BODY INSIGHT

DEXA BODY COMPOSITION REPORT

PREPARED FOR

Sample Report

AGE / SEX	HEIGHT	WEIGHT	SCAN DATE
36 / Male	183 cm	94.6 kg	13 January 2026

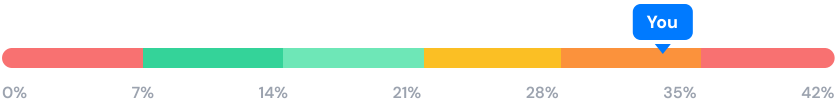
Your Results at a Glance

Summary of your DEXA body composition scan from 13 Jan 2026.

BODY FAT PERCENT

The percentage of your total body weight that is fat tissue, measured by DEXA.

33.3% EXCESS BODY FAT



- Low fat risk
- Lean
- Excess fat
- Ultra lean
- Moderate
- High fat risk

TOTAL MASS

94.6

kg

LEAN MASS

59.8

kg · 63.2%

FAT MASS

31.5

kg · 33.3%

BONE MINERAL

3.4

kg · 3.5%

VISCERAL FAT

1279

grams

T-SCORE (BONE HEALTH)

2.6

vs healthy 30-yr-old

RESTING METABOLIC RATE

1734

kcal/day at rest

TOTAL DAILY EXPENDITURE

2441

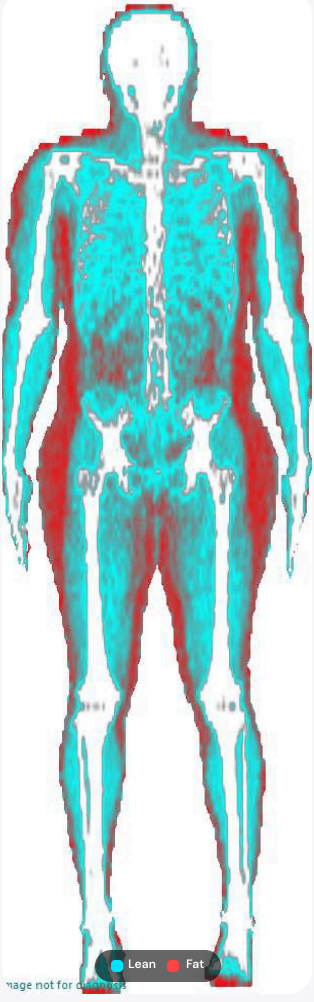
kcal/day

What You're Made Of

DEXA breaks your total body mass into lean tissue, fat, and bone mineral.

COMPOSITION BREAKDOWN

Lean 63.2% | Fat 33.3% | Bone 3.5%



Lean Mass

59.8 kg

Muscles, organs, water & connective tissue. More lean mass means a higher metabolism.

● AVERAGE

Resistance training and protein-rich diet help build and preserve lean tissue.

Fat Mass

31.5 kg

Essential fat for hormones & insulation plus stored energy. Too low affects recovery.

● HIGH

A sustained caloric deficit combined with strength training reduces fat while preserving muscle.

Bone Mineral

3.4 kg

Calcium & mineral content of your skeleton. Indicates bone strength and fracture risk.

● GOOD

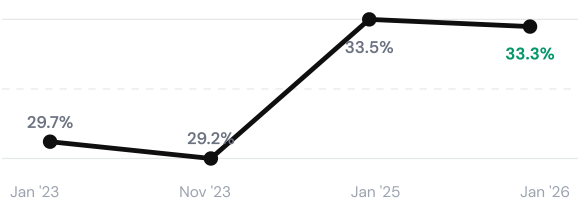
Weight-bearing exercise, calcium, and vitamin D support bone mineral density.

Reduce Body Fat. Consider reducing body fat while preserving lean mass through a modest calorie deficit and resistance training. The goal should be to maintain lean mass and reduce fat mass by 500g per week.

How Your Body Has Changed

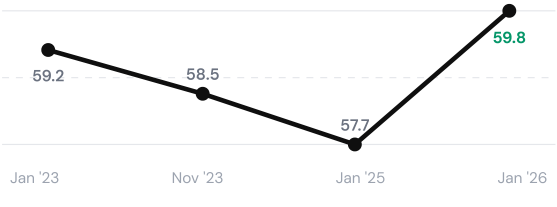
Tracking lean mass, fat mass, and body fat across your DEXA scans.

