Kit Kline

Date of Birth: 18th Oct 1973

BODY VIEW

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22nd Jan 2026

DEXA 3D Bundle

Carried out by Cait

BodyCompPro®

HOLOGIC®

BODYVIEW

DEXA Scan BMI Classification

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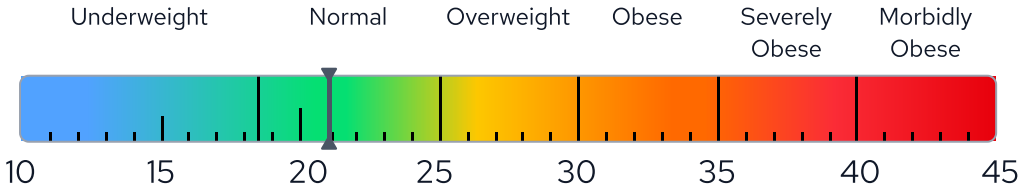
- BMI stands for Body Mass Index. It originates from observations in the 1830s of a population of mainly white European men.
- Your BMI is calculated from your weight and height and is a simple - and blunt - method of assessing whether your weight is "normal" for your height.
- Because it is ultimately based on your weight, BMI cannot differentiate between fat and muscle mass, so often categorises muscular individual as overweight or obese.
- It also does not account for your fat distribution, which is crucial for assessing health risks, as fat in the upper body and abdomen increases the risk of life-changing diseases, such as type-2 diabetes and cardiovascular disease.

Height	181.6 cm
Weight	69.7 kg
BMI	21.1 kg/m²
Classification	Normal



Normal weight

- Lower risk of obesity-related health conditions
- Reduced risk of cardiovascular diseases
- Improved overall health and longevity

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DEXA Scan Body Fat

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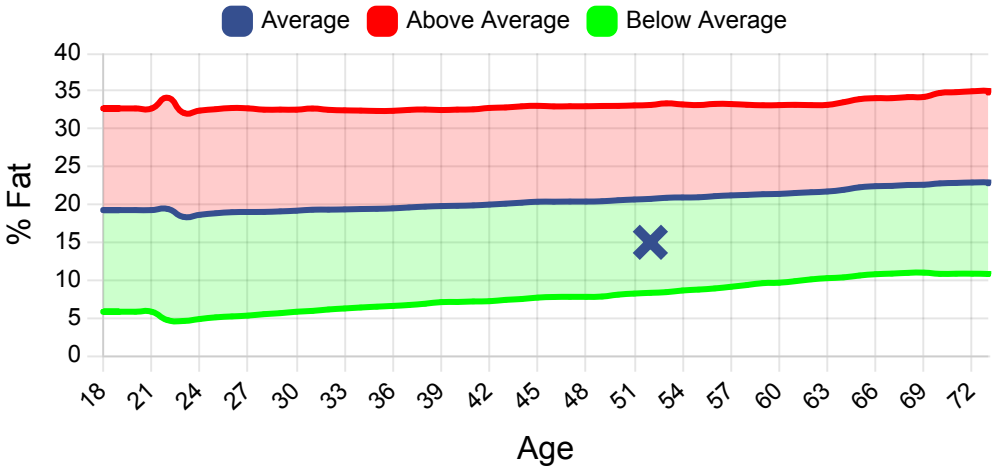
Body Fat Percentage: 15%

Body Fat Weight: 10.5 kg

How you compare to others

The graph opposite provides a standardised measure accounting for age and sex in the UK, leading to more accurate and clinically relevant assessments compared to BMI and body fat classifications.

Total Body Fat %



Fat Mass Index (FMI)

The Fat Mass Index (FMI) shows how much fat your body has relative to your height. If you are taller, the fat spreads out more, and if you're shorter, it's more packed in.

3.18 kg/m²

11/100 - Compared to other 52 year old males.
Normal Range 2 - 5 kg/m².

