.4	8.9	0.5	10.8
Legs	16.7	15.9	49.7	8.3	41.4	2.3	52.0
Leg Right	16.8	16.0	23.7	4.0	19.8	1.1	24.9
Leg Left	16.6	15.9	26.0	4.3	21.7	1.2	27.2
Trunk	14.8	14.4	77.4	11.5	65.9	2.2	79.6
Trunk Right	15.0	14.6	37.5	5.6	31.9	1.1	38.6
Trunk Left	14.6	14.2	39.9	5.8	34.1	1.2	41.1
Android	12.5	12.3	10.5	1.3	9.2	0.1	10.6
Gynoid	16.6	16.1	24.6	4.1	20.5	0.7	25.3
Total	15.7	15.1	157.8	24.8	133.1	6.5	164.3
Total Right	16.0	15.3	78.7	12.6	66.1	3.4	82.1
Total Left	15.4	14.8	79.1	12.2	67.0	3.1	82.2

FAT MASS RATIOS

Trunk/ Total	Legs/ Total	(Arms+Legs)/ Trunk
0.46	0.33	0.99

Estimated Visceral Adipose Tissue:

Volume	Mass
27.89 in ³	0.95 lbs

< 2.0

RMR (Resting Metabolic Rate)

1,660 cal/day Mifflin-St Jeor

RSMI (Relative Skeletal Muscle Index)

9.12 kg/m² Baumgartner

¹ -Statistically 68% of repeat scans fall within 1SD (± 0.4 % Fat, ±0.33 lbs. Tissue Mass, ±0.62 lbs. Fat Mass, ±0.68 lbs. Lean Mass for Total Body Total)

Filename: sfc6cp419e.meb



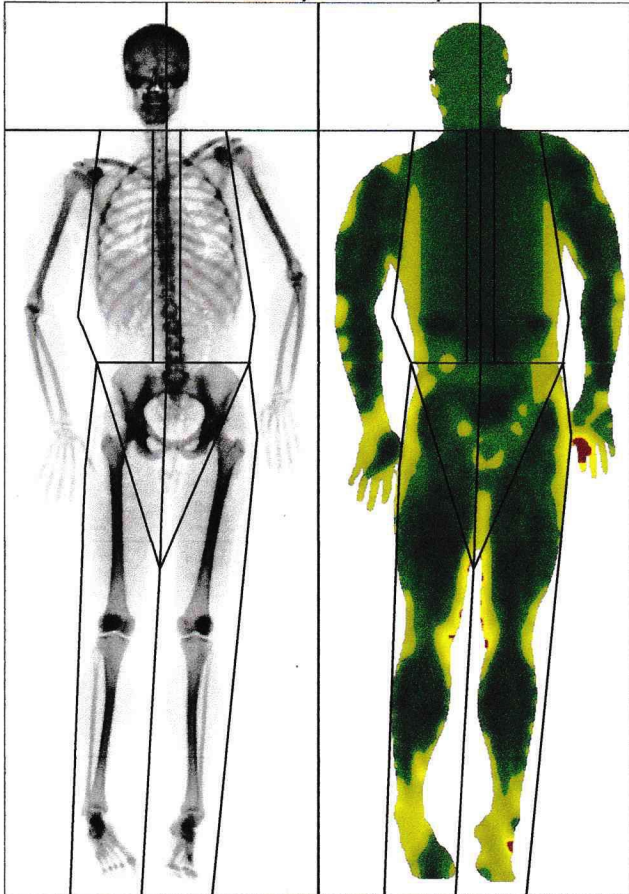
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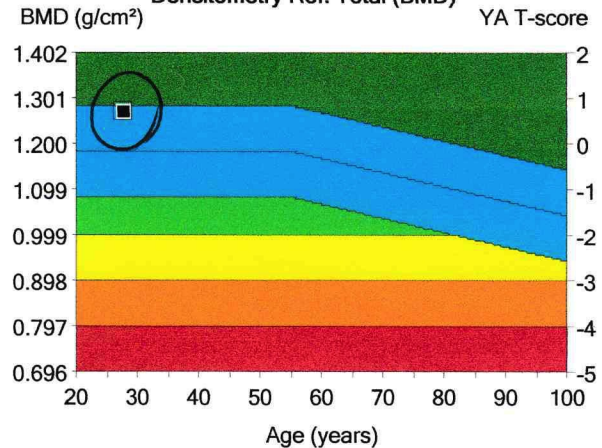
Patient: [REDACTED]
Birth Date: [REDACTED] 27.7 years
Height / Weight: 68.0 in. 163.4 lbs.
Sex / Ethnic: Male White

Facility ID:
Referring Physician:
Measured: 07/20/2018 10:03:42 AM (14.10)
Analyzed: 07/20/2018 10:03:46 AM (14.10)

Total Body Bone Density



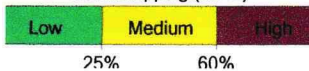
Densitometry Ref: Total (BMD)



Densitometry (Enhanced Analysis)

Region	¹	²	³
	BMD (g/cm ²)	Young-Adult T-score	Age-Matched Z-score
Head	2.024	-	-
Arms	0.893	-	-
Legs	1.381	-	-
Trunk	1.187	-	-
Ribs	0.957	-	-
Spine	1.277	-	-
Pelvis	1.357	-	-
Total	1.272	0.7	0.9

Color Mapping (%Fat)



COMMENTS:

Image not for diagnosis

Printed: 07/20/2018 10:04:17 AM (14.10)100:0.19:153.85:15.6 0.00:-1.00
2.40x3.04 11.6:%Fat=15.7%
0.00:0.00 0.00:0.00
Filename: sfc6cp4i9e.meb
Scan Mode: Standard 3.0 µGy

- 1 - Statistically 68% of repeat scans fall within 1SD (± 0.010 g/cm² for Total Body Total)
- 2 - USA (Combined NHANES (ages 20-30) / Lunar (ages 20-40)) Total Body Reference Population (v113)
- 3 - Matched for Age, Weight (males 25-100 kg), Ethnic



GE Healthcare

Lunar iDXA
ME+210290



Lunar iDXA

GWU Weight Management & Human Performance Lab

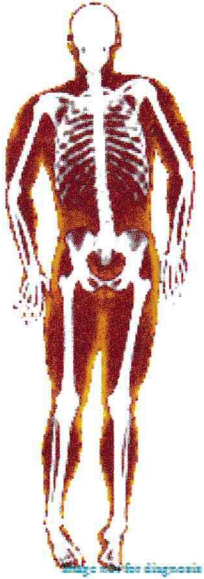
44983 Knoll Square

Ashburn, VA 20147

Phone: 571-553-0539

Client	Sex	Ethnicity	Birth Date	Height	Weight	Measured
	Male	White		68.0 in.	163.4 lbs.	07/20/2018

Shape Trend



07/20/2018



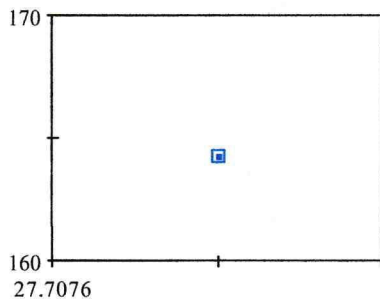
Body Composition History (Region: Total)

Measured Date	Total Mass (lbs)	Change vs.		Fat Mass (lbs)	Change vs.		Lean Mass (lbs)	Change vs.		%Fat (%)	BMC (lbs)
		Baseline	Previous		Baseline	Previous		Baseline	Previous		
07/20/2018	164.3	baseline	N/A	24.8	baseline	N/A	133.1	baseline	N/A	15.7	6.5

BMC = Bone Mineral Content

Total Body: Total

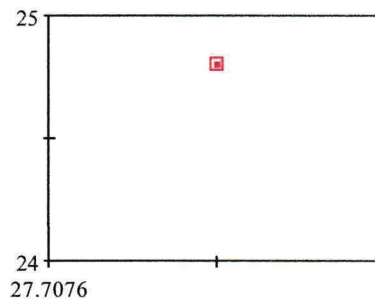
Total Mass (lbs)



Age (years)

Total Body: Total

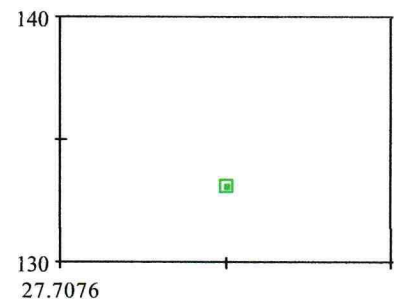
Fat (lbs)



Age (years)

Total Body: Total

Lean (lbs)



Age (years)

Thank you for choosing the George Washington University Weight Management Lab for your testing services!

Interpreting your DXA Scan

Trend: Total (Enhanced Analysis)										
Measured Date	Age (years)	Tissue ¹ (%Fat)	Centile ^{2,3}	Total Mass (lbs)	Region (%Fat)	Tissue (lbs)	Fat ¹ (lbs)	Lean ¹ (lbs)	BMC (lbs)	Fat Free (lbs)
04/09/2018	44.2	38.8	76	126.0	37.2	120.1	46.8	73.9	5.3	79.1

Trend: Fat Distribution (Enhanced Analysis)					
Measured Date	Age (years)	Android (%Fat)	Gynoid (%Fat)	A/G Ratio	Total Body ¹ (%Fat)
04/09/2018	44.2	42.0	43.8	0.96	38.8

Region %Fat = total body fat % including fat, lean and BMC (bone mineral content) lbs. An optimal body fat % is: females $\leq 30\%$, and males $\leq 20\%$.

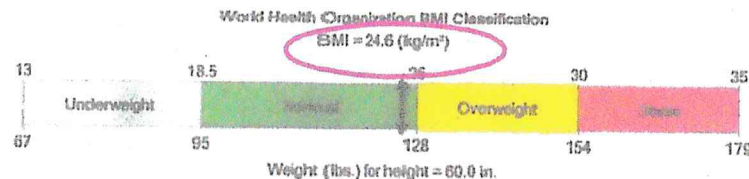
Fat lbs = total pounds of fat. The optimal number varies greatly by age, sex, height and genetics. As a general range, an optimal level is ≈ 20 and 40 lbs.

Lean lbs = pounds of muscle and organs. The optimal number varies greatly by age, sex, height and genetics. As a general range, females can have 90-120 lbs and males can have 130-170 lbs.

Fat-free lbs = Lean + BMC. A normal BMC number is between 4.5 and 10 lbs (depends on sex and height). We like this number to be as high as we can get it!

A/G ratio = android % fat / gynoid % fat. Optimal ratio is ≤ 1.0 .

BMI = Body Mass Index is a ratio of weight to height; it does not account for how much of your weight is comprised of fat-free mass.



We offer customized nutrition planning based these results to help you achieve your goals. If interested, please contact exercise@gwu.edu for more details!