BODY FAT % TREND



DATE	FAT %
Jan '26	33.3%
Jan '25	33.5%
Nov '23	29.2%
Jan '23	29.7%

LEAN MASS TREND



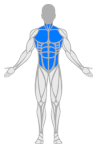
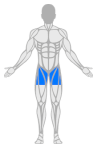
DATE	LEAN (KG)
Jan '26	59.8
Jan '25	57.7
Nov '23	58.5
Jan '23	59.2

FAT MASS TREND

DATE	FAT (KG)
Jan '26	31.5
Jan '25	30.9
Nov '23	25.5
Jan '23	26.4

Where Your Fat Lives

How lean tissue and fat are distributed across 5 body regions.

REGION	FAT %	LEAN (KG)	FAT (KG)	TOTAL (KG)
 ARMS	25.1%	7.62	2.71	10.78
 LEGS	31.9%	20.38	10.16	31.84
 TRUNK	37.8%	27.62	17.41	46.02
 ANDROID	42.6%	4.01	3.03	7.11
 GYNOID	34.9%	9.82	5.43	15.56

UNDERSTANDING YOUR REGIONS

Android (Belly) — Fat here is linked to metabolic risk, insulin resistance, and cardiovascular disease.

Gynoid (Hip) — Hip fat is more protective and associated with lower metabolic risk than belly fat.

Trunk — Your entire torso. A broad indicator of central fat distribution.

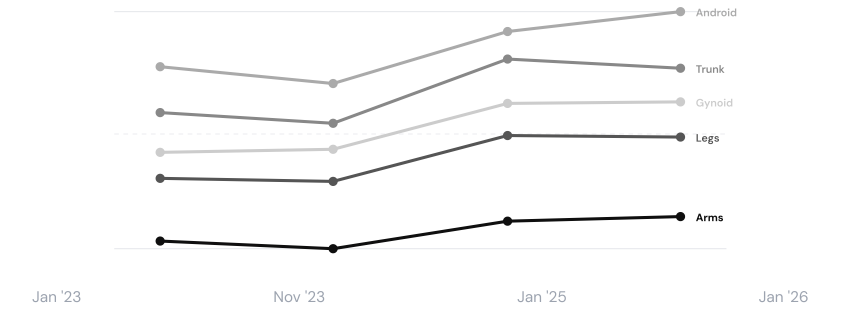
Arms & Legs — Limb composition reflects training balance and functional strength.

Why it matters — Where you carry fat matters more than how much. Two people at the same body fat % can have very different health risks.

Regional Fat % Over Time

How fat percentage in each body region has changed across your scans.

ALL REGIONS — FAT % TREND



FAT % TREND BY REGION

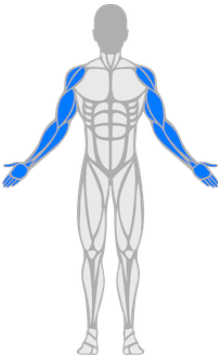
REGION	JAN '23	NOV '23	JAN '25	JAN '26
Arms	22.9%	22.3%	24.6%	25.1%
Legs	28.3%	28.1%	32%	31.9%
Trunk	33.9%	33%	38.6%	37.8%
Android	37.9%	36.4%	40.9%	42.6%
Gynoid	30.5%	30.8%	34.8%	34.9%

LEAN MASS TREND BY REGION (KG)

REGION	JAN '23	NOV '23	JAN '25	JAN '26
Arms	8.02	7.27	7.65	7.62
Legs	20.75	19.97	19.99	20.38
Trunk	26.58	27.02	25.86	27.62
Android	3.79	3.74	3.77	4.01
Gynoid	10.28	9.33	9.44	9.82

Symmetry Check

Comparing the left and right sides of your body to detect imbalances



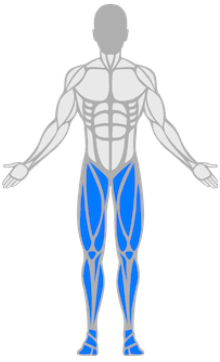
ARMS

Minor imbalance

	LEFT	RIGHT
Fat %	24.9%	25.4%
Lean	3.68 kg	3.94 kg
Fat	1.29 kg	1.42 kg
Bone	0.21 kg	0.24 kg

Balanced — Imbalanced

Arms are slightly imbalanced in lean mass. Consider adding unilateral exercises (e.g. dumbbells) to balance both sides. Consult your trainer or doctor for a personalized plan.