Body Fat Classifications

Classification	% Body Fat
Essential	2 – 6
Athletic	6 – 14
Fit	14 – 18
Average	18 – 25
Above Average	25 – 31
Obese	31+

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DEXA Scan Visceral Fat

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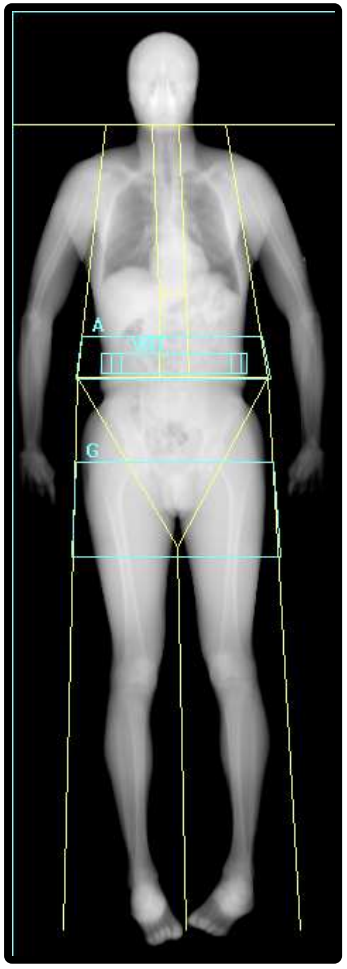


Fat Lean Bone

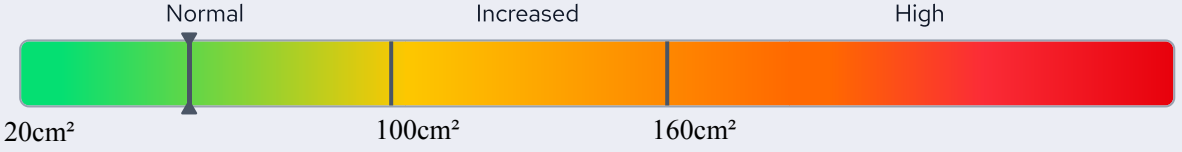
Visceral fat, sometimes called "spillover" fat, builds up around internal organs like the liver and pancreas once subcutaneous fat stores are full.

While some is protective, too much increases the risk of heart disease and diabetes.

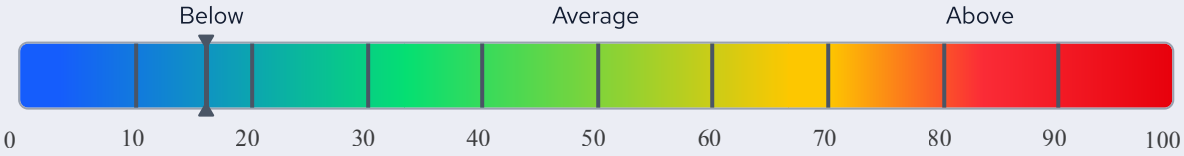
A healthy measurement for you would be < 100cm².

Your Visceral Fat measurement is 57.3cm²

Normal risk for metabolic disorders, cardiovascular diseases



Compared to others the same age and sex



16/100 - Compared to other 52 year old males.

Maintenance

- Maintain a balanced diet
- Regular physical activity
- Monitor body composition

BODY VIEW

DEXA Scan Lean Mass

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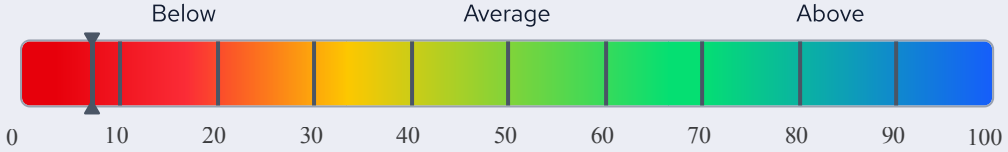
Lean Mass Percentage: 80.8%

Lean Mass Weight: 56.5 kg

Lean Mass Index (LMI)

The Lean Mass Index (LMI) shows how much lean mass your body has relative to your height. If you are taller, the lean mass spreads out more, and if you're shorter, it's more packed in.

