

LIQUVIDA LOUNGE
3708 N OCEAN BLVD, FORT LAUDERDALE, FL 33308

Patient: SAMPLE, JOE	Age: 41.3 years	Referring Physician: YOUR DOCTOR M.D.
Birth Date: 01/06/1979	Weight: 220.0 lbs.	Patient ID: (not specified)
Height: 69.0 in.	Ethnicity:	Measured: 05/16/2020 11:00:13 AM (16 [SP 2])
Sex: Male		Analyzed: 05/16/2020 11:01:13 AM (16 [SP 2])

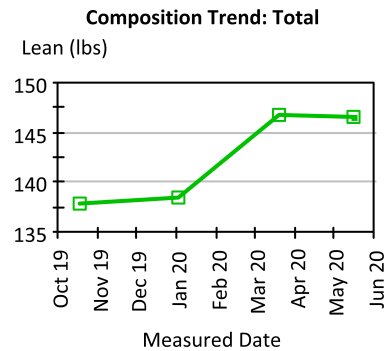
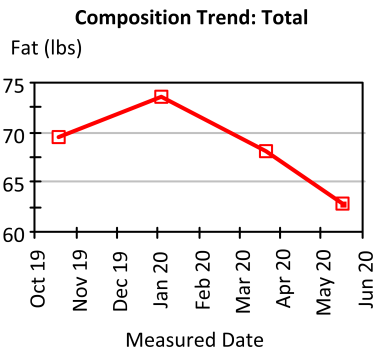
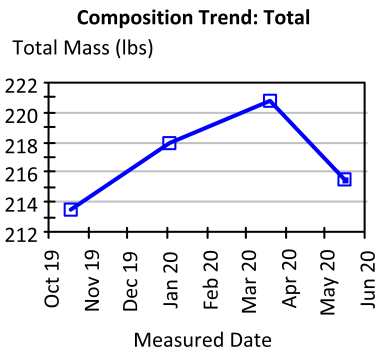
1.START HERE (Terms to know)

DXA or DEXA is a three component model, it quantifies three primary metrics: Bone, Fat & Lean Tissue. These components are then organized into additional metrics which are depicted throughout your report. **Total Mass** = Measured Weight it's the sum of your Fat, Lean & BMC. **Fat Tissue** = All Fat Mass including items like brain, bone marrow, ect. **Lean Tissue** = Muscle Mass, Organs, Blood and Stomach Contents. **BMC** = Bone Mineral Content; generally 3 - 5% of the total. **Fat Free** = the total of Lean Tissue and BMC.

Measured Date	Total Body Fat %	Total Mass (lbs)	Fat Tissue (lbs)	Lean Tissue (lbs)	BMC (lbs)	Fat Free (lbs)
05/16/2020	29.2	215.5	62.9	146.6	6.0	152.6 lbs
03/20/2020	30.8	220.8	68.1	146.7	6.1	152.8 lbs
01/02/2020	33.8	217.9	73.6	138.4	5.9	144.3 lbs
10/18/2019	32.6	213.5	69.6	137.8	6.1	143.9 lbs

Body Composition History (Region: Total)

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)
05/16/2020	215.5	2.0	-5.3	62.9	-6.7	-5.2	146.6	8.8	-0.1
03/20/2020	220.8	7.3	2.9	68.1	-1.5	-5.5	146.7	8.9	8.3
01/02/2020	217.9	4.4	4.4	73.6	4.0	4.0	138.4	0.6	0.6
10/18/2019	213.5	baseline	-	69.6	baseline	-	137.8	baseline	-



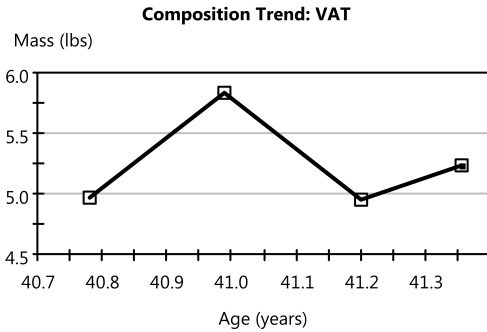
2.Regional Body Composition Analysis

Use the **terms in BOLD** from #1 to review the regions. The regional body composition report below shows the key regions of your body including your arms, legs, **android (abdomen)** and **gynoid (hips region)** metric and displays the composition analysis for each region.

