

Guy Windsor

Date of Birth: 30th Nov 1973

**BODYSCAN**

from **BODYVIEW**

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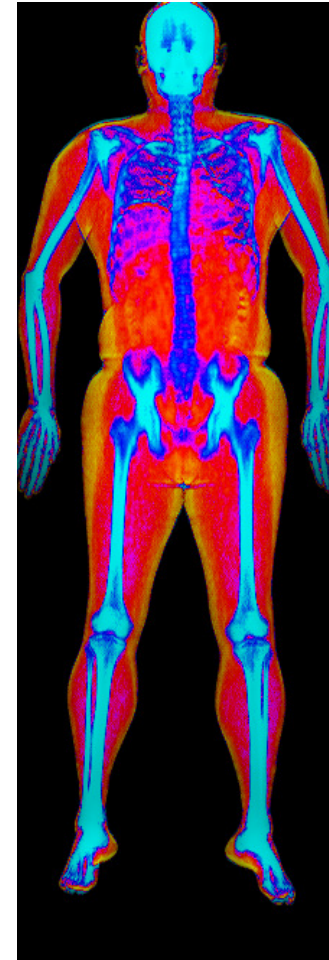
13th Aug 2025

DEXA Body Composition

Carried out by Kevin Garde

## DEXA Body Composition Comparison

	10th May 2024	13th Aug 2025	Change
Weight	84.0 kg	80.6 kg	-3.400 kg
BMI	28.0	26.8	-1.2
Classification	Overweight	Overweight	-
Body Fat	24.8 %	21.5 %	-3.30 %
Fat Mass	21.140 kg	17.657 kg	-3.484 kg
FMI	7.02 kg/m <sup>2</sup>	5.87 kg/m <sup>2</sup>	-1.15 kg/m <sup>2</sup>
Lean Mass	61.681 kg	61.903 kg	223 g
LMI	20.49 kg/m <sup>2</sup>	20.60 kg/m <sup>2</sup>	0.11 kg/m <sup>2</sup>
ALMI	8.79 kg/m <sup>2</sup>	8.75 kg/m <sup>2</sup>	-0.04 kg/m <sup>2</sup>
Visceral Fat	148.0 cm <sup>2</sup>	136.0 cm <sup>2</sup>	-12 cm <sup>2</sup>









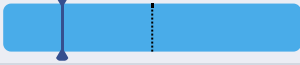





10th May 2024



13th Aug 2025

## Lean & Fat Mass Comparison

Lean Mass	10th May 2024	13th Aug 2025	Chart	Change
Left Arm	3.500 kg	3.463 kg		-37 g
Right Arm	3.588 kg	3.572 kg		-16 g
Trunk	31.910 kg	32.178 kg		268 g
Left Leg	9.498 kg	9.635 kg		137 g
Right Leg	9.881 kg	9.674 kg		-208 g
Total	61.681 kg	61.903 kg		223 g

Fat Mass	10th May 2024	13th Aug 2025	Chart	Change
Left Arm	1.049 kg	888 g		-160 g
Right Arm	1.220 kg	1.039 kg		-181 g
Trunk	11.436 kg	8.891 kg		-2.545 kg
Left Leg	3.269 kg	2.788 kg		-481 g
Right Leg	3.133 kg	2.988 kg		-145 g
Total	21.140 kg	17.657 kg		-3.484 kg

## Body Composition History

Date	Fat Mass	Fat %	FMI	Lean Mass	LMI	ALMI	Visceral Fat
10 May 2024	21.1 kg	24.8	7.02	61.7 kg	20.49	8.79	148.0
19 Aug 2024	18.1 kg	22.5	6.01	59.5 kg	19.76	8.83	115.0
13 Aug 2025	17.7 kg	21.5	5.87	61.9 kg	20.60	8.75	136.0