17.1 kg/m²



7/100 - Compared to other 52 year old males.

Below Average LMI

Indicates low total lean body mass relative to height, often linked to weakness, fatigue, and metabolic inefficiency.

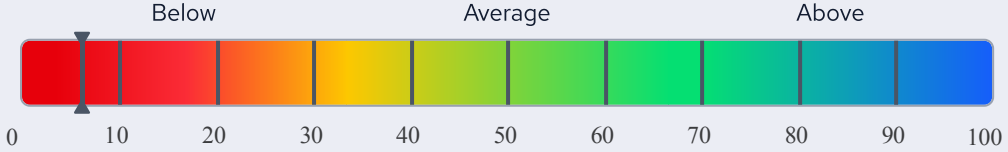
Recommendation

Begin structured strength training, optimise protein (1.5 - 2g/kg), monitor progress with DEXA, and consider lifestyle factors affecting muscle maintenance like sleep and stress.

Appendicular Lean Mass Index (ALMI)

The Appendicular Lean Mass Index (ALMI) shows how much muscle your arms and legs have relative to your height. Values below 7.26 kg/m ² can be associated with Sarcopenia (Muscle atrophy).

7.68 kg/m²



6/100 - Compared to other 52 year old males.

Below Average ALMI

Indicates reduced muscle mass in arms and legs, increasing risk of frailty, falls, and metabolic issues. It may reflect Sarcopenia or poor musculoskeletal health, especially as you age.

Recommendation

Focus on resistance training 3 - 4 times weekly, increase protein intake (1.5 - 2g/kg), and consider creatine to support lean mass gains.

BODYVIEW

DEXA Scan Lean Mass

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Your lean mass and how it's distributed across your body can be useful if you are trying to balance your muscle groups, or partake in particular activities that require higher regional concentrations.

Abnormally low muscle mass can also lead to increased risk of fractures, dementia, and metabolic disorders including Type 2 diabetes.

Imbalance

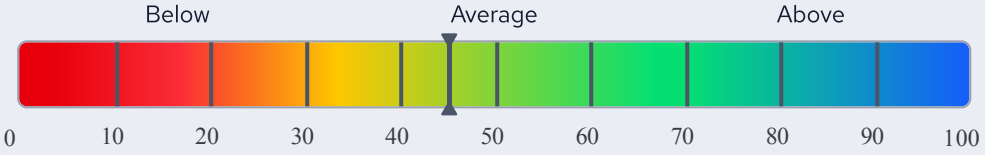
The charts below show your muscle symmetry from left to right.

	Left	Imbalance	Right
Arms	3.768 kg		3.716 kg
Legs	8.814 kg		9.042 kg

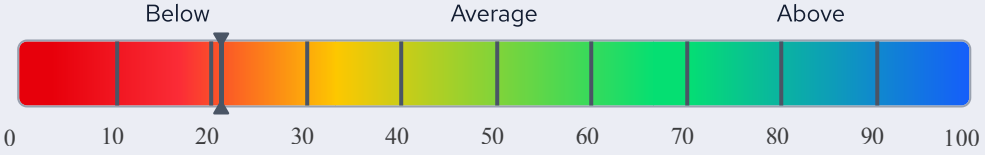
DEXA Lean Mass Distribution

Your lean mass and how it compares to others in the UK of the same age and sex broken down into regions.