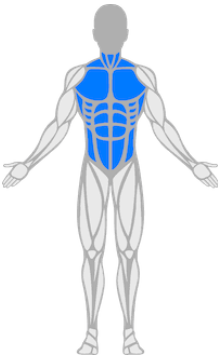
LEGS

Good balance

	LEFT	RIGHT
Fat %	31.7%	32.1%
Lean	10.33 kg	10.06 kg
Fat	5.1 kg	5.06 kg
Bone	0.65 kg	0.65 kg

Balanced — Imbalanced

Lean mass in the legs is well balanced between left and right. Keep up the great work.



TRUNK

Good balance

	LEFT	RIGHT
Fat %	37.4%	38.2%
Lean	13.91 kg	13.71 kg
Fat	8.62 kg	8.79 kg
Bone	0.49 kg	0.5 kg

Balanced — Imbalanced

Lean mass in the trunk is well balanced between left and right. Keep up the great work.

WHAT CAUSES IMBALANCES?

Hand dominance — Your dominant side naturally carries more muscle from daily use.

One-sided sports — Tennis, cricket, or golf develop one side more than the other.

Injury compensation — Favouring one side after an injury shifts load to the other.

Uneven training — Machine-based exercises can mask imbalances that free weights expose.

HOW TO REDUCE IMBALANCES

> **You cannot spot-reduce fat. Fat loss happens overall through a caloric deficit. But you *can* spot-build muscle by targeting specific regions with resistance training.**

Use unilateral exercises — Single-arm rows, lunges, and single-leg deadlifts force each side to work independently.

Start with the weaker side — Begin each set with your weaker side and match the reps on the stronger side.

Swap machines for free weights — Dumbbells and kettlebells prevent your dominant side from compensating.

Track with regular scans — A DEXA scan every 3–4 months shows whether the gap is closing over time.

Visceral & Subcutaneous Fat

Visceral fat surrounds your organs and is linked to serious health risks. Subcutaneous fat sits under your skin.

VISCERAL FAT

1279

grams

UNHEALTHY

SUBCUTANEOUS FAT

2221

grams

63.5% OF TOTAL FAT

VISCERAL FAT DETAIL

MASS	VOLUME	AREA
1279 g	1355 cm³	141 cm²

YOU

Safe — Moderate — High

Your visceral fat is unhealthy. Your intra abdominal fat levels are high and needs to be reduced. Please consult a healthcare professional to reduce your visceral fat.

VISCERAL FAT TREND

Your Skeleton

DEXA measures bone mineral density (BMD) — a key indicator of skeletal strength and fracture risk.

T-SCORE (YOUNG ADULT)

2.6

vs healthy 30-yr-old

EXCELLENT

Z-SCORE (AGE MATCHED)

2.6

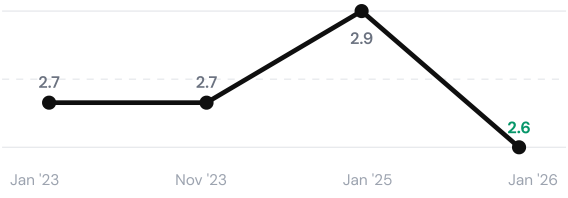
vs your age group

EXCELLENT

BONE DENSITY SCALE

Excellent: Your T-Score indicates your bone density is better than 99% of the population. Please continue to maintain your bone density.

T-SCORE TREND



DATE	T-SCORE
Jan '26	2.6
Jan '25	2.9
Nov '23	2.7
Jan '23	2.7

What the scores mean

T-Score compares to peak bone mass of a healthy young adult. **Z-Score** compares to your age group. Below -2.5 = osteoporosis.

Strengthen your bones

- Calcium & Vitamin D
- Weight-bearing exercise
- Resistance training
- Avoid smoking & excess alcohol

Bone Health Over Time

Tracking your T-Score and total bone mineral density across 4 DEXA scans.

