Client Report

For

Len Glassner

Test conducted by
Lauren Claravall, XT

Interpreted by:
David Wing, MS, CCRC,CBDT

Exercise & Physical Activity Resource Center (EPARC)

University of California, San Diego
9500 Gilman Drive, La Jolla, CA 92093
Phone: (858) 534-9315 Fax: (858) 534-9404 Web: eparc.ucsd.edu

CLIENT

Patient: Leonard Glassner

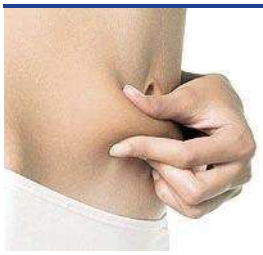
Age:	70.5	**BMI:**	18.4 kg/m²	**Birth Date:**	09/09/1952
Gender:	Male	**Height:**	68.8 in.	**Patient ID:**	(not specified)
Ethnicity:	White	**Weight:**	122.7 lbs	**Exam Date:**	04/10/2023

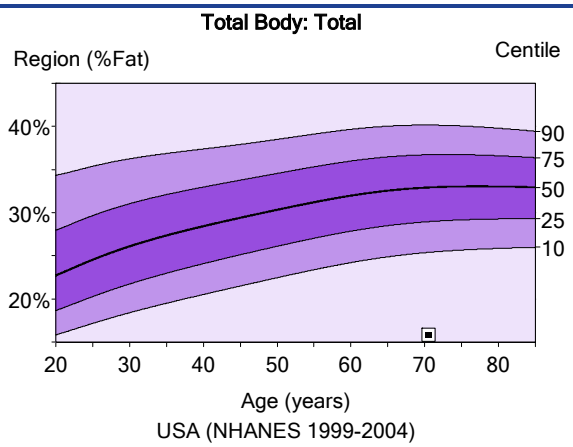
LEAN

Fat-free weight includes muscle, organs, bone, and fluids, but excludes body fat. Lean weight reflects muscle only. These values vary with age, gender, genetics, and state of training. Regardless of age, it is possible to increase your lean mass through specific types of exercise training.

Total BodyWeight:	122.7 lbs
Fat-Free Weight:	103.2 lbs
BMC Weight:	4.8 lbs
Lean Weight:	98.4 lbs

FAT





Fat Weight:	19.5 lbs
%Fat:	15.9 %

This body fat reference graph shows your total body fat percentage compared to a reference population. The **bold** black line on the graph represents the 50th percentile (median) for the reference population; the square on the graph represents your result.
Remember, not all fat is bad! Some fat is essential; the amount varies with age, gender, and other factors. Non-essential fat is fat that is not critical to survival and, when stored in excess, can contribute to disease.

* Reference population drawn from National Health and Nutrition Examination Survey (NHANES) 1999-2004 and matched for gender, age, and ethnicity. (Values only available for White, African American, Latino, Asian).

YOUR CURRENT BODY FAT PERCENTAGE IS: Likely adequate for good health. Further reduction to 12% to 14% may improve sport performance and may further improve key metrics of health.
This target is based on your current body fat and your reasons for wishing to lose weight. If your goals are health-related, your target body fat percentage may be somewhat higher than if your goals were related to athletic performance. Although there is no single ideal body fat percentage, values higher than *30-35% for adult women* and *25% for adult men* are associated with increased risk of cardiovascular disease, Type 2 diabetes, metabolic syndrome, and some cancers.
YOUR TARGET WEIGHT AT 14% FAT IS: 120 lbs.*, AND AT 12% FAT IS 117 lbs.*
We recommend that you lose no more than 5 percentage points of body fat over 6 months (e.g., from 30% to 25% body fat). At this rate (approx. 0.5 to 2.0 lbs./wk depending on your weight), you can be confident that the weight you lose is fat, not water or muscle. It also reduces the likelihood of re-gaining the weight you lose.