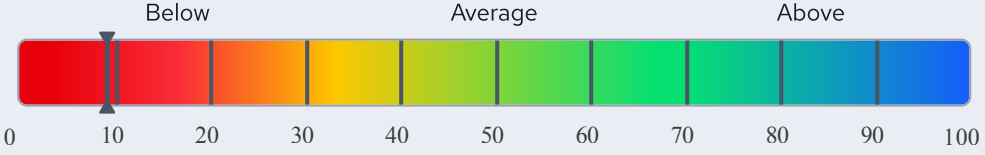
Arms



Trunk



Legs



Compared to other 52 year old Male.

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DEXA Scan Body Composition Results

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	Lean Mass	% Lean	Fat Mass	% Fat	Bone Mass	Total Mass[2]
Left Arm	3.768 kg	81.5	598 g	12.9	255.29 g	4.621 kg
Right Arm	3.716 kg	80.5	642 g	13.9	258.13 g	4.616 kg
Trunk	28.172 kg	84.2	4.521 kg	13.5	775.00 g	33.468 kg
Left Leg	8.814 kg	78.0	1.951 kg	17.3	539.54 g	11.305 kg
Right Leg	9.042 kg	78.5	1.913 kg	16.6	558.31 g	11.514 kg
Subtotal	53.512 kg	81.7	9.626 kg	14.7	2386.06 g	65.524 kg
Head	2.960 kg	68.3	857 g	19.8	514.75 g	4.331 kg
Android [1]	–	–	758 g	16.1	–	4.703 kg
Gynoid [1]	–	–	2.251 kg	20.1	–	11.184 kg
Total	56.472 kg	80.8	10.483 kg	15	2900.81 g	69.855 kg

[1] **Android** (Belly), **Gynoid** (Bum, hips and thighs) are sub-regions of the body, whose fat masses are already included in the Sub-total and Total figures.
[2] Total Mass = Lean Mass + Fat Mass + Bone Mass.

BODYVIEW

3D Body Scan Results

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3D body scanning provides highly accurate and detailed measurements of body parameters, including circumferences, lengths, and volumes. This precision surpasses traditional measurement methods, allowing for more accurate tracking of changes in body composition over time.

Front View

Side View

BODYVIEW

3D Body Scan Results

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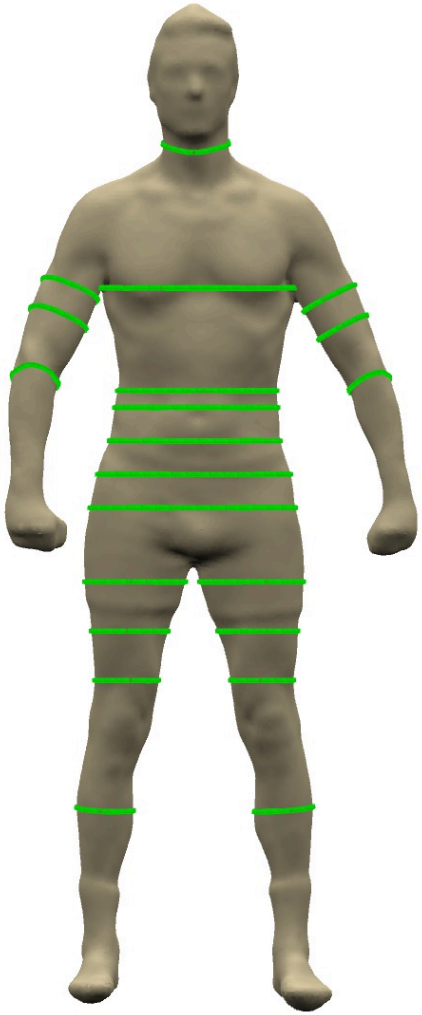

Upper Body Measurements

Neck	36.7 cm
Chest	97.5 cm
Bicep Left	31.8 cm
Bicep Right	33.2 cm
Bicep Left Lower	29.9 cm
Bicep Right Lower	32 cm
Forearm Left	26.4 cm
Forearm Right	28.8 cm
Waist (Narrowest)	73.9 cm
Waist (Abdominal)	75.1 cm
Waist (Lower)	82.6 cm

