



# The Ability Clinic

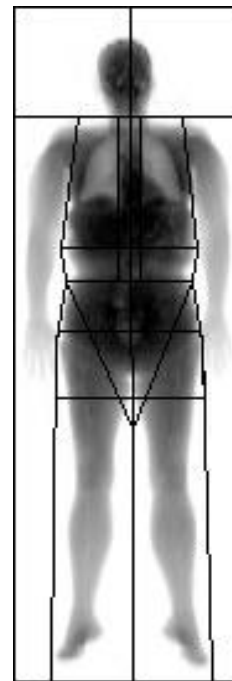
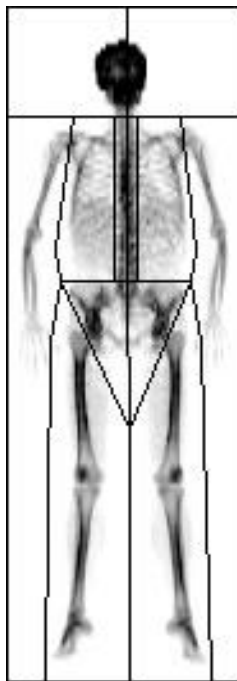
Bone • Muscle • Nerve

755 Queensway E, Suite 303/304, Mississauga, ON L4Y 4C5  
 Tel: (905) 826 - 4048 | Fax: (905) 826 - 4048

## DEXA Full Body Composition

**Name:** Birth 10/15/1972 Exam Date: 2/12/2025  
**Gender:** Female Date: Height: 67.0 in.  
 Weight: 143.0 lbs.

### BODY COMPOSITION SUMMARY



**Exam Date:** 2/12/2025

Total Weight (lbs) **146.6 lbs**  
 Fat Weight (lbs) **31.68 lbs**  
 Lean Weight (lbs) **109.70 lbs**  
 Tissue % Fat **22.4%**  
 A/G Ratio **0.69**  
 BMD / Age **100%**  
 Matched  
 Percentile

Region	Region (%fat)	Total Mass (lb)	Fat (lb)	Lean (lb)	BMC (lb)
Arms	27.0%	14.4 lbs	3.89 lbs	9.86 lbs	0.65 lbs
Legs	19.3%	44.8 lbs	8.64 lbs	34.20 lbs	1.96 lbs
Trunk	23.1%	77.7 lbs	17.97 lbs	58.15 lbs	1.56 lbs
Android	20.9%	10.5 lbs	2.19 lbs	8.16 lbs	0.12 lbs
Gynoid	29.7%	22.7 lbs	6.73 lbs	15.42 lbs	0.50 lbs
Total	21.6%	146.6 lbs	31.68 lbs	109.70 lbs	5.25 lbs



