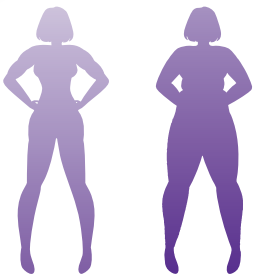


UNLEASH THE BEST YOU

What could you achieve if you knew exactly where to focus your efforts? A **DEXA Body Composition** is considered the “**gold standard**” for **measuring muscle, fat, and body composition**, giving you precise data to power your next steps.

- **Hit Your Fitness Goals Faster:** Stop wondering if your workout is working. See exactly where you're burning fat and building muscle.
- **Track Progress Like a Pro:** Monitor milestones and stay motivated with accurate data.
- **Total Wellness Insight:** Whether you're losing weight, gaining muscle, or recovering from an injury, a DEXA Body Composition scan offers clarity.
- **Personalized Plan:** Build an exercise and diet plan based on your real data.
- **Reveal Inconsistencies:** Identify muscle or strength imbalances, flexibility, and joint mechanics to improve your overall fitness.

S A M E
H E I G H T
S A M E
W E I G H T
S A M E



D I F F E R E N T
B O D Y
C O M P O S I T I O N
B O D Y F A T P E R C E N T A G E

18%
VS
30%

B M I THINK LESS FAT, MORE MUSCLE. YOU DON'T HAVE TO LIVE BY THE SCALE.

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BODY COMPOSITION

LIVE BEYOND THE SCALE!

Take control of your fitness with comprehensive personal insights



FIND OUT WHAT YOU'RE MADE OF!



A body composition exam is a **simple, non-invasive** test that gives you an in-depth look at your health—far beyond just your weight or BMI. It breaks down your body into three key areas:

- **Fat Mass:** How much fat you have and where it's stored, including [visceral] fat around your organs
- **Lean Mass:** Your muscle mass, essential for strength, metabolism, and wellness
- **Bone Health:** A snapshot of your bone density to help prevent future health issues like osteoporosis

Unlike **BIA machines** (e.g., InBody, Tanita, etc.) which assumes an equal distribution of fat, muscle, and bone across your body, this scan provides a precise picture of **your body composition**. It's the difference between assuming you have average muscle mass in your legs and knowing you carry more muscle than the typical person.

With these insights, you can make smarter decisions about how you work out, eat, and live to achieve your goals—whether you're **losing fat, building muscle, or improving bone density**. This data is invaluable for **validating services** like personal training, patient care, and corporate wellness programs since it's based on your **real health data**.

BIA VS DEXA: WHAT'S RIGHT FOR YOU?

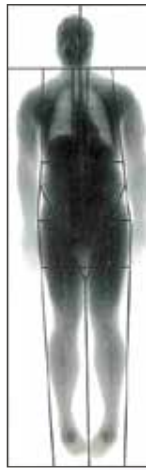
THIS OR THAT	BIA	DEXA
TECHNOLOGY	Sends a weak electrical current through your body to measure resistance	Uses two X-ray energy peaks , one that is mainly absorbed by soft tissue and the other by bone.
WHAT IT MEASURES	Resistance to the electrical current discerns different tissues. Fat, for example, resists the current more than muscle.	Measures how much X-ray energy is absorbed by fat, muscle, and bone using low-dose X-rays.
 ACCURACY	Can be inaccurate, especially with atypical fat and muscle distribution (e.g., more muscle in certain areas or fat in specific regions) and hydration levels . It may also have difficulty providing specific details about the trunk (abdomen, chest, pelvis) areas.	Highly accurate for fat, visceral fat (linked to serious health issues), muscle, and bone measurements. Provides precise readings within the abdomen (gynoid), chest (trunk), and pelvis (android), with reliable regional analysis .
 HYDRATION / DIET SENSITIVITY	Relies on proper hydration and diet for current to give accurate results	Not affected by hydration or diet
BONE HEALTH MEASUREMENT	Not directly measured	Bone density is precisely measured and assessed
MEASUREMENT TIME	Quick and takes a few minutes	Takes about 15 minutes , more detailed and precise
WHICH TO USE	Great for quick, affordable, routine monitoring , that gives good information about fat and fitness goals	Better for detailed, accurate, periodic assessments with precise visceral fat, bone health and other metrics to track fitness goals

WHAT TO EXPECT

- This is a **painless, non-invasive, 15-minute** test that just requires you to lie down while a special scanner passes over your body, using **low-dose X-rays** to create a detailed image of your fat, muscle, and bones.
- Wear comfortable clothes and no metal (e.g., jewelry, zippers, underwire)
- Get **same-day** actionable results on fat loss, lean muscle growth, and overall body composition.

HOW OFTEN SHOULD I BE SCANNED

If you are actively pursuing your health goals, you should consider having a body composition scan every **1-2 months**.

	BODY COMPOSITION				
	Region	Tissue (% Fat)	Region (% Fat)	Tissue (lbs)	Fc (lb)
	Left Arm	15.4	14.6	11.43	1.5
	Left Leg	22.5	21.6	31.68	7.1
	Left Trunk	24.1	23.5	45.68	11.1
	Left Total	22.0	21.2	92.29	20.7
	Right Arm	15.5	14.7	11.97	1.8
	Right Leg	22.5	21.6	31.08	7.0
	Right Trunk	24.1	23.4	43.79	10.0
	Right Total	21.5	20.6	94.14	20.8
	Arms	15.4	14.7	23.40	3.3
	Legs	22.5	21.6	62.75	14.1
	Trunk	24.1	23.5	89.46	21.1
	Android	26.3	26.1	13.90	3.0
	Gynoid	28.0	27.4	30.15	8.0
	Total	21.7	20.9	186.43	40.0