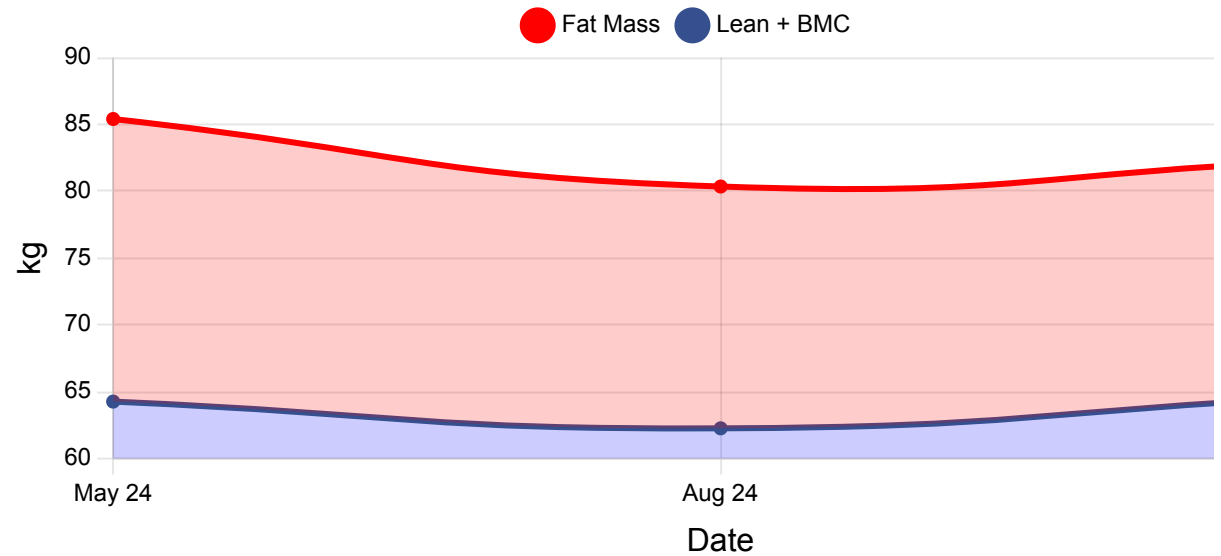
10th May 24



19th Aug 24

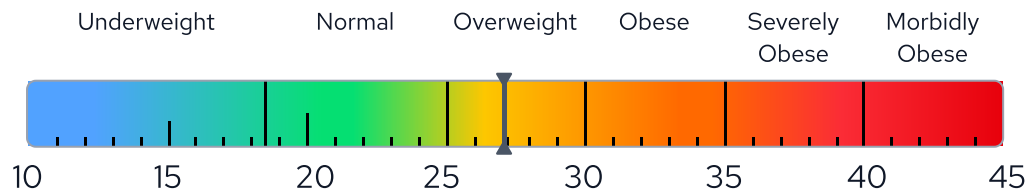


13th Aug 25



- BMI stands for Body Mass Index. It originates from observations in the 1830s of a population of mainly white European men.
- Your BMI is calculated from your weight and height and is a simple - and blunt - method of assessing whether your weight is "normal" for your height.
- Because it is ultimately based on your weight, BMI cannot differentiate between fat and muscle mass, so often categorises muscular individual as overweight or obese.
- It also does not account for your fat distribution, which is crucial for assessing health risks, as fat in the upper body and abdomen increases the risk of life-changing diseases, such as type-2 diabetes and cardiovascular disease.

Height	173.5 cm
Weight	80.6 kg
BMI	26.8 kg/m²
Classification	Overweight



### Health Risks of being overweight

- Increased risk of type 2 diabetes
- Elevated blood pressure
- Higher cholesterol levels
- Increased risk of heart disease and stroke
- Joint problems and osteoarthritis
- Sleep apnea