Region	Total Fat %	Total Mass (lbs)	Fat Tissue (lbs)	Lean Tissue (lbs)	BMC (lbs)	Fat Free (lbs)
Arms	25.9%	27.7	7.2 lbs	19.7 lbs	0.8 lbs	20.6 lbs
Legs	21.2%	60.0	12.7 lbs	45.2 lbs	2.1 lbs	47.3 lbs
Android	39.1%	19.0	7.4 lbs	11.4 lbs	0.1 lbs	11.5 lbs
Gynoid	23.5%	29.4	6.9 lbs	21.9 lbs	0.7 lbs	22.5 lbs
Total	29.2%	215.5	62.9 lbs	146.6 lbs	6.0 lbs	152.6 lbs

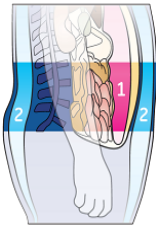
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3. START HERE Visceral Adipose Tissue (VAT)



Date	Age	Fat Mass (lbs)	YOUR VAT READING Volume (in ³)
05/16/2020	41.3	5.24	153.78
03/20/2020	41.2	4.95	145.19
01/02/2020	40.9	5.83	171.15
10/18/2019	40.7	4.97	145.81

4. How does **YOUR VAT READING** compare? (Find the number from above in this chart)



Adipose Tissue
1 Visceral
2 Subcutaneous

Ideal | Healthy

Increased Risk | High

At Risk | Very High

0.00 to 52.00in³

A VAT volume (in³) between the level listed above is considered a healthy range. Continue to practice exercise and a balanced diet.

52.15 to 112.10in³

If your VAT volume (in³) is between the level listed above you are considered to be at an increased risk. Within this range, you may consider improving your diet and increasing exercise.

112.10in³+

If your VAT volume (in³) is at or above the level listed above your risk is considered high. If you are within this range you may consider consulting your physician.

5. What is Visceral Adipose Tissue (VAT)?

Visceral Adipose Tissue (VAT) is the amount of tissue surrounding your internal organs in the **Android Region**. VAT is considered "Metabolically Active", which means that it puts a strain on our vital organs/body systems in order to survive. Having a higher than Ideal VAT reading can put you at risk for Secondary Illness like Diabetes, Hypertension, Heart Disease, etc. VAT CoreScan Results have been validated for adults between the ages of 18-90.

Android Region= Your Abdomen. **Gynoid Region**= Your Hips & Buttocks.

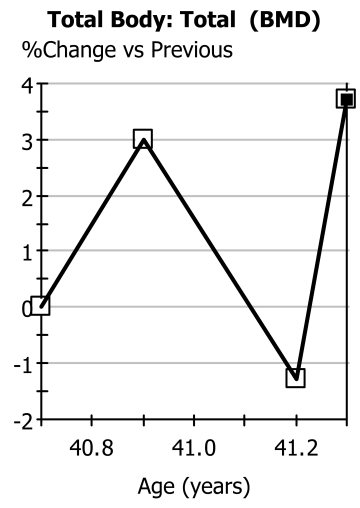
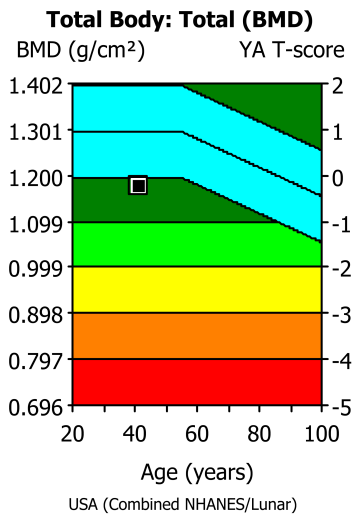
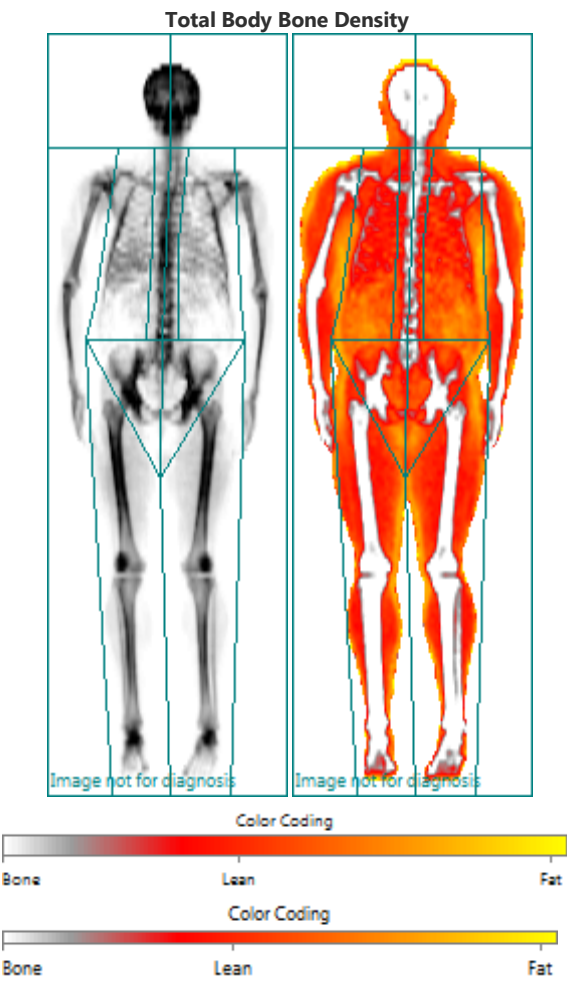
6. Abdomen to Hips Body Fat Distribution Comparison

