



THE WELLNESS INSTITUTE

1075 Leila Avenue | Winnipeg, MB, Canada

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Report prepared for:

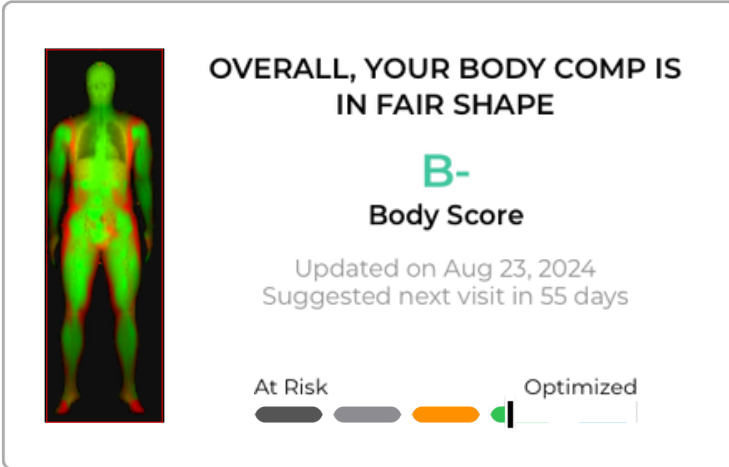
User Name:

DOB:

Measurement Date:

Location: The Wellness Institute

BODY SCORE



BODY HISTORY



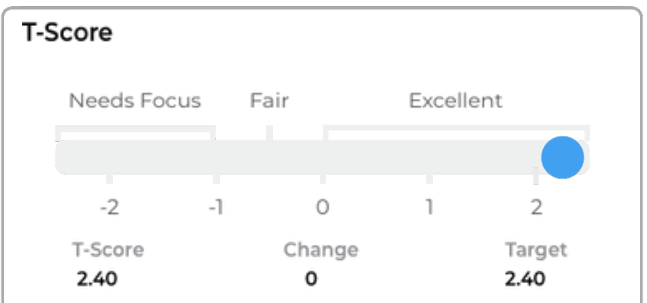
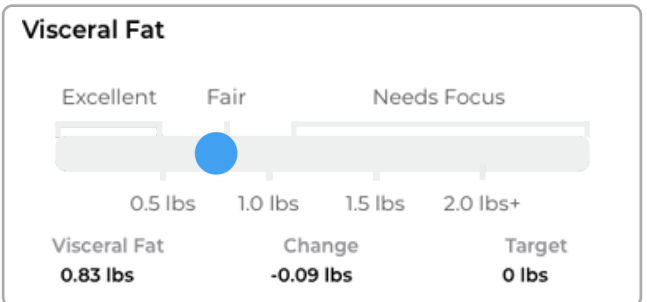
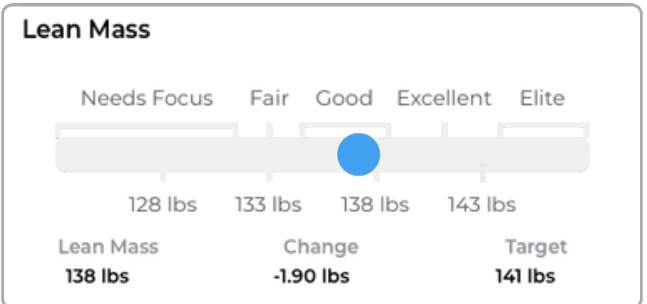
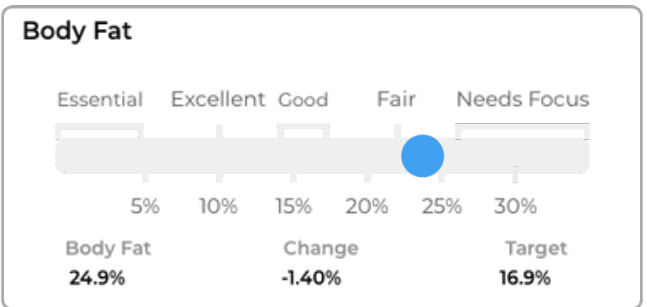
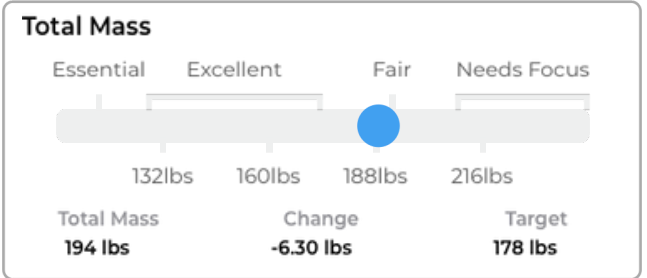
ABOUT YOUR BODY SCORE

