

Name: Preiato, Daniel

Birth Date: 04/20/1990

Measure Date: 02/14/2019

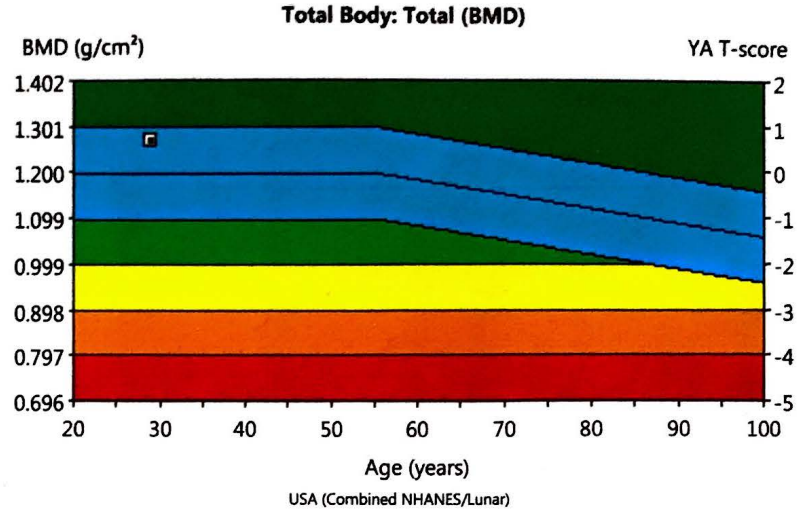
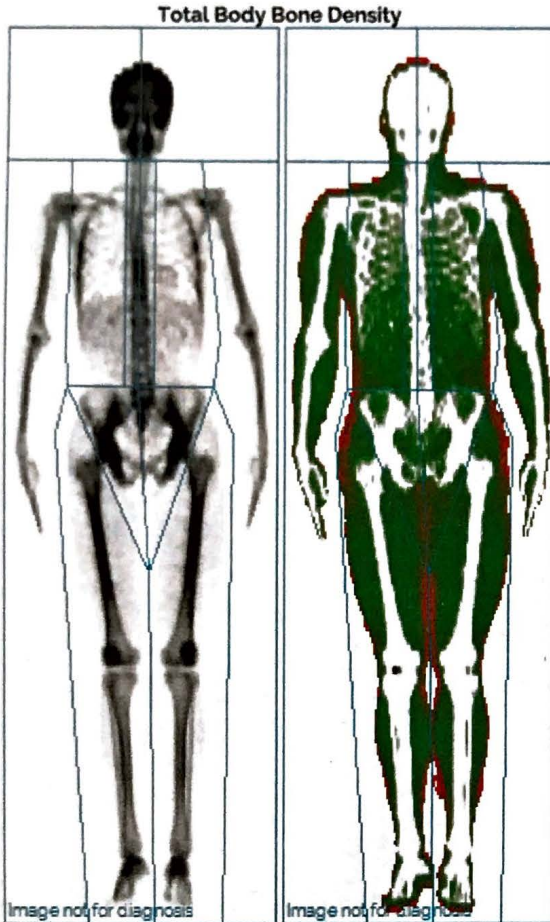
Age: 28.8

Height: 70.0 in.

Measured Time: 12:25:13 PM

Gender: Male

Weight: 171.0 lbs.



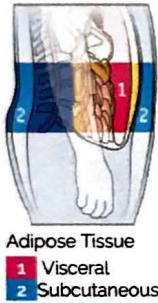
Densitometry: USA (Combined NHANES/Lunar) (Enhanced Analysis)

Region	BMD (g/cm ²)	YA T-score
Head	2.117	-
Arms	1.030	-
Legs	1.330	-
Trunk	1.101	-
Ribs	0.830	-
Spine	1.082	-
Pelvis	1.315	-
Total	1.275	0.7

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BODY COMPOSITION: Total Body (Enhanced Analysis)

Region	Body Fat (%)	Fat (lbs)	Lean (lbs)	BMC (lbs)	Total Mass (lbs)
Arms	12.9	2.9	18.3	1.0	22.1
Arm Right	11.8	1.3	9.2	0.5	11.0
Arm Left	14.0	1.5	9.0	0.5	11.1
Arms Diff.	-2.1	-0.2	0.2	0.0	0.0
Legs	12.8	7.9	51.6	2.5	62.1
Leg Right	13.1	4.1	25.9	1.3	31.2
Leg Left	12.5	3.8	25.8	1.3	30.9
Legs Diff.	0.6	0.2	0.1	0.0	0.3
Trunk	12.6	9.9	67.1	2.0	79.0
Trunk Right	13.8	5.3	32.0	1.0	38.3
Trunk Left	11.4	4.6	35.1	1.0	40.8
Trunk Diff.	2.4	0.6	-3.2	0.0	-2.5
Android	10.1	1.2	10.2	0.1	11.4
Gynoid	14.4	3.9	22.7	0.8	27.4
Total	13.0	22.6	144.4	6.7	173.7
Total Right	13.6	11.6	70.8	3.3	85.7
Total Left	12.5	11.0	73.6	3.3	87.9
Total Diff.	1.0	0.6	-2.8	0.0	-2.2



The Android region is that of the abdomen, and often the body type with increased fat in this area is described as "apple shaped." The Gynoid region is that around the hips and thighs and often the body type with increased fat in this area is described as "pear shaped." Understanding where fat is stored on the body is recognized as an important predictor of the potential health risks of obesity.

CoreScan estimates the VAT (Visceral Adipose Tissue) content within the android region, VAT is a specific type of fat that is associated with several types of metabolic diseases such as obesity, metabolic syndrome, and type 2 diabetes. CoreScan results have been validated for adults between ages 18-90, and with a BMI in the range of 18.5-40.