Lower Body Measurements

High Hip	91.7 cm
Hip	97.6 cm
Thigh Left Upper	55.3 cm
Thigh Right Upper	55.9 cm
Mid-Thigh Left	50.5 cm
Mid-Thigh Right	50.6 cm
Thigh Left Lower	39.1 cm
Thigh Right Lower	39.3 cm
Calf Left	32.8 cm
Calf Right	33.6 cm

BODY VIEW

Bone Density Z-score

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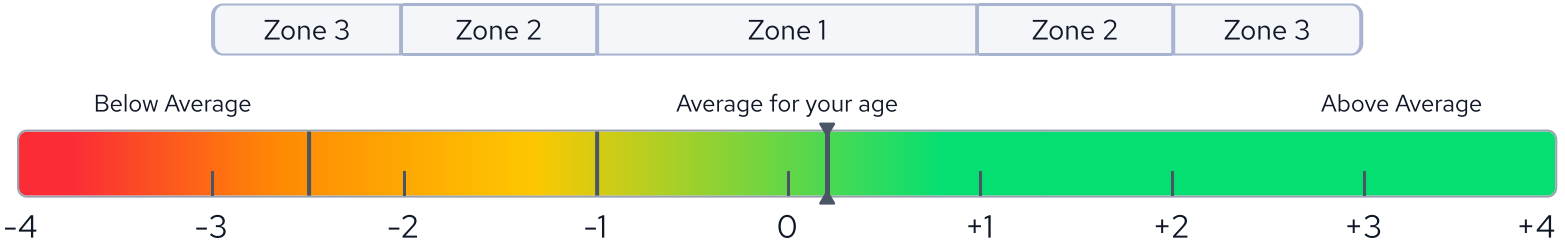
The Z-score shows how your bone density compares to the bone densities of others who are the same age, gender, and ethnicity.

- **Zone 1**: Very common, about 68 out of 100 people your age have Z-scores in this range.
- **Zone 2**: Less Common, about 28 out of 100 people your age fall in this range.
- **Zone 3**: Very Rare, about 4 out of 100 people your age have Z-scores within this range.

Your Z-Score is 0.2



Z-scores for bone density compare an individual's bone density to the average bone density of people of the same age, sex, and body size. A Z-score of 0 indicates that the bone density is exactly average. Scores below -2.0 may suggest a higher risk of bone fractures or underlying medical conditions affecting bone health.

BODY VIEW

Bone Density T-score

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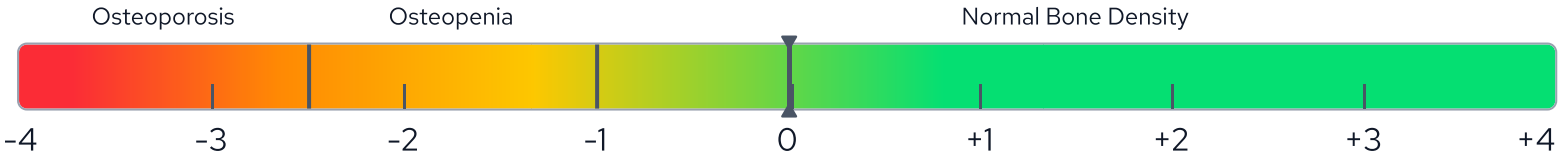
The T-score shows how your bone density compares to the optimal peak bone density of a 25 year old Male.

The World Health Organization (WHO) defines osteoporosis and osteopenia based on T-scores:

- **Normal bone density**: T-score above -1 SD
- **Osteopenia (low bone density)**: T-score between -1 and -2.5 SD
- **Osteoporosis**: T-score of -2.5 SD or lower

T-Score is 0. You have **Normal Bone Density**



Please Note: Full-body bone density scans provide an overall indication of bone health, but for a definitive osteoporosis diagnosis, please arrange separate scans of the hip and spine.