Scale weight and body fat percentage alone can be misleading indicators of health. Your Body Score provides a more comprehensive snapshot by examining key components of body composition that are strongly correlated with health, fitness, and longevity. These include lean mass, fat distribution, and bone density. This multi-faceted approach gives a more accurate picture of your overall health status than traditional metrics alone.

The Body Score is presented as a simple letter grade, making it easy to understand and reliably track progress. Score Factors determining your grade include body fat %, lean mass, total mass, visceral fat, and skeletal health (T-Score). Each factor is rated from "Excellent" to "Needs Focus", allowing you to identify specific areas for improvement.

Your score also provides current values, changes since your last test, and targets for each factor. This detailed breakdown helps you pinpoint where to focus your efforts and allows for a more personalized approach to your health and fitness journey.

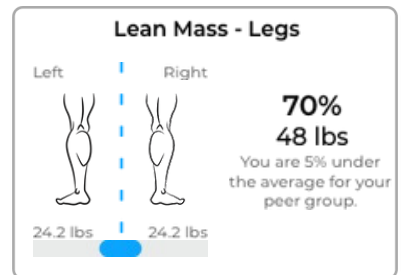
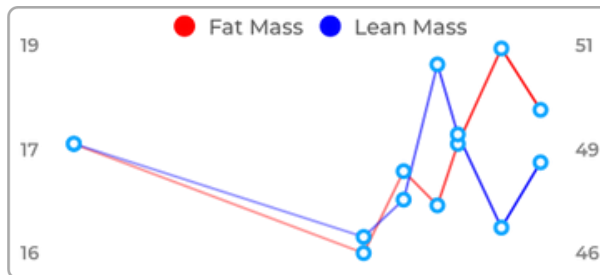
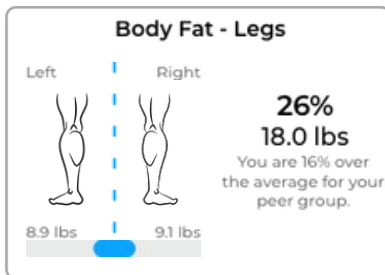
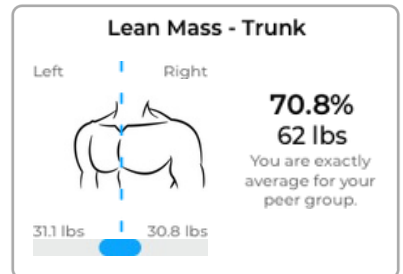
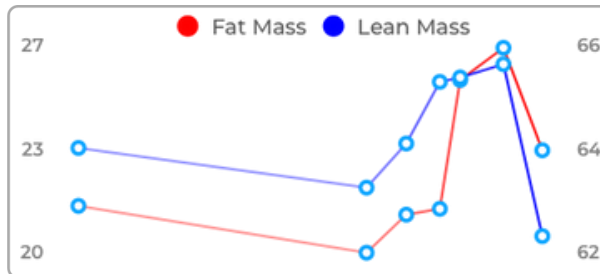
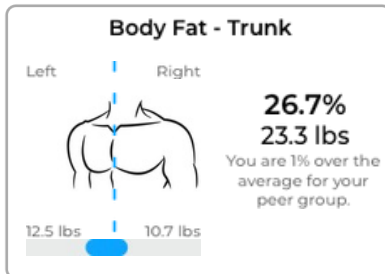
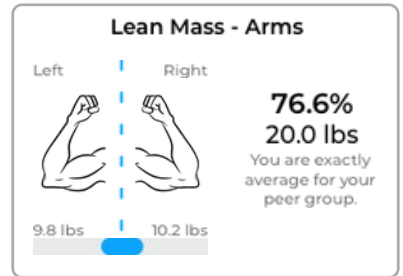
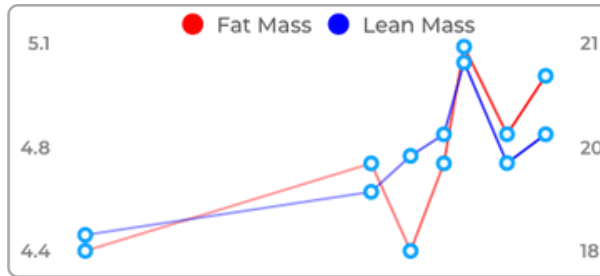
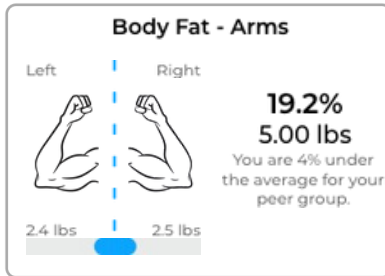
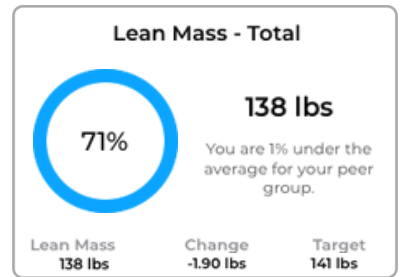
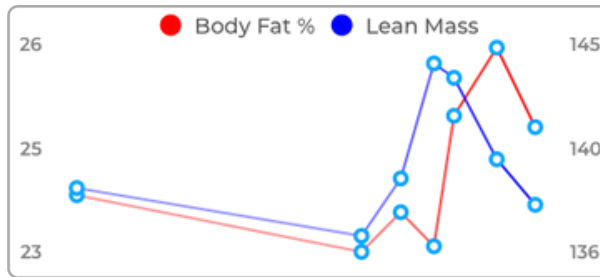
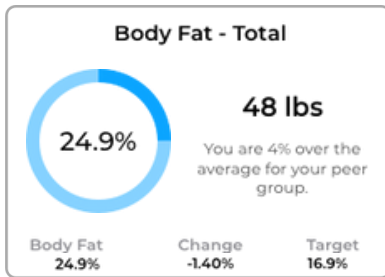
SCORE FACTORS



BODY FAT

TREND

LEAN MASS



ABOUT YOUR BODY FAT

Your body fat includes essential body fat and storage body fat. Essential body fat is necessary to maintain life and reproductive functions. The percentage of essential body fat for women is greater than that for men, due to the demands of childbearing and other hormonal functions. Storage body fat consists of fat accumulation in adipose tissue, part of which protects internal organs in the chest and abdomen.