# The Ability Clinic

Bone • Muscle • Nerve

755 Queensway E, Suite 303/304, Mississauga, ON L4Y 4C5  
Tel: (905) 826 - 4048 | Fax: (905) 826 - 4048

## FULL BODY COMPOSITION SUMMARY

<b>Arms Composition</b>	<b>Both Arms</b>	<b>Right Arm</b>	<b>Left Arm</b>	<b>Total Arm Difference</b>
Lean Mass (lb)	9.86 lbs	5.03 lbs	4.83 lbs	0.20 lbs
Fat Mass (lb)	3.89 lbs	1.99 lbs	1.90 lbs	0.08 lbs
Bone Mineral Content (lb)	0.65 lbs	0.33 lbs	0.32 lbs	0.01 lbs
Total Mass (lb)	14.4 lbs	7.4 lbs	7.0 lbs	0.3 lbs
<b>Leg Composition</b>	<b>Both Legs</b>	<b>Right Leg</b>	<b>Left Leg</b>	<b>Total Leg Difference</b>
Lean Mass (lb)	34.20 lbs	17.00 lbs	17.20 lbs	-0.20 lbs
Fat Mass (lb)	8.64 lbs	4.30 lbs	4.34 lbs	-0.05 lbs
Bone Mineral Content (lb)	1.96 lbs	0.99 lbs	0.97 lbs	0.02 lbs
Total Mass (lb)	44.8 lbs	22.3 lbs	22.5 lbs	-0.2 lbs
<b>Trunk Composition</b>	<b>Both Trunk</b>	<b>Right Trunk</b>	<b>Left Trunk</b>	<b>Total Trunk Difference</b>
Lean Mass (lb)	58.15 lbs	28.44 lbs	29.71 lbs	-1.27 lbs
Fat Mass (lb)	17.97 lbs	8.79 lbs	9.18 lbs	-0.40 lbs
Bone Mineral Content (lb)	1.56 lbs	0.77 lbs	0.79 lbs	-0.02 lbs
Total Mass (lb)	77.7 lbs	38.0 lbs	39.7 lbs	-1.7 lbs
<b>Total Composition</b>	<b>Total Body</b>	<b>Right Total</b>	<b>Left Total</b>	<b>Total Body Difference</b>
Lean Mass (lb)	109.70 lbs	54.86 lbs	54.84 lbs	0.03 lbs
Fat Mass (lb)	31.68 lbs	15.76 lbs	15.92 lbs	-0.16 lbs
Bone Mineral Content (lb)	5.25 lbs	2.73 lbs	2.53 lbs	0.20 lbs
Total Mass (lb)	146.6 lbs	73.3 lbs	73.3 lbs	-1.7 lbs

---



# The Ability Clinic

Bone • Muscle • Nerve

755 Queensway E, Suite 303/304, Mississauga, ON L4Y 4C5  
Tel: (905) 826 - 4048 | Fax: (905) 826 - 4048

## LEAN



Lean body mass includes all parts of the body (organs, muscle and fluids) but excluding body fat.

The higher the lean mass percentage, the more muscular the body.

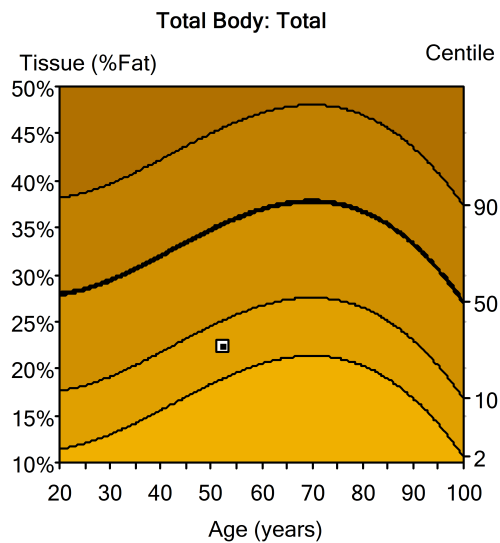
<b>Total Mass</b>	146.6 lbs
<b>Lean Mass</b>	109.70 lbs
<b>Tissue %Lean</b>	74.8%

## FAT



<b>Fat Weight:</b>	31.68 lbs
<b>Tissue %Fat:</b>	22.4%

Composition Reference Centile Graph shows your Total Body Tissue %Fat result compared to a reference population. This comparison is very similar to how babies are measured and compared to reference data for height and weight. The **bold** black line on the graph represents the 50th percentile (median) result for the reference population. The square on the graph represents your result. There are currently no standard definitions of normal or obesity based on Tissue %Fat results, but you can see how you compare to this reference population.





# The Ability Clinic

Bone • Muscle • Nerve

755 Queensway E, Suite 303/304, Mississauga, ON L4Y 4C5  
Tel: (905) 826 - 4048 | Fax: (905) 826 - 4048

## TOTAL BODY FAT PERCENTAGE

A more accurate metric of weight is that of body fat percentage—the ratio of the total weight of a person's fat to his or her body weight. Often a skinfold estimation of body fat is done but the scan you just completed is a much more accurate measure.

<b>Tissue (%Fat)</b>	22.4%
<b>Region (%Fat)</b>	21.6%

### General Body-fat Percentage Categories

Classification	Women (%fat)	Men (%fat)
Essential fat	10-13%	2-5%
Athletes	14-20%	6-13%
Fitness	21-24%	14-17%
Average	25-31%	18-24%
Obese	32% and higher	25% and higher

[www.acefitness.org](http://www.acefitness.org)

The American Council on Exercise advises that in general, 10% to 25% body fat is considered healthy in adult male, and 18% to 32% body fat is considered healthy in adult female.