It's important to note that T-scores alone do not determine fracture risk; other factors such as age, sex, medical history, and lifestyle also play a role. Additionally, a T-score is just one component of a comprehensive assessment for osteoporosis and fracture risk. Interpretation of T-scores should be done in consultation with a healthcare professional.

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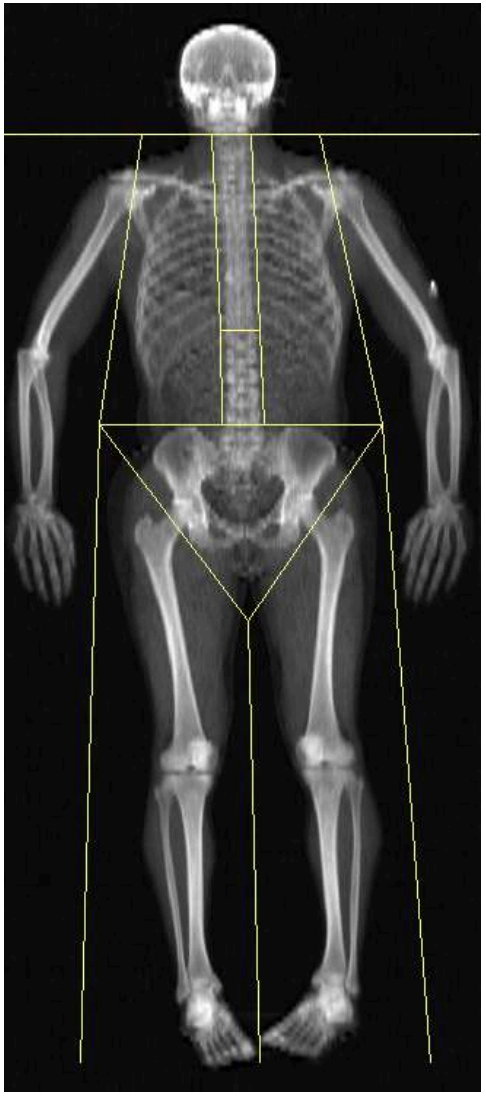
Whole Body Bone Density

Your bone mineral density is 1.2g/cm²



k = 1.182, d0 = 48.2
327 x 150

	Area (cm²)	BMC (g)	BMD (g/cm²)	T-Score	Z-Score
Left Arm	276.44	255.29	0.923		
Right Arm	270.34	258.13	0.955		
Left Ribs	135.58	102.75	0.758		
Right Ribs	126.21	97.14	0.77		
Thoracic Spine	160.41	146.68	0.914		
Lumbar Spine	74.51	70.08	0.941		
Pelvis	291.51	358.14	1.229		
Left Leg	422.61	539.54	1.277		
Right Leg	429.12	558.31	1.301		
Subtotal	2186.72	2386.06	1.091		
Head	229.62	514.75	2.242		
Total	2416.35	2900.81	1.2	0	0.2

BODYVIEW

Longevity Health Index Scan

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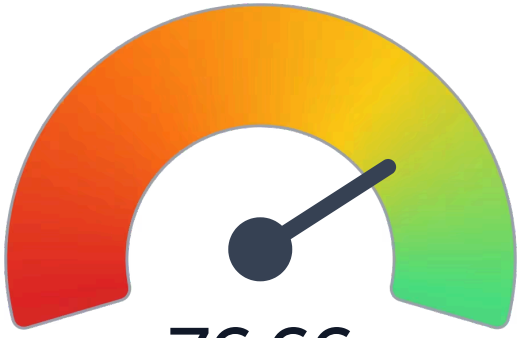
The Longevity Health Index turns your scan data into a personalised blueprint for long-term health and performance.

It analyses key markers - lean muscle, visceral fat, and bone density - against science-backed longevity targets, then maps your results in a clear, visual dashboard to track progress.