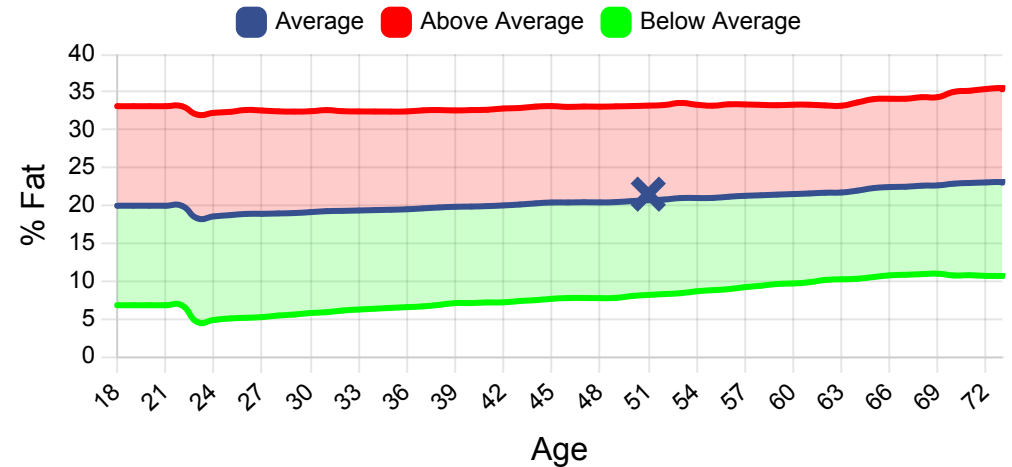
Body Fat Percentage: **21.5%**

Body Fat Weight: **17.7 kg**

### How you compare to others

The graph opposite provides a standardised measure accounting for age and sex in the UK, leading to more accurate and clinically relevant assessments compared to BMI and body fat classifications.

### Total Body Fat %



### Fat Mass Index (FMI)

The Fat Mass Index (FMI) shows how much fat your body has relative to your height. If you are taller, the fat spreads out more, and if you're shorter, it's more packed in.

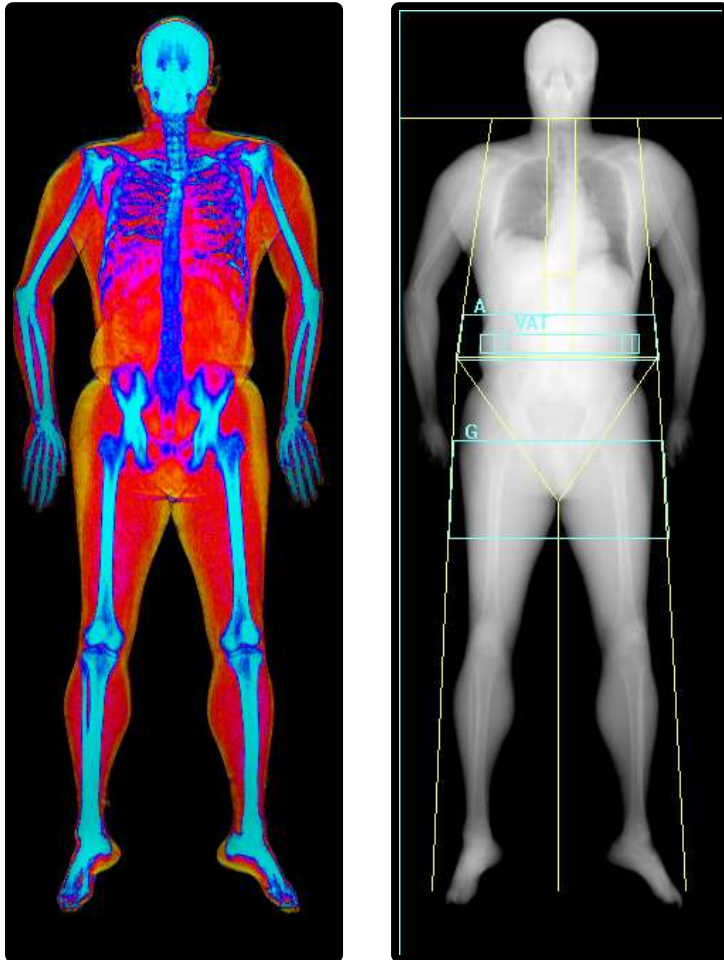
**5.87 kg/m<sup>2</sup>**



61/100 - Compared to other 51 year old males.  
Normal Range 2 - 5 kg/m<sup>2</sup>.