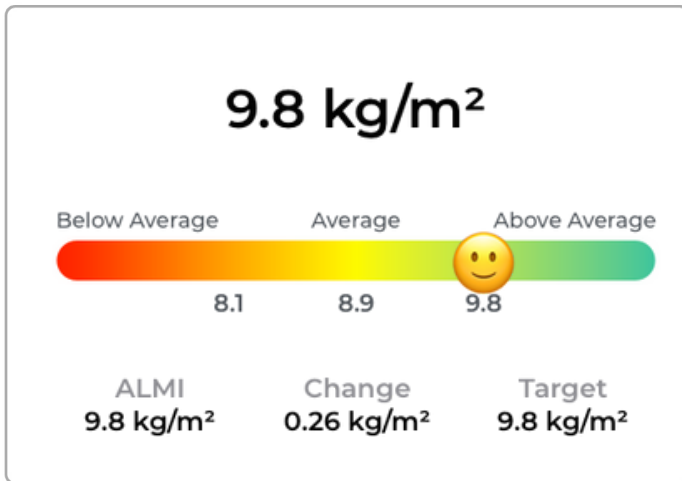
Excessive body fat and low muscle mass is linked to an increased risk of serious health complications and decreased survival. Be sure to track your levels of body fat over time to make sure you're going in the right direction.

ABOUT YOUR LEAN MASS

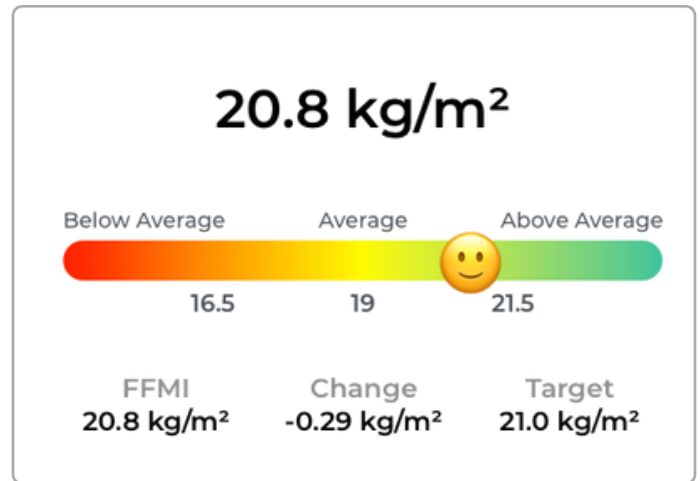
Your lean body mass is a significant component of your DXA body composition scan. It includes muscle mass, lean organ mass, and fluids. Lean mass is often considered an index superior to total body weight for prescribing proper levels of medications and for assessing metabolic disorders because body fat is less relevant for your metabolism.

Growing scientific evidence suggests that lean mass is a new vital sign. It should be a key factor when you evaluate your health status, especially if you're living with a chronic disease.

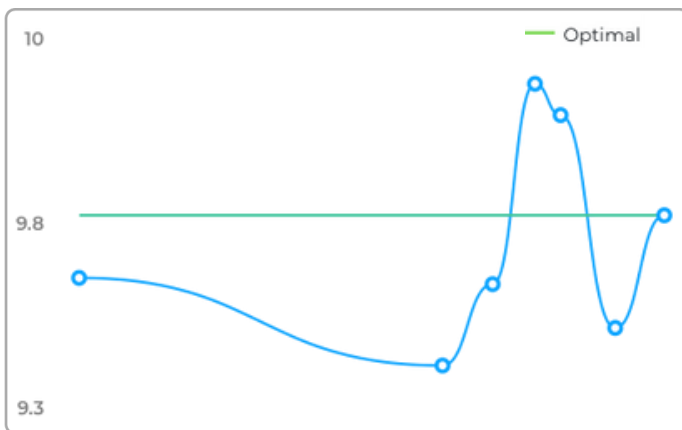
APPENDICULAR LEAN MASS INDEX (ALMI)