**These values assume a constant Fat Free Weight; target weight at any given percentage will shift as FFW increases/decreases.*

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RESTING METABOLIC RATE (RMR)

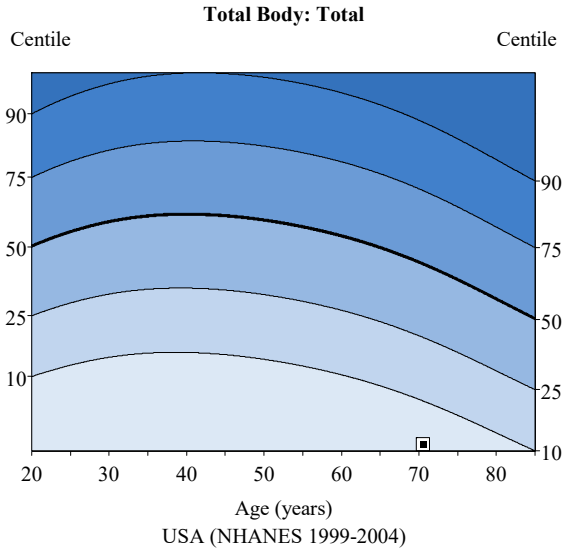
Resting Metabolic Rate (RMR), or Resting Energy Expenditure (REE) is the number of calories you burn in a day at complete rest but awake; it represents the minimum amount of energy needed to maintain body temperature, heartbeat, and respiratory rate. The single greatest determinant of an individual's RMR is the amount of muscle tissue they possess. Consequently, exercise that results in a *gain* of lean muscle tissue will *increase* an individual's RMR.

Your RMR has been *estimated* using a the Harris-Benedict prediction equation:

RMR:	1,235 cal/day

RMR (resting metabolic rate based on Harris-Benedict equation)
*RMR(male)=66.473 - 6.775*age[yrs] + 13.7516*weight[kg] + 5.0033*height[cm]*
*RMR(female)=655.0955 - 4.6756*age[yrs] + 9.5634*weight[kg] + 1.8496*height[cm]*
Harris JA, Benedict FG. A biometric study of basal metabolism in man. Washington, DC: Carnegie Institute of Washington, 1919. (Carnegie Institute of Washington Publication 279).

BONE



Age	BMD	Z-score
70.5	0.993 g/cm²	-1.7

Bone mineral density (BMD) is a measure of how strong your bones are. The Z-score is an "age-matched" comparison, in which your BMD is compared to people of the same age and gender. This information, along with other factors, helps assess your risk of osteoporotic fracture. Although **this is not a diagnostic test for osteoporosis** it can be used as an early screening tool to see if you are at increased risk.

Z-scores within +/- 2.0 are considered normal. However, if your Z-score is lower than -1.0, we recommend you consult with your Primary Care Physician.

RELATIVE SKELETAL MUSCLE INDEX (RSMI)

The Relative Skeletal Muscle Index (RSMI) represents the amount of muscle in the arms and legs expressed relative to height in meters squared (m2) Reseach has shown a relationship between low RSMI and frailty, which often leads to loss of independence, particularly among older adults. The threshold values below which one is at risk are 7.26 kg/m^2 for men and 5.45 kg/m^2 for women.

RSMI:	6.75 kg/m²

RSMI (relative skeletal muscle index) based on Baumgartner equation.
RSMI = (lean mass of arms[kg] + Lean mass of legs[kg]) / height[m]^2
Baumgartner RN, Koehler KM, Gallagher D, Romero L, Heymsfield SB, Ross RR, Garry PJ, Lindeman RD (1998) Epidemiology of sarcopenia among the elderly in New Mexico. Am J Epidermiol 147(8):755-763.

Exercise & Physical Activity Resource Center (EPARC)

University of California, San Diego, 9500 Gilman Drive, La Jolla, CA 92093
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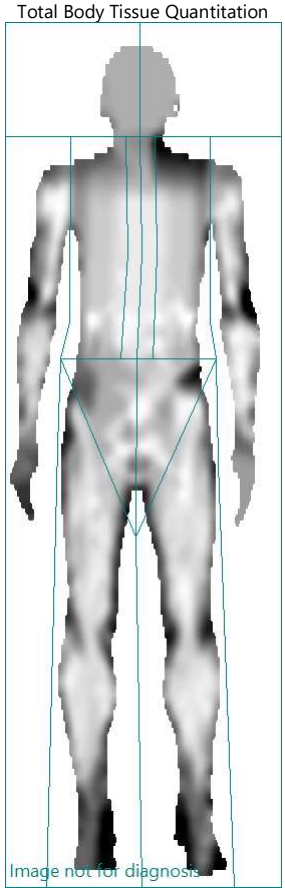
Patient:	Glassner, Leonard			**Referring Physician:**	Dr. Carpuic
Birth Date:	09/09/1952	**Age:**	70.5 years	**Patient ID:**	(not specified)
Height:	68.8 in.	**Weight:**	123.8 lbs.	**Measured:**	04/10/2023 1:29:52 PM (18 [SP 3])
Sex:	Male	**Ethnicity:**	White	**Analyzed:**	04/14/2023 3:44:20 PM (18 [SP 3])