BONE MINERAL DENSITY BY REGION (G/CM²)

HEAD

2.298

ARMS

1.164

LEGS

1.579

TRUNK

1.2

RIBS

0.985

SPINE

1.437

PELVIS

1.316

TOTAL

1.459

TOTAL BMD TREND (G/CM²)

DATE	BMD
Jan '26	1.459
Jan '25	1.491
Nov '23	1.476
Jan '23	1.474

Android-to-Gynoid Ratio

This ratio compares fat in your belly (android) to your hips (gynoid). It reveals whether you carry weight in a pattern associated with higher or lower metabolic risk.

YOUR A/G RATIO

1.22

0.8 1 1.2 1.4

● VERY HIGH - NEEDS IMMEDIATE ATTENTION

What is A/G Ratio?

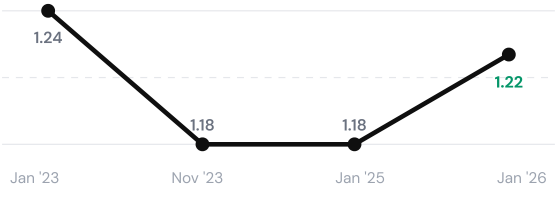
Compares fat percentage in your belly vs hip region using DEXA fat %, not waist inches — far more accurate than a tape measure.

Why it matters

Ratios above 1.0 correlate with higher visceral fat and metabolic risk. Below 1.0 is associated with lower cardiovascular risk.

Very High. Bring your A/G ratio atleast below 1.2. Focus on core training, reduce alcohol consumption and refined carbohydrates to reduce fat from belly over time. Seek help from a nutritionist if required.

A/G RATIO TREND



DATE	A/G RATIO
Jan '26	1.22
Jan '25	1.18
Nov '23	1.18
Jan '23	1.24

Sarcopenia Screening

ALMI (Appendicular Lean Mass Index) measures the lean mass in your arms and legs relative to your height — the clinical standard for detecting muscle loss.

YOUR ALMI

8.36

kg/m²

● ABOVE MINIMUM, WITH ROOM FOR IMPROVEMENT

Why it matters

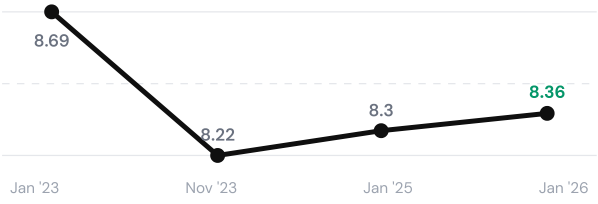
Low ALMI signals age-related muscle loss (sarcopenia), increasing fall risk, frailty, and metabolic dysfunction. Resistance training is the best prevention.

How to improve ALMI

- Progressive resistance training
- High-protein diet
- Adequate sleep & recovery
- Creatine supplementation

Your ALMI is 8. 36 kg/m², above the healthy minimum of 7. Continue resistance training and adequate protein to maintain lean mass as you age.

ALMI TREND



DATE	ALMI
Jan '26	8.36
Jan '25	8.3
Nov '23	8.22
Jan '23	8.69

How You Burn Energy

Your RMR is how many calories your body burns at complete rest.

RESTING METABOLIC RATE

1734

kcal per day at rest

BELOW AVERAGE - YOUR RMR IS PROBABLY LOWER THAN EXPECTED FOR YOUR PROFILE. INCREASING LEAN MASS AND STAYING ACTIVE CAN INCREASE IT.

RMR TREND

What's a good RMR?

There is no "good" RMR — it's unique to your body. However, higher RMR relative to your size means you burn more calories at rest.

Can I increase RMR?

Building muscle is the most effective way. Also: move often, eat whole foods frequently, try interval training, and get adequate sleep.

FACTORS THAT CONTRIBUTE TO RMR

Body Composition
Muscle burns more calories than fat. More lean mass = higher RMR.

Body Size
Larger bodies require more energy to maintain basic functions.

Age
Metabolic slowdown and muscle loss occur naturally with age.

Gender
Men tend to have higher RMR due to greater muscle mass.

Environment
Extreme heat or cold forces the body to work harder to regulate temperature.

How to Use Your RMR

Use your RMR to estimate your total daily calorie burn based on activity level, then build your diet around that number.

YOUR TOTAL DAILY ENERGY EXPENDITURE (TDEE)

2441

kcal / day

This is the total number of calories your body burns each day, including rest, daily activity, and exercise. Eat around this to maintain weight, below to lose, or above to gain.

HOW IS TDEE CALCULATED?