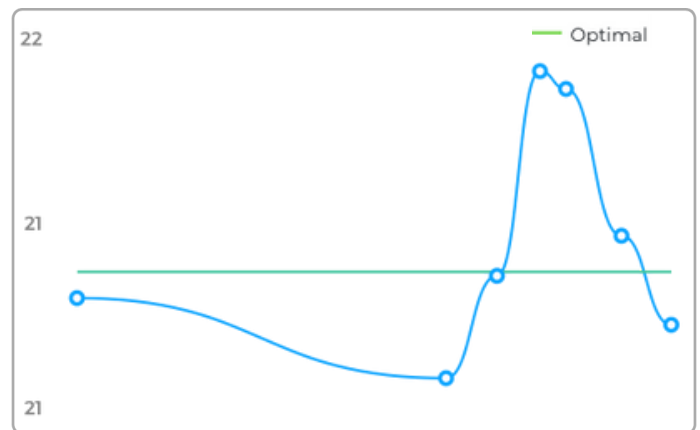
FAT-FREE MASS INDEX (FFMI)



HISTORY



HISTORY



ABOUT ALMI

Your Appendicular Lean Mass Index (ALMI) measures lean mass in your arms and legs relative to height, indicating muscularity and functional strength.

A healthy ALMI provides essential insights into your muscular health, injury prevention, and overall quality of life. It also helps combat age-related muscle loss (sarcopenia), which can lead to frailty and increased risk of falls.

Strive to keep your ALMI north of the 75th percentile for optimal health and longevity, as data suggests this leads to longer, better lives with reduced risk of chronic diseases and age-related declines.

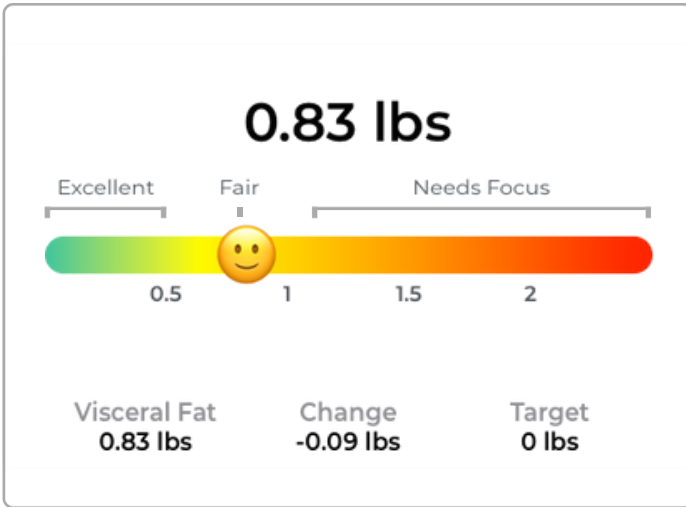
ABOUT FFMI

Your Fat-Free Mass Index (FFMI) takes into account your total lean mass in relation to your height. It is calculated by dividing your fat-free mass (in kilograms) by your height (in meters) squared. Fat-free mass includes everything in your body that is not fat, such as muscles, bones, organs, and water content.

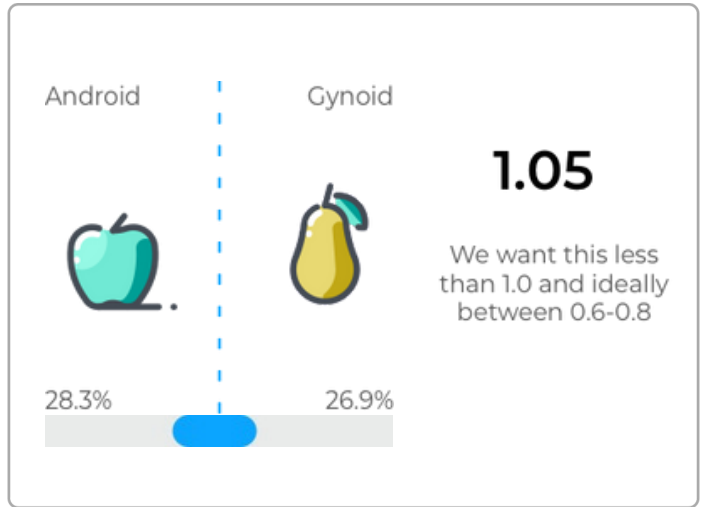
FFMI is a useful metric for assessing your overall body composition and muscularity.