### Body Fat Classifications

Classification	% Body Fat
Essential	2 - 6
Athletic	6 - 14
Fit	14 - 18
<b>Average</b>	<b>18 - 25</b>
Above Average	25 - 31
Obese	31+



Visceral fat, sometimes called "spillover" fat, builds up around internal organs like the liver and pancreas once subcutaneous fat stores are full.

While some is protective, too much increases the risk of heart disease and diabetes.

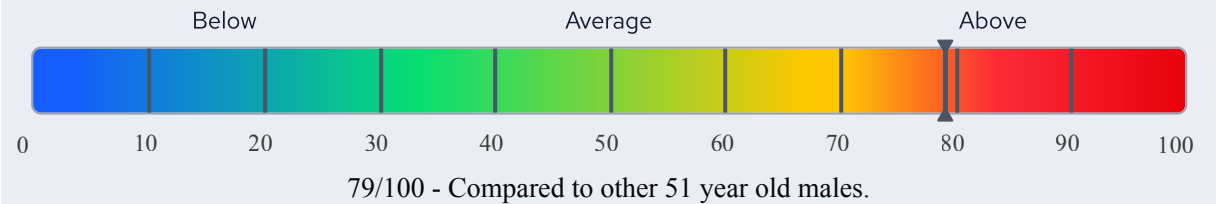
A healthy measurement for you would be  $< 100\text{cm}^2$ .

**Your Visceral Fat measurement is  $136.0\text{cm}^2$**

Increased risk of insulin resistance, mild CVD risk

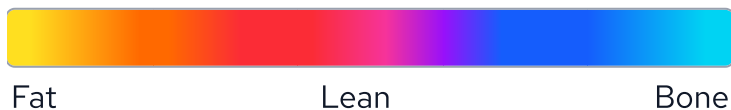


**Compared to others the same age and sex**



### Reduction Strategies

- Increase aerobic exercise
- Include strength training
- Reduce sugar and refined carbs
- Monitor stress levels



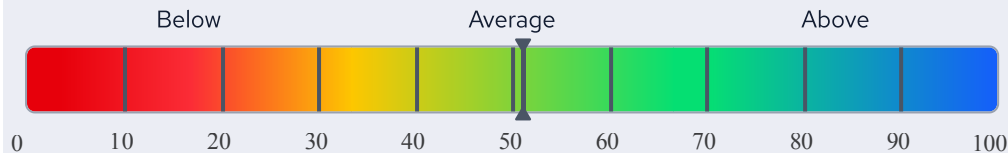
Lean Mass Percentage: **75.2%**

Lean Mass Weight: **61.9 kg**

### Lean Mass Index (LMI)

The Lean Mass Index (LMI) shows how much lean mass your body has relative to your height. If you are taller, the lean mass spreads out more, and if you're shorter, it's more packed in.

**20.60 kg/m<sup>2</sup>**



51/100 - Compared to other 51 year old males.

### Average LMI

Represents a balanced lean mass relative to height, supporting healthy metabolism, physical function, and long-term resilience when fat mass is also well-managed.

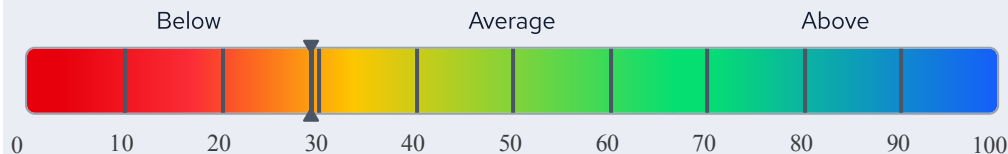
### Recommendation

Maintain regular resistance training, ensure dietary protein is adequate, and recheck DEXA every 3 - 6 months to track trends in muscle and fat.

