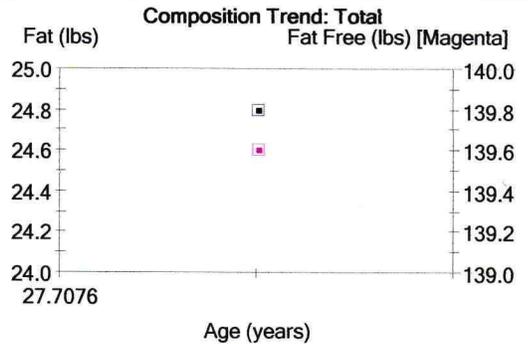
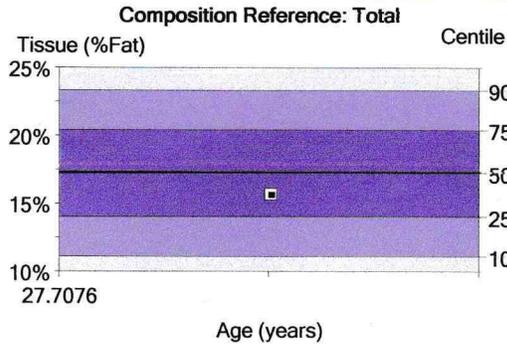
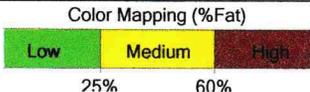
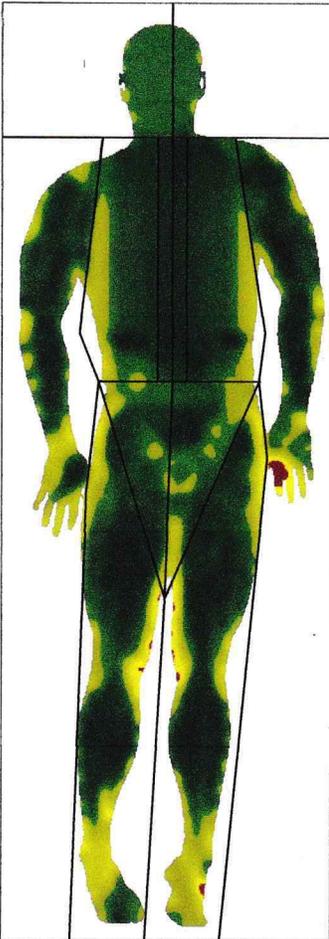


GWU Weight Management & Human Performance Lab

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



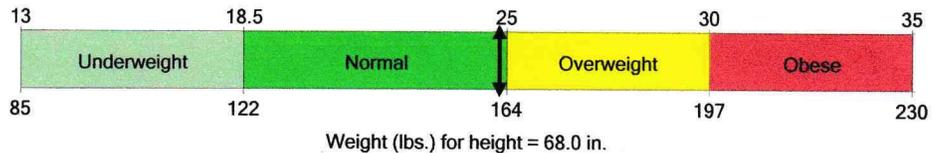
| Trend: Total (Enhanced Analysis) | | | | | | | | | | |
|----------------------------------|-------------|----------------------------|------------------------|------------------|---------------|---------------------------|------------------------|-------------------------|-----------|----------------|
| 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

World Health Organization BMI Classification

BMI = 24.8 (kg/m²)



COMMENTS:

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

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) |

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

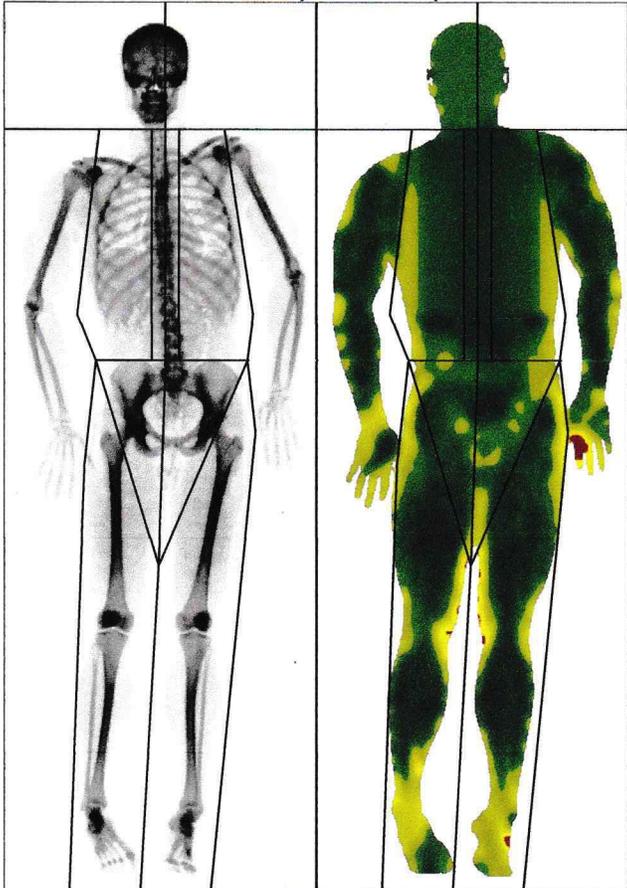
GWU Weight Management & Human Performance Lab