## ANDROID/GYNOID RATIO

While Total Body %Fat will tell you more about your overall fitness than your weight alone, regional fat distribution tells you **where** the fat is located.

Android (waist) fat is the fat stored in the midsection of the body, primarily in the abdomen. It is more common among men, and creates the "apple" shape. Gynoid (hip) fat is stored primarily in the hips and thighs and is more common among women. This creates the "pear" shape.



Gynoid fat is considered a healthier fat because the fat is not stored in the belly and around organs. Determining the ratio of android to gynoid fat (the A/G ratio) is critical as it is directly correlated to the prevalence of visceral fat. This is a result of organs insulating themselves from toxins by encapsulating the organs in fat. This survival strategy may impede organ function and increase the risk for disease. Ideally, your android fat will always be lower than your gynoid fat and your A/G ratio should be below 1.0.

Region	Tissue %Fat
<b>Android:</b>	21.1%
<b>Gynoid:</b>	30.4%
<b>A/G Ratio:</b>	0.69
	Males <1.0 A/G
	Females <0.8 A/G

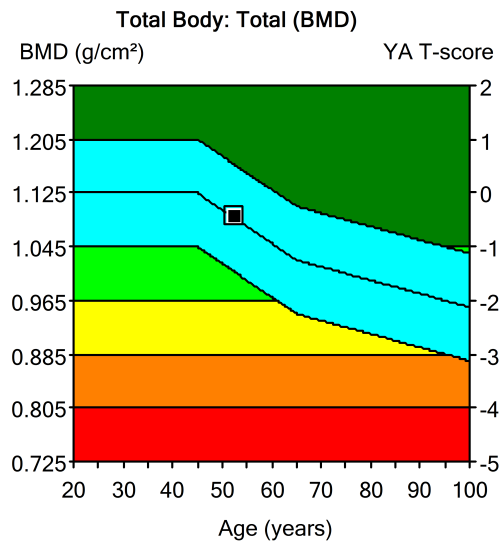


# The Ability Clinic

Bone • Muscle • Nerve

755 Queensway E, Suite 303/304, Mississauga, ON L4Y 4C5  
 Tel: (905) 826 - 4048 | Fax: (905) 826 - 4048

## BONE



Age	BMD	T-score	Z-score
52.3	1.091 g/cm <sup>2</sup>	-0.4	0.0

A bone densitometry test helps your physician to diagnose osteoporosis. The test compares your Bone Mineral Density (BMD) to that of a "young adult" at peak bone strength, displayed as your T-score. It also compares your results to people of your same age, called "age-matched" displayed as your Z-score. This information, along with other factors, helps physicians assess your risk of osteoporosis fracture. The difference between your result and that of a "young adult" is given as a T-score. A panel of experts at the World Health Organization (WHO) has developed categories that define the amount of bone loss:

**Normal:** T-score that is above -1

**Osteopenic:** T-score between -1 and -2.5 (low bone density)

**Osteoporosis:** T-score below -2.5



# The Ability Clinic

Bone • Muscle • Nerve

755 Queensway E, Suite 303/304, Mississauga, ON L4Y 4C5  
Tel: (905) 826 - 4048 | Fax: (905) 826 - 4048

## RELATIVE SKELETAL MUSCLE INDEX (INDEX)

RSMI represents the amount of muscle in your arms and legs in relation to your height. This value, determined through a DEXA Scan, is a key indicator of muscle health and helps assess the risk of sarcopenia.

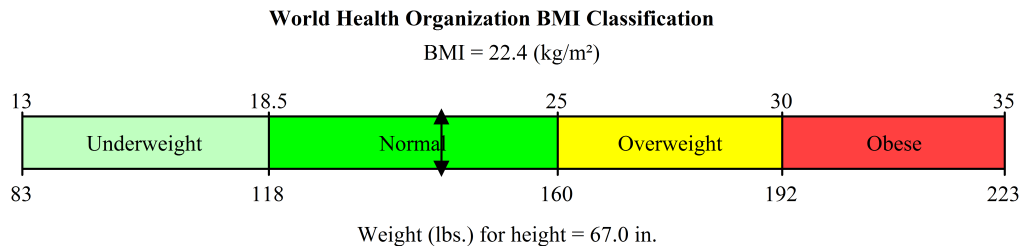
Sarcopenia is a condition linked to aging that leads to muscle loss.