A high FFMI typically indicates a higher proportion of muscle mass, which is associated with improved physical performance and metabolic health. To maintain a healthy body composition, aim for an FFMI within the average or above-average range for your age and sex.

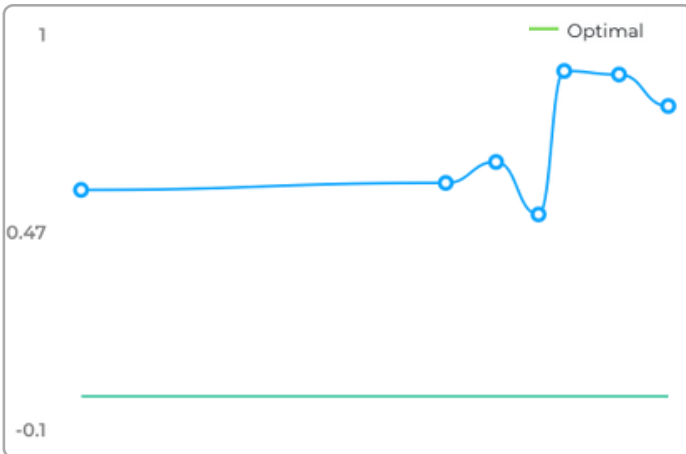
VISCERAL FAT



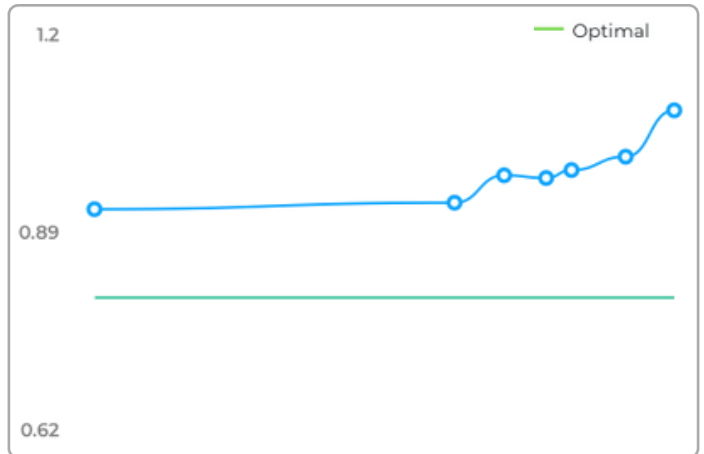
ANDROID/GYNOID RATIO (A/G RATIO)



HISTORY



HISTORY



ABOUT YOUR VISCERAL FAT

Your visceral fat is the nefarious fat located inside your abdominal cavity. It's packed between your organs (e.g., stomach, liver, intestines, kidneys, etc.). Visceral fat is different from subcutaneous fat layered underneath your skin, and intramuscular fat interspersed between your skeletal muscles.

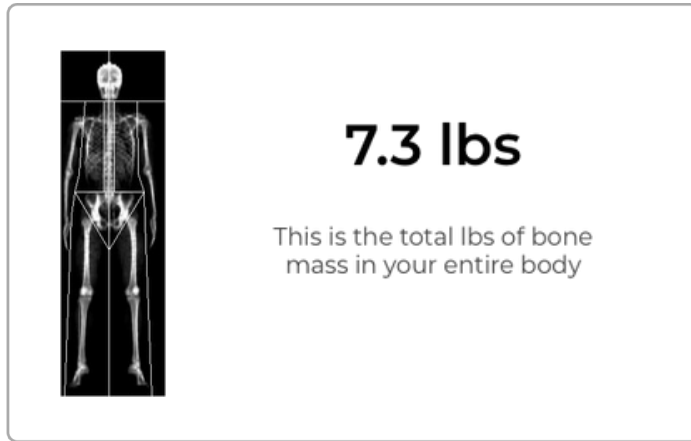
Be especially careful of storing excessive accumulation of visceral fat because it will lead to visceral obesity, which induces low-grade systemic inflammation. Excess visceral fat is also closely associated with the development of a cluster of metabolic derangements, hypertension, cardiovascular disease, and malignancies.