Measure Date	Android (A) (abdomen)	Gynoid (G) (hips/buttocks)	A/G Ratio
	Android fat is concentrated in the lower abdominal region.	Gynoid fat is concentrated in the hips, upper thighs and buttocks.	For optimal distribution, Android fat % should be less than your Gynoid fat % and your A/G should be less than 1.0
05/16/2020	39.1%	23.5%	1.64
03/20/2020	39.4%	28.0%	1.38
01/02/2020	42.9%	27.7%	1.52
10/18/2019	41.1%	30.4%	1.33

7.Total Body Bone Density Screening Report (NOT A CLINICAL BONE DENSITY REPORT)

This is a **TOTAL BODY Bone Density Screening** Report. This means, that this report is a **cumulative report from all areas** of your body to provide an **AVERAGE** score for your bone health. **This is NOT a diagnostic screening Bone Density evaluation.** It cannot be used to officially diagnose disease or disorders, it is simply used to trend changes in your overall bone health as you make healthier lifestyle changes.

The colored skeleton chart to the left is your color legend for identifying tissue densities in your body: bone, lean, and fat. **Your total bone density rating will be plotted on the graph to the right with a black dot** representing where you fall. If your black dot is in the **DARK GREEN** or the **BLUE**, then you are considered **normal**. If your dot is in the **yellow to red**, you will be referred to a physician for further evaluation of your bone health.



Densitometry: USA (Combined NHANES/Lunar) (Enhanced Analysis)			
Region	BMD (g/cm ²)	YA T-score	AM Z-score
Head	1.998	-	-
Arms	1.051	-	-
Legs	1.161	-	-
Trunk	1.036	-	-
Ribs	0.894	-	-
Spine	1.239	-	-
Pelvis	1.054	-	-
Total	1.177	-0.2	-1.2

8. Muscle Mass Balance Analysis

The table below regionalizes your arms and legs to assess muscle symmetry. **Arms will often have tissue imbalances up to 0.5 lbs, while legs will have tissue imbalances up to 1.5 lbs.** This report looks at movement efficiency because a better balanced body composition improves overall physical capability, especially relating to functional movements.

Pay attention to the Lean Mass column for each arm and leg to spot differences between left and right sides.