Reduced muscle can affect strength, balance and mobility, making daily activities more challenging. Tracking your RSMI allows for early intervention to maintain muscle function and overall well-being.

YOUR RSMI: **6.90 kg/m<sup>2</sup>**

## BODY MASS INDEX

A frequently used index to assess a person's body composition (or amount of body fat), is called the Body Mass Index (BMI.) This value indicates whether you are underweight, normal weight, overweight or obese. There are no definitive standard definitions of normal or obese, but you can see how you compare to the World Health Organization Classification.



**BMI Classification:** Normal

For most people, BMI is a quick and easy way to assess body composition, which is why it is commonly used. However, since body weight (and not percent body fat) is used in determining BMI, there may be problems when using BMI to assess people who are heavily muscled (such as body builders) or who have an athletic body type. Because muscle weighs more than fat, those who have well-developed muscles typically appear overweight or obese according to BMI reference chart. If you are a person with an athletic or muscular build, do not use BMI as the only method to assess your body composition.



# The Ability Clinic

Bone • Muscle • Nerve

755 Queensway E, Suite 303/304, Mississauga, ON L4Y 4C5  
Tel: (905) 826 - 4048 | Fax: (905) 826 - 4048

## RESTING METABOLIC RATE



Resting Metabolic Rate (RMR) is synonymous with Resting Energy Expenditure (REE) and is an estimate of how many calories you would burn if you were to do nothing but rest. It represents the minimum amount of energy needed to maintain body temperature, heartbeat and respiratory rate.

**RMR:** 1,346 cal/day

Your RMR is based in the Harris-Benedict equation, calculated as follows:

For men:  $66.473 - (6.755 \times \text{age} [\text{years}]) + 13.7516 \times \text{weight} [\text{kg}] + 5.0033 \times \text{height} [\text{cm}]$

For women:  $655.0955 - (4.6756 \times \text{age} [\text{years}]) + (9.5634 \times \text{weight} [\text{kg}]) + (1.8496 \times \text{height} [\text{cm}])$

The following table assists in calculating an individual's recommended daily kilocalorie intake to maintain current weight.

Little to no exercise	Daily calories needed= BMR x 1.2
Light exercise (1-3 days per week)	Daily calories needed= BMR x 1.375
Moderate exercise (3-5 days per week)	Daily calories needed= BMR x 1.55
Heavy exercise (6-7 days per week)	Daily calories needed= BMR x 1.725
Very heavy exercise (twice per day, extra heavy workouts)	Daily calories needed= BMR x 1.9



# The Ability Clinic

Bone • Muscle • Nerve

755 Queensway E, Suite 303/304, Mississauga, ON L4Y 4C5  
Tel: (905) 826 - 4048 | Fax: (905) 826 - 4048

## TREND ANALYSIS

This page is only included in subsequent visits by the patient.

	Original Scan	Second Visit	Third Visit
Date Measured	2/12/2025	baseline	baseline
Age (years)	52.3		
Weight	143.0 lbs.		
Fat Weight	31.68 lbs		
Lean Weight	109.70 lbs		
RMR	1,346 cal/day		
T-Score	-0.4		
Z-Score	0.0		
Tissue %Lean	74.8%		
Tissue %Fat	22.4%		

## ASSESSMENT



### Nutritional Evaluation

- Protein:**  Normal  Deficient
- Mineral:**  Normal  Deficient
- Fat:**  Normal  Deficient

### Weight Management

- Weight:**  Normal  Under  Over
- Lean:**  Normal  Under  Strong
- Fat:**  Normal  Under  Over
- Tissue %Fat:**  Normal  Under  Over  Very Obese
- A/G Ratio:**  Normal  Under  Over  Very Obese
- BMI:**  Normal  Under  Over  Obese

*Thank you for your visit to The Ability Clinic. If you would like to book an appointment in the future to measure progress against your fitness/health goals, please call (905) 826-4048*