### Appendicular Lean Mass Index (ALMI)

The Appendicular Lean Mass Index (ALMI) shows how much muscle your arms and legs have relative to your height. Values below 7.26 kg/m<sup>2</sup> can be associated with Sarcopenia (Muscle atrophy).

**8.75 kg/m<sup>2</sup>**



29/100 - Compared to other 51 year old males.

### Below Average ALMI

Indicates reduced muscle mass in arms and legs, increasing risk of frailty, falls, and metabolic issues. It may reflect Sarcopenia or poor musculoskeletal health, especially as you age.

### Recommendation

Focus on resistance training 3 - 4 times weekly, increase protein intake (1.5 - 2g/kg), and consider creatine to support lean mass gains.



Your lean mass and how it's distributed across your body can be useful if you are trying to balance your muscle groups, or partake in particular activities that require higher regional concentrations.

Abnormally low muscle mass can also lead to increased risk of fractures, dementia, and metabolic disorders including Type 2 diabetes.

### Imbalance

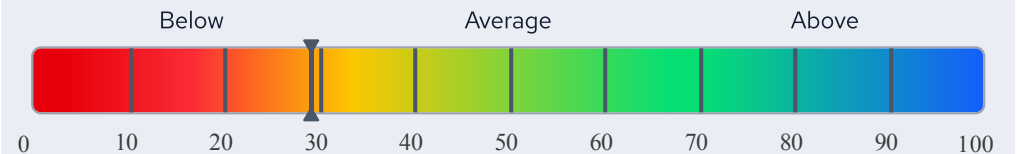
The charts below show your muscle symmetry from left to right.

	Left	Imbalance	Right
Arms	3.463 kg		3.572 kg
Legs	9.635 kg		9.674 kg

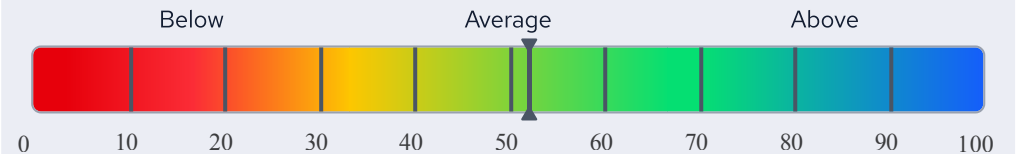
### DEXA Lean Mass Distribution

Your lean mass and how it compares to others in the UK of the same age and sex broken down into regions.

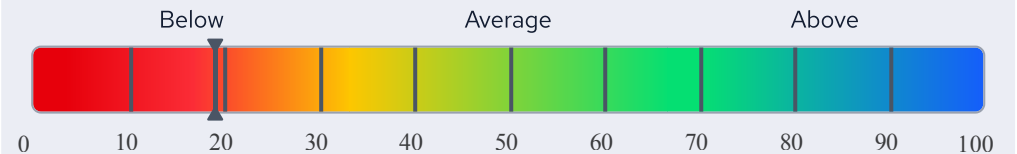
#### Arms



#### Trunk



#### Legs



Compared to other 51 year old Male.

	Lean Mass	% Lean	Fat Mass	% Fat	Bone Mass	Total Mass <sup>2</sup>
Left Arm	3.463 kg	76.1	888 g	19.5	201.20 g	4.553 kg
Right Arm	3.572 kg	74.3	1.039 kg	21.6	196.75 g	4.807 kg
Trunk	32.178 kg	77.0	8.891 kg	21.3	715.93 g	41.785 kg
Left Leg	9.635 kg	74.2	2.788 kg	21.5	554.72 g	12.978 kg
Right Leg	9.674 kg	73.4	2.988 kg	22.7	516.04 g	13.178 kg
Subtotal	58.522 kg	75.7	16.594 kg	21.5	2184.65 g	77.301 kg
Head	3.381 kg	67.7	1.063 kg	21.3	552.75 g	4.997 kg
Android <sup>1</sup>	–	–	1.974 kg	27.6	–	7.145 kg
Gynoid <sup>1</sup>	–	–	3.203 kg	24.7	–	12.967 kg
Total	61.903 kg	75.2	17.657 kg	21.5	2737.40 g	82.298 kg