1734	+	347	+	360	=	2441
RMR		Lifestyle		Workouts		TDEE

RMR is measured by your DEXA scan. **Lifestyle** accounts for daily non-exercise activity (walking, chores, work). **Workouts** covers intentional exercise sessions.

This assumes a sedentary lifestyle with a workout of 30 min weight training and 30 min jogging. Adjust using the tables below.

Tip: Your smartwatch's "active calories" already includes both lifestyle and workout burn — you can use that directly in place of those two values.

LIFESTYLE ACTIVITY FACTOR

Use these values to calculate your TDEE

Sedentary Desk job, minimal movement	**347**
Light activity Walking, light chores	**650**
Moderately active Regular exercise, active job	**954**
Very active Intense daily training	**1561**

CALORIES BURNED / 30 MIN

Use these values to calculate your TDEE

🚶 Walking	**94**
🏃 Jogging	**270**
🏃 Running	**418**
🚴 Cycling	**263**
🏊 Swimming	**184**
🏋️ Weight Training	**90**
🧘 Yoga	**58**
🏸 Badminton	**180**
🥊 Boxing	**353**

Your Nutrition Plan

Personalized calorie and macro targets for three different goals based on your body composition.

To Lose Fat RECOMMENDED

1941 kcal / day

Should result in ~0.5 kg loss per week

PROTEIN	CARBS	FAT
166 grams	168 grams	66 grams

To Maintain weight

2441 kcal / day

Should help you maintain your current weight

PROTEIN	CARBS	FAT
166 grams	267 grams	78 grams

To Gain Muscle

2941 kcal / day

Should result in ~0.5 kg gain per week

PROTEIN	CARBS	FAT
166 grams	311 grams	114 grams

Recommended: Lose fat. At your current body composition, you need to lose fat. Eat around 1941 kcals with the recommended macros to support fat loss while minimizing muscle loss.

HOW NUTRITION AFFECTS YOUR BODY

Calories determine your weight. Eat less than your TDEE and you lose weight. Eat more and you gain. But the number on the scale doesn't tell you what you're actually losing or gaining.

Macros determine your composition. Two people on the same calorie deficit can get very different results. One loses mostly fat and keeps muscle. The other loses muscle, slows their metabolism, and ends up weaker — even at a lower weight. The difference is protein.

Protein is the key. It signals your body to preserve lean tissue during a deficit and build it during a surplus. Carbs fuel your workouts and daily energy. Fat supports hormones and cell health. Getting the ratio right makes every calorie count.

What to Do Next

Based on your full DEXA analysis, here are your priority actions ranked by importance.

1. **Book a health check for visceral fat**
   Your visceral fat is 1279 g and flagged unhealthy. Schedule a check-in with a clinician to review blood pressure, lipids, and glucose and set safe targets while you reduce belly fat.

2. **Create a modest calorie deficit**
   Body fat is 33.3% (31.5 kg). Aim for a small, steady deficit (around the 1941 kcal plan) to reduce fat while keeping lean mass. Track intake 4–7 days weekly.

3. **Prioritize protein at each meal**
   Lean mass is 59.8 kg and ALMI 8.36 is worth maintaining. Target about 166 g protein/day, spread across meals, to support muscle retention during fat loss.

4. **Do strength-focused training consistently**
   To keep lean mass while dropping fat, include 2–4 weekly strength sessions using progressive effort. Keep form controlled and recover well. This also supports your below-average RMR (1734).

5. **Increase daily movement for fat loss**
   Add more low-intensity activity most days to raise total burn without feeling overwhelming. Even small daily increases help reduce visceral fat and improve A/G ratio (1.22).

6. **Reduce alcohol and refined carbs**
   A/G ratio is very high (1.22) and android fat is 42.6%. Limit alcohol and frequent refined-carb snacks; emphasize fiber-rich carbs and whole foods to support belly-fat reduction.

7. **Balance left–right arm strength**
   Arm lean mass differs by 6.9% (right higher). Add a little extra single-side work for the left arm and keep reps controlled to reduce imbalance over the next 8–12 weeks.

Questions about your report?

Reach out at **support@bodyinsight.in** or visit **bodyinsight.in** to schedule your next scan.

This report is generated from DEXA (Dual-Energy X-ray Absorptiometry) scan data and is intended for informational purposes. It does not constitute medical advice. Consult a healthcare professional before making changes to your diet or exercise