ABOUT YOUR A/G RATIO

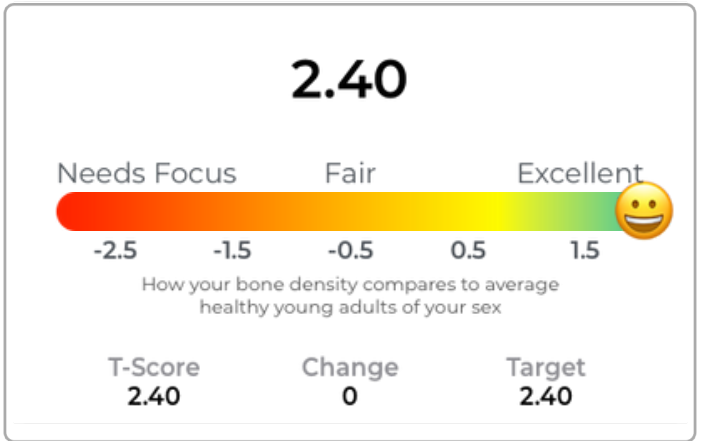
Android versus Gynoid Ratio, abbreviated to A/G Ratio, represents how your body fat is being stored proportionally across the body. Those that are "Apple" shaped store more fat around the belly and midsection whereas "Pear" shaped individuals store more fat around the hips and thighs region.

Having an apple shape is associated with elevated levels of visceral fat and in increased risk for type II diabetes, metabolic syndrome, and heart disease. Men are more likely to store their fat in an apple shape while women are more likely to be pear shaped.

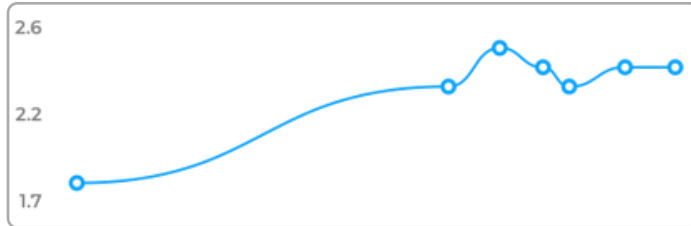
BONE MINERAL CONTENT (BMC)



T-SCORE



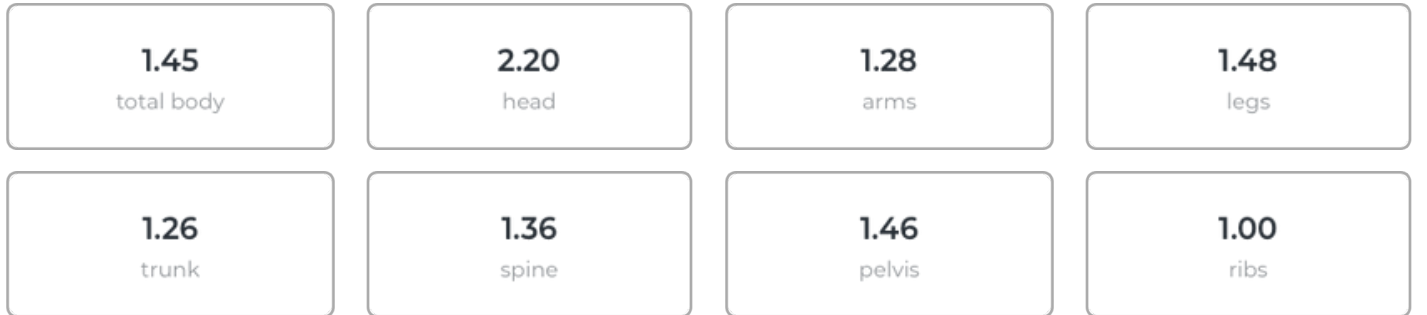
BMC HISTORY



T-SCORE HISTORY



BONE MINERAL DENSITY (BMD) - G/CM²



ABOUT YOUR SKELETAL HEALTH

A whole-body DEXA scan provides a great screening opportunity for bone density but does not replace the need for a site-specific bone density test at the lumbar spine or dual hip regions.