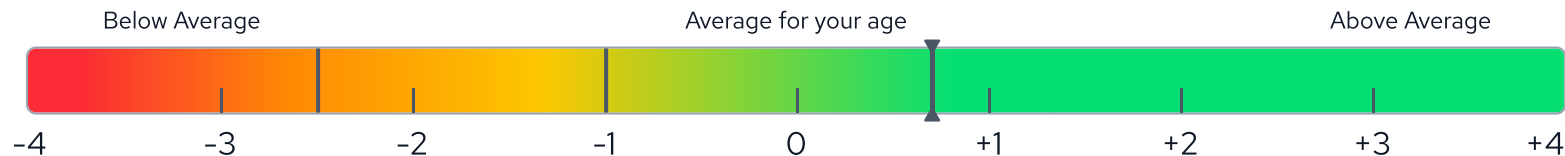
<sup>1</sup> **Android** (Belly), **Gynoid** (Bum, hips and thighs) are sub-regions of the body, whose fat masses are already included in the Sub-total and Total figures.

<sup>2</sup> Total Mass = Lean Mass + Fat Mass + Bone Mass.

The Z-score shows how your bone density compares to the bone densities of others who are the same age, gender, and ethnicity.

- **Z-scores between -1 and +1:** Very common. Most people (about 68 out of 100 people your age) have Z-scores in this range.
- **Z-scores between -2 and +2:** Less common. Most people (about 95 out of 100 people your age) fall in this range.
- **Z-scores beyond -3 and +3:** Very rare. Almost everyone (about 997 out of 1000 people your age) has Z-scores within this range.

Your Z-Score is **0.7**



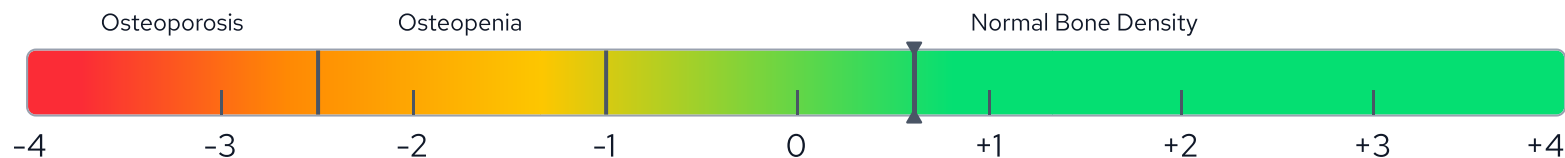
Z-scores for bone density compare an individual's bone density to the average bone density of people of the same age, sex, and body size. A Z-score of 0 indicates that the bone density is exactly average. Scores below -2.0 may suggest a higher risk of bone fractures or underlying medical conditions affecting bone health.

The T-score shows how your bone density compares to the optimal peak bone density of a 25 year old Male.

The World Health Organization (WHO) defines osteoporosis and osteopenia based on T-scores:

- **Normal bone density:** T-score above -1 SD
- **Osteopenia (low bone density):** T-score between -1 and -2.5 SD
- **Osteoporosis:** T-score of -2.5 SD or lower

T-Score is **0.6**. You have **Normal Bone Density**



**Please Note:** Full-body bone density scans provide an overall indication of bone health, but for a definitive osteoporosis diagnosis, please arrange separate scans of the hip and spine.

It's important to note that T-scores alone do not determine fracture risk; other factors such as age, sex, medical history, and lifestyle also play a role. Additionally, a T-score is just one component of a comprehensive assessment for osteoporosis and fracture risk. Interpretation of T-scores should be done in consultation with a healthcare professional.