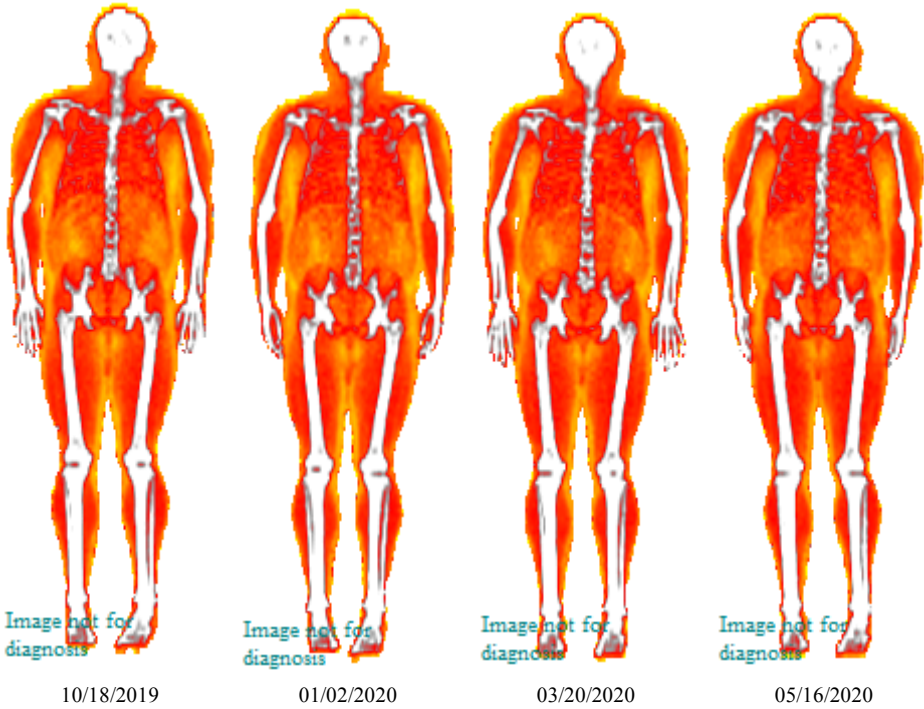
Left / Right Side	Date	Lean Mass (lbs)	Lean %	Fat Mass (lbs)	Fat %	Total Mass (lbs)
Arms Total	05/16/2020	19.7	71.1	7.2	25.9	27.7
	03/20/2020	18.2	68.6	7.5	28.3	26.6
	01/02/2020	17.2	66.5	7.8	30.4	25.8
	10/18/2019	17.9	67.6	7.7	29.3	26.4
Right Arm	05/16/2020	11.1	70.6	4.2	26.6	15.8
	03/20/2020	9.8	67.8	4.2	29.0	14.5
	01/02/2020	9.0	67.2	4.0	29.8	13.3
	10/18/2019	9.7	67.1	4.3	29.9	14.4
Left Arm	05/16/2020	8.6	71.8	3.0	25.0	12.0
	03/20/2020	8.4	69.5	3.3	27.3	12.1
	01/02/2020	8.2	65.8	3.9	31.1	12.5
	10/18/2019	8.2	68.2	3.4	28.6	12.0
Arms Difference	05/16/2020	2.5 lbs	29.5%	1.2 lbs	1.6%	31.7%
	03/20/2020	1.4 lbs	16.4%	0.9 lbs	1.7%	19.3%
	01/02/2020	0.8 lbs	9.1%	0.1 lbs	-1.3%	7.0%
	10/18/2019	1.5 lbs	18.8%	0.9 lbs	1.3%	20.6%
Legs Total	05/16/2020	45.2	75.3	12.7	21.2	60.0
	03/20/2020	47.1	75.0	13.6	21.6	62.8
	01/02/2020	41.7	72.2	14.0	24.2	57.8
	10/18/2019	43.9	72.2	14.7	24.3	60.8
Right Leg	05/16/2020	22.5	75.7	6.2	20.7	29.8
	03/20/2020	23.1	75.0	6.6	21.5	30.8
	01/02/2020	20.4	71.3	7.1	24.9	28.6
	10/18/2019	21.6	72.0	7.3	24.4	30.1
Left Leg	05/16/2020	22.6	74.9	6.5	21.6	30.2
	03/20/2020	24.0	75.0	7.0	21.8	32.0
	01/02/2020	21.3	73.1	6.8	23.4	29.2
	10/18/2019	22.2	72.5	7.4	24.1	30.7
Legs Difference	05/16/2020	-0.1 lbs	-0.5%	-0.4 lbs	-1.0%	-1.5%
	03/20/2020	-0.8 lbs	-3.4%	-0.3 lbs	-0.2%	-3.5%
	01/02/2020	-0.9 lbs	-4.4%	0.3 lbs	1.5%	-2.1%
	10/18/2019	-0.6 lbs	-2.6%	0.0 lbs	0.3%	-2.0%

Body Composition Comparison Report

This image and table shows how your body's muscle development and body fat in each area has responded to your training and/or nutrition program, allowing you to compare your DEXA Scans throughout your transformation.

DIGITAL STORAGE CLOUD

Activate your digital DEXA Storage cloud via the FITTRACE email link you've been provided. You have **30 DAYS from your initial DEXA Scan** to reset your password using the link in this email. **Step #1** Click the link in the email. **Step#2** On the login page hit **FORGOT PASSWORD** **Step #3** Enter your email, check your email and follow the link to reset your password.



Measured Date	Total Mass (lbs)	Total Fat (%)	Total Fat (lbs)	Total Lean (lbs)	Trunk Fat (lbs)	Trunk Lean (lbs)	Arms Fat (lbs)	Arms Lean (lbs)	Legs Fat (lbs)	Legs Lean (lbs)
05/16/2020	215.5	29.2%	62.9	146.6	40.3	72.9	7.2	19.7	12.7	45.2
03/20/2020	220.8	30.8%	68.1	146.7	44.2	72.5	7.5	18.2	13.6	47.1
01/02/2020	217.9	33.8%	73.6	138.4	49.2	71.2	7.8	17.2	14.0	41.7
10/18/2019	213.5	32.6%	69.6	137.8	44.5	67.7	7.7	17.9	14.7	43.9