Pay attention to your total body T-Score more than total body BMC or BMD. A T-Score compares your current level of bone density to an average healthy young adult of your sex. It is a standard deviation measurement, with -1 to +1 being the normal range of one standard deviation and 0 being the average. The more positive your T-Score, the higher your bone density and lower your fracture risk; the more negative your T-Score, the lower your bone density and higher your fracture risk.

Along with your T-Score, you will find your total pounds of bone mineral content, or bone mass, along with bone mineral density. BMD is derived by dividing the BMC (g) by the area (cm²). Talk to your doctor if you're worried about your skeletal health.

SCAN HISTORY

Measured Date	Change vs.			Change vs.			Change vs.		
	Total Mass (lbs)	Baseline (lbs)	Previous (lbs)	Fat Mass (lbs)	Baseline (lbs)	Previous (lbs)	Lean Mass (lbs)	Baseline (lbs)	Previous (lbs)
08/23/2024	193.8	2.3	-6.3	48.3	2.9	-4.3	138.2	-0.7	-1.9
07/10/2024	200.1	8.6	-1.2	52.6	7.2	2.1	140.1	1.2	-3.4
05/22/2024	201.3	9.8	5.4	50.5	5.1	5.8	143.5	4.6	-0.6
04/29/2024	195.9	4.4	4.6	44.7	-0.7	0	144.1	5.2	4.8
03/22/2024	191.3	-0.2	4.4	44.7	-0.7	2.1	139.3	0.4	2.4
02/06/2024	186.9	-4.6	-4.6	42.6	-2.8	-2.8	136.9	-2	-2
03/17/2023	191.5	baseline	--	45.4	baseline	--	138.9	baseline	--



Date: 08/23/2024

Body Score: B-

Total Mass: 194 lbs

Lean Mass: 138 lbs

Body Fat: 24.9 %

Visceral Fat: 0.8 lbs

T-Score: 2.4



Date: 07/10/2024

Body Score: B-

Total Mass: 200 lbs

Lean Mass: 140 lbs

Body Fat: 26.3 %

Visceral Fat: 0.9 lbs

T-Score: 2.4



Date: 05/22/2024

Body Score: B-

Total Mass: 201 lbs

Lean Mass: 144 lbs

Body Fat: 25.1 %

Visceral Fat: 0.9 lbs

T-Score: 2.3



Date: 04/29/2024

Body Score: B+

Total Mass: 196 lbs








Lean Mass: 144 lbs

Body Fat: 22.8 %








Visceral Fat: 0.5 lbs

T-Score: 2.4










 *Date:* 03/22/2024
 *Body Score:* B
 *Total Mass:* 191 lbs
 *Lean Mass:* 139 lbs
 *Body Fat:* 23.4 %
 *Visceral Fat:* 0.7 lbs
 *T-Score:* 2.5



 *Date:* 02/06/2024
 *Body Score:* B
 *Total Mass:* 187 lbs
 *Lean Mass:* 137 lbs
 *Body Fat:* 22.7 %
 *Visceral Fat:* 0.6 lbs
 *T-Score:* 2.3



 *Date:* 03/17/2023
 *Body Score:* B-
 *Total Mass:* 192 lbs
 *Lean Mass:* 139 lbs
 *Body Fat:* 23.7 %
 *Visceral Fat:* 0.6 lbs
 *T-Score:* 2.2