## Whole Body Bone Density

Your bone mineral density is 1.259g/cm<sup>2</sup>

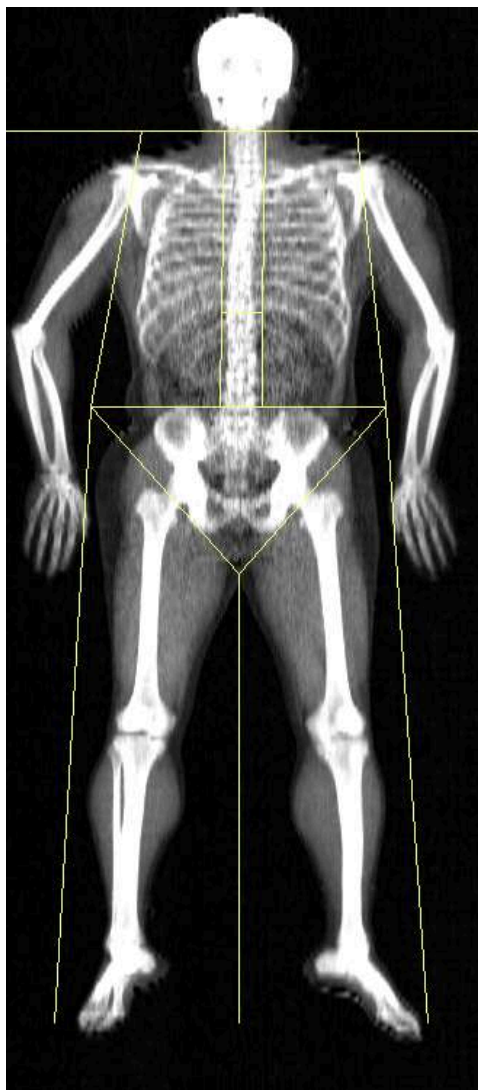


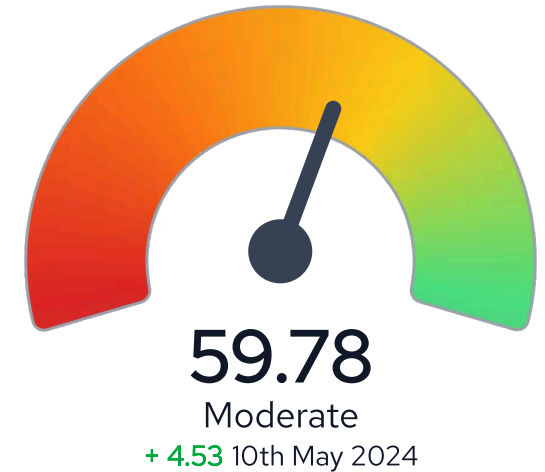
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327 x 150

	Area (cm <sup>2</sup> )	BMC (g)	BMD (g/cm <sup>2</sup> )	T-Score	Z-Score
Left Arm	222.26	201.20	0.905		
Right Arm	238.24	196.75	0.826		
Left Ribs	133.91	105.24	0.786		
Right Ribs	121.52	101.90	0.839		
Thoracic Spine	133.51	123.92	0.928		
Lumbar Spine	69.95	72.84	1.041		
Pelvis	226.65	312.02	1.377		
Left Leg	390.15	554.72	1.422		
Right Leg	406.54	516.04	1.269		
Subtotal	1942.73	2184.65	1.125		
Head	231.05	552.75	2.392		
Total	2173.78	2737.40	1.259	0.6	0.7

The Longevity Health Index turns your scan data into a personalised blueprint for long-term health and performance.

It analyses key markers - lean muscle, visceral fat, and bone density - against science-backed longevity targets, then maps your results in a clear, visual dashboard to track progress.

More than a report, it's your roadmap to staying stronger, healthier, and biologically younger for longer.