More than a report, it's your roadmap to staying stronger, healthier, and biologically younger for longer.



76.66
Strong

Metric	Result	Target	Points	Progress
Visceral Fat	57.3 cm²	< 80 cm²	37 / 37	100.0%
Appendicular LMI	7.68 kg/m²	> 8.76 kg/m²	0.66 / 24	2.8%
Bone Mineral Density*	0.2	>= 0	18 / 18	100.0%
Fat Mass Index (FMI)	3.18 kg/m²	2 – 5 kg/m²	13 / 13	100.0%
Muscle Symmetry	3.96 %	< 20 %	8 / 8	100.0%

*This score reflects the overall bone density of the entire body, offering a general overview. For detailed information, a dedicated scan of the hip and spine is required.

BODYVIEW

Your Personal Action Plan

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Focus Area	Status	Advice
Visceral Fat	Healthy	Continue moderate-intensity exercise and monitor waist circumference. *Staying in this range supports metabolic flexibility and lowers risk of insulin resistance with age.*
Appendicular LMI	**Low**	Increase your protein intake and consider regular resistance training. *Low appendicular mass is a key marker for Sarcopenia, which accelerates biological ageing.*
Bone Mineral Density*	Healthy	Continue resistance and impact activities; monitor BMD annually if at risk. *Preserving bone density wards off osteoporotic complications that can drastically shorten lifespan.*
Fat Mass Index (FMI)	Healthy	Maintain balanced macronutrients and regular training. *This range supports healthy ageing by minimising fat-driven inflammation while preserving lean mass.*
Muscle Symmetry	Healthy	Maintain symmetrical programming and proper form. *Symmetry supports joint health and efficient movement, helping sustain functional longevity.*

To ensure you meet your goals we recommend reviewing your progress every six months, or more frequently in the event of a 5% body fat change, as your results are likely to evolve. Additionally, if you've undergone a preventive bone scan, we suggest an annual review.

BODY VIEW

Interpreting your Dexa Scan Results

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Interpreting the Data

Here's what each column means in your DEXA scan body composition results:

- **Fat Mass (g)**: The total amount of fat in grams.
- **Lean + BMC (g)**: Fat-free mass. The combined weight of lean mass (muscle, organs, skin, water, etc) and bone in grams.
- **Total Mass (g)**: The total combined weight of fat, muscle, and bone.
- **% Fat**: The percentage of the total mass that is fat.
- **BMC**: Bone Mineral Content refers to the total quantity of minerals (primarily calcium and phosphorus, measured in grams) present in the bones and the total is essentially the weight of your bones. It is an important component of bone health assessment, along with bone mineral density (BMD). The total mass of all the bones in your body (the weight of your skeleton) is much lower than most people expect, between 1.5kg and 4kg.
- **BMD**: Bone Mineral Density is a key indicator of bone strength. The higher the density (within limits), the stronger your bones and the less likely you are to fracture after a fall or impact. Low bone density can indicate conditions such as osteopenia and osteoporosis. BMD is typically measured in grams per square centimetre (g/cm^2) or grams per cubic centimetre (g/cm^3).

BODYVIEW

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Thank You

A huge thanks

On behalf of the entire team at BodyView, we would like to express our appreciation for coming to see us. Your business is super important to us, and we are deeply committed to helping you achieve your goals. Should you require any further assistance, please do not hesitate to reach out; we are here to help. If your experience with us has been a positive one, it would be really appreciated if you could take a moment to share your feedback by leaving a review on Trustpilot or Google.

Kindest Regards
Team BodyView.

This report was compiled using BodyCompPro software for DEXA scanners, providing you with gold standard results interpreted through the most advanced body composition software available.

Disclaimer

The information provided is for general guidance and not a substitute for professional advice. Always consult a healthcare professional before starting any fitness or weight loss program, especially if you have health conditions or take medications. Use the information at your own discretion and responsibility.

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