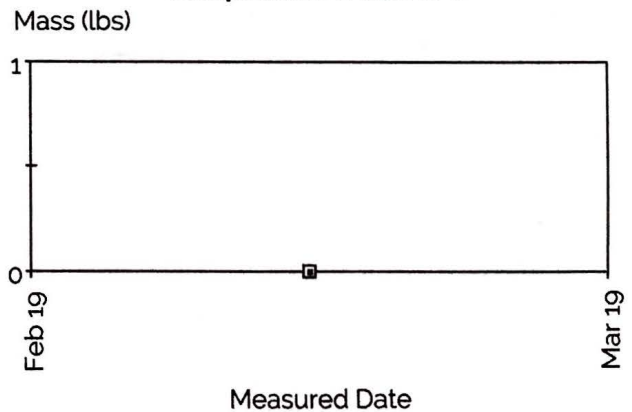
Android/Gynoid Ratio

Measure Date	Android Body Fat %	Gynoid Body Fat %	A/G Ratio
02/14/2019	10.1%	14.4%	0.69

Estimated Visceral Adipose Tissue

Measure Date	Android Fat Mass	Visceral Fat Mass
02/14/2019	1.2 lbs	0.00 lbs

Composition Trend: VAT



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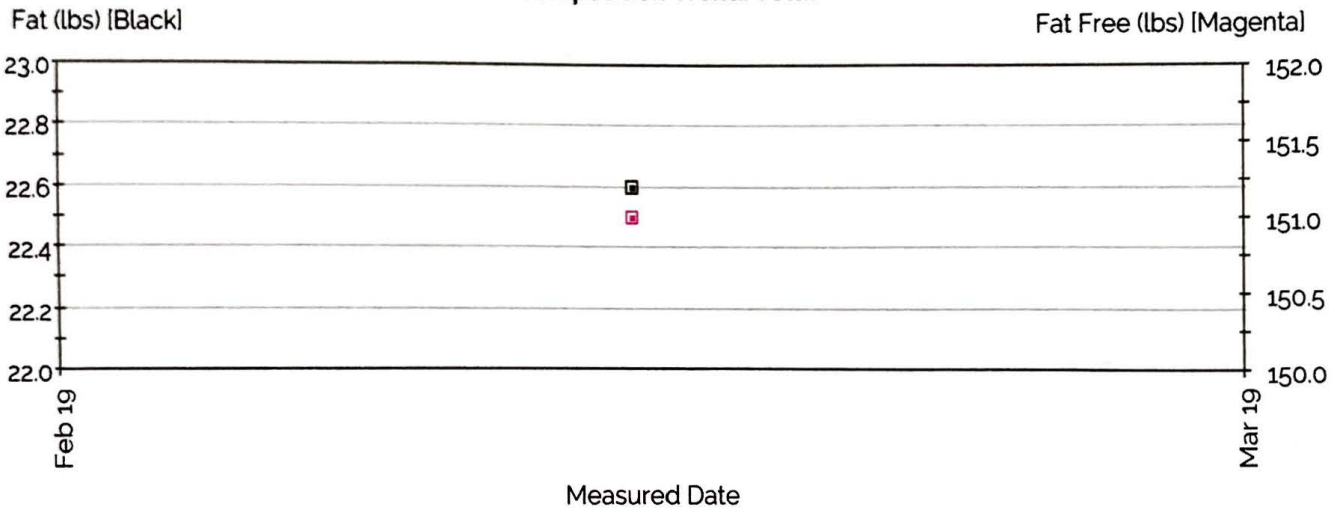
DexaFit Summary Analysis Page

Summary - Total Body Composition Analysis

The total body composition table summarizes the metrics of your entire body and displays your Total Body Fat %, Total Mass (lbs), Fat Tissue (lbs), Lean Tissue (lbs), Bone Mineral Content (BMC), and Visceral Fat (lbs).

Measured Date	Total Body Fat %	Total Mass	Fat Tissue	Lean Tissue	BMC	Visceral Fat
02/14/2019	13.0%	173.7 lbs	22.6 lbs	144.4 lbs	6.7 lbs	0.00 lbs

Composition Trend: Total



Lean Mass Balance

Lean mass balance is a comparison of your body's right to left lean mass symmetry. A lean mass difference close to zero indicates a balance of muscle. An injury, non-symmetrical training, or a health condition may cause disproportionate lean mass differences, but only your physician can determine if a health condition is the related cause.

Region	Measured Date	Lean Mass Right	Lean Mass Left	Lean Mass Difference
Arms:	02/14/2019	9.2 lbs	9.0 lbs	0.2 lbs
Legs:	02/14/2019	25.9 lbs	25.8 lbs	0.1 lbs
Total:	02/14/2019	70.8 lbs	73.6 lbs	-2.8 lbs

Region	Measured Date	Age	Body Fat %	%Change vs. Previous	%Change vs. Baseline
Arms:	02/14/2019	28.8	12.9	-	baseline
Legs:	02/14/2019	28.8	12.8	-	baseline
Trunk:	02/14/2019	28.8	12.6	-	baseline
Android:	02/14/2019	28.8	10.1	-	baseline
Gynoid:	02/14/2019	28.8	14.4	-	baseline
Total:	02/14/2019	28.8	13.0	-	baseline

Body Composition History

Measured Date	Total Mass (lbs)	Change vs.		Fat Mass (lbs)	Change vs.		Lean Mass (lbs)	Change vs.	
		Baseline (lbs)	Previous (lbs)		Baseline (lbs)	Previous (lbs)		Baseline (lbs)	Previous (lbs)
02/14/2019	173.7	baseline	-	22.6	baseline	-	144.4	baseline	-