Metric	Result	Target	Points	Progress	Change
Visceral Fat	136.0 cm²	< 80 cm²	3.59 / 37	<div><div>9.7%</div></div>	1.41
Appendicular LMI	8.75 kg/m²	> 8.76 kg/m²	23.21 / 24	<div><div>96.7%</div></div>	-0.79
Bone Mineral Density*	0.7	>= 0	18 / 18	<div><div>100.0%</div></div>	0
Fat Mass Index (FMI)	5.87 kg/m²	2 - 5 kg/m²	6.98 / 13	<div><div>53.7%</div></div>	3.91
Muscle Symmetry	3.55 %	< 20 %	8 / 8	<div><div>100.0%</div></div>	0

\*This score reflects the overall bone density of the entire body, offering a general overview. For detailed information, a dedicated scan of the hip and spine is required.

## Your Personal Action Plan

Focus Area	Status	Advice
Visceral Fat	High	Reduce visceral fat by at least <b>36 cm<sup>2</sup></b> using calorie moderation; monitor with DEXA every 12-16 weeks. <i>Lowering your visceral fat to within a healthy range will dramatically reduce your risk of heart disease, stroke, diabetes and all top killers later in life.</i>
Appendicular LMI	Low	Increase your protein intake and consider regular resistance training. <i>Low appendicular mass is a key marker for Sarcopenia, which accelerates biological ageing.</i>
Bone Mineral Density*	Healthy	Continue resistance and impact activities; monitor BMD annually if at risk. <i>Preserving bone density wards off osteoporotic complications that can drastically shorten lifespan.</i>
Fat Mass Index (FMI)	High	Aim to lose <b>2.6 kg of fat</b> through a daily calorie deficit of: <b>412 kcal / 7 weeks, 206 kcal / 14 weeks, 103 kcal / 28 weeks or 51 kcal / 56 weeks.</b> <i>Fat mass in this range drives inflammation and disease risk.</i>
Muscle Symmetry	Healthy	Maintain symmetrical programming and proper form. <i>Symmetry supports joint health and efficient movement, helping sustain functional longevity.</i>

To ensure you meet your goals we recommend reviewing your progress every six months, or more frequently in the event of a 5% body fat change, as your results are likely to evolve. Additionally, if you've undergone a preventive bone scan, we suggest an annual review.

### Interpreting the Data

Here's what each column means in your DEXA scan body composition results:

- **Fat Mass (g):** The total amount of fat in grams.
- **Lean + BMC (g):** Fat-free mass. The combined weight of lean mass (muscle, organs, skin, water, etc) and bone in grams.
- **Total Mass (g):** The total combined weight of fat, muscle, and bone.
- **% Fat:** The percentage of the total mass that is fat.
- **BMC:** Bone Mineral Content refers to the total quantity of minerals (primarily calcium and phosphorus, measured in grams) present in the bones and the total is essentially the weight of your bones. It is an important component of bone health assessment, along with bone mineral density (BMD). The total mass of all the bones in your body (the weight of your skeleton) is much lower than most people expect, between 1.5kg and 4kg.
- **BMD:** Bone Mineral Density is a key indicator of bone strength. The higher the density (within limits), the stronger your bones and the less likely you are to fracture after a fall or impact. Low bone density can indicate conditions such as osteopenia and osteoporosis. BMD is typically measured in grams per square centimetre ( $\text{g}/\text{cm}^2$ ) or grams per cubic centimetre ( $\text{g}/\text{cm}^3$ ).



*Thank You*

A huge thanks

On behalf of the entire team at BodyView, we would like to express our appreciation for coming to see us. Your business is super important to us, and we are deeply committed to helping you achieve your goals. Should you require any further assistance, please do not hesitate to reach out; we are here to help. If your experience with us has been a positive one, it would be really appreciated if you could take a moment to share your feedback by leaving a review on Trustpilot or Google.

Kindest Regards  
Team BodyView.

This report was compiled using BodyCompPro software for DEXA scanners, providing you with gold standard results interpreted through the most advanced body composition software available.

#### Disclaimer

The information provided is for general guidance and not a substitute for professional advice. Always consult a healthcare professional before starting any fitness or weight loss program, especially if you have health conditions or take medications. Use the information at your own discretion and responsibility.

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