44983 Knoll Square

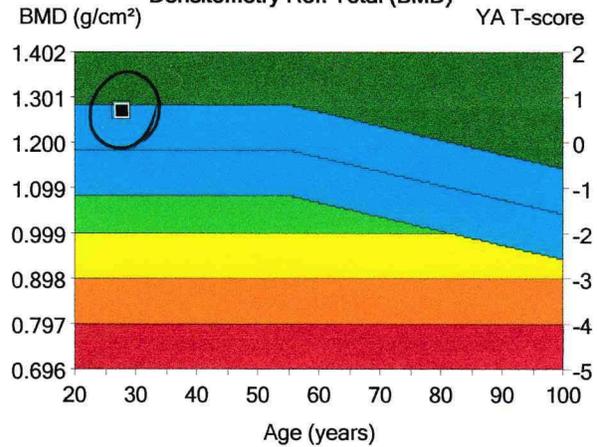
Ashburn, VA 20147

| | | | |
|-------------------------|-----------------------|-----------------------------|--------------------------------|
| 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 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

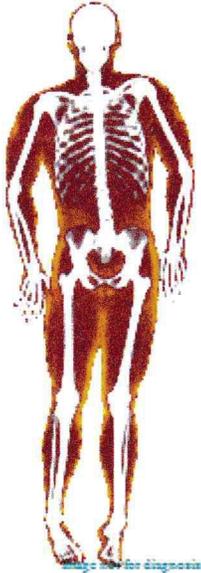


GE Healthcare

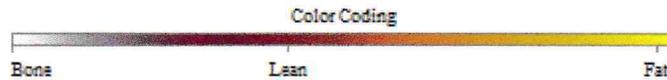
Lunar iDXA
ME+210290

| Client | Sex | Ethnicity | Birth Date | Height | Weight | Measured |
|------------|------|-----------|------------|----------|------------|------------|
| [REDACTED] | Male | White | [REDACTED] | 68.0 in. | 163.4 lbs. | 07/20/2018 |

Shape Trend



07/20/2018



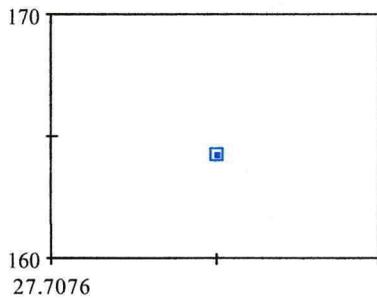
Body Composition History (Region: Total)

| 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

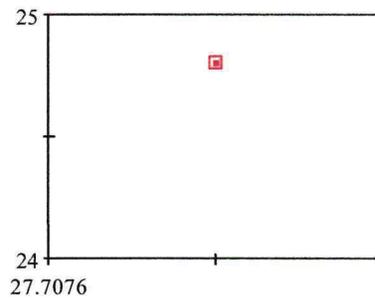
Total Mass (lbs)



Age (years)

Total Body: Total

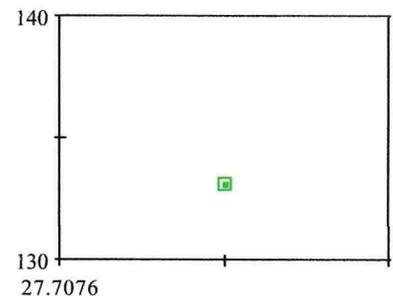
Fat (lbs)



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 (lbs) | Lean (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%.

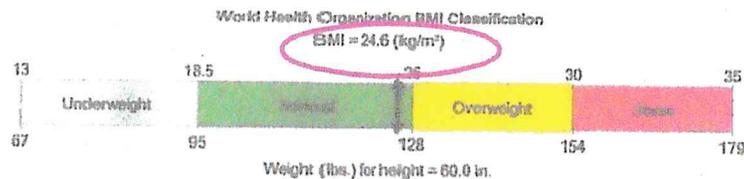
Fat lbs = total pounds of fat. The optimal number varies greatly by age, sex, height and genetics. As a general range, an optimal level is \approx 20 and 40 lbs.

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 \leq 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!