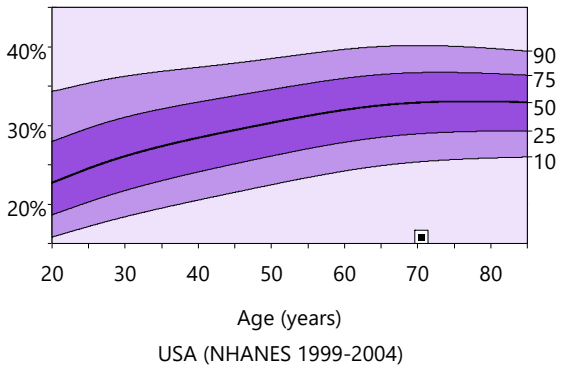
Total Body Tissue Quantitation



Composition (Enhanced Analysis)

Region	Region (%Fat)	Centile	Total Mass (lbs)	Fat (lbs)	Lean (lbs)	BMC (lbs)
Arms	16.8	-	13.8	2.3	10.8	0.7
Arm Right	17.7	-	6.8	1.2	5.3	0.3
Arm Left	15.9	-	7.0	1.1	5.5	0.4
Legs	16.9	-	44.0	7.5	34.7	1.9
Leg Right	17.7	-	22.0	3.9	17.1	1.0
Leg Left	16.2	-	22.1	3.6	17.5	0.9
Trunk	14.4	-	55.7	8.0	46.5	1.2
Android	9.3	-	7.9	0.7	7.1	0.1
Gynoid	14.9	-	18.6	2.8	15.3	0.5
Total	15.9	0	122.7	19.5	98.4	4.8

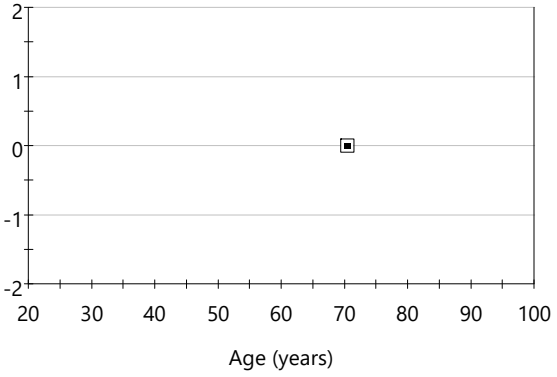
Total Body: Total



Centile: 90, 75, 50, 25, 10

USA (NHANES 1999-2004)

Total Body: Total (Total Mass)



USA (NHANES 1999-2004) Trend: Total (Enhanced Analysis)

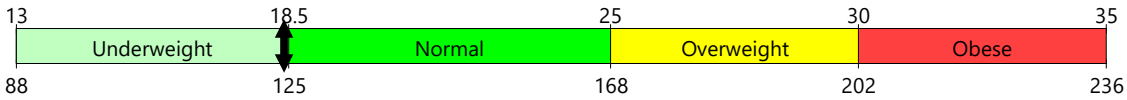
Measured Date	Age (years)	Region (%Fat)	Centile	Total Mass (lbs)	Tissue (lbs)	Fat (lbs)	Lean (lbs)	BMC (lbs)	Fat Free (lbs)
04/10/2023	70.5	15.9	0	122.7	117.9	19.5	98.4	4.8	103.2

USA (NHANES 1999-2004) Trend: Fat Distribution (Enhanced Analysis)

Measured Date	Age (years)	Android (%Fat)	Gynoid (%Fat)	A/G Ratio	Total (%Fat)
04/10/2023	70.5	9.4	15.3	0.61	16.5

World Health Organization BMI Classification

BMI = 18.4 (kg/m²)



Weight (lbs.) for height = 68.8 in.

COMMENTS:

Statistically 68% of repeat scans fall within 1SD (± 0.8 % Fat, ±0.46 lbs. Tissue Mass, ±1.42 lbs. Fat Mass, ±1.56 lbs. Lean Mass for Total Body Total); USA (NHANES 1999-2004) Total Body Composition, Male Reference Population (v100); Composition Matched for Age, Sex, Ethnicity

Date created: 04/17/2023 2:42:37 PM 18 [SP 3]; Filename: gz1xsr7i6g.dfx; Total Body; 76,0.15:153.04:31.4 0.00:-1.00 4.81x13.01 9.9:%Fat=16.5%; 0.00:0.00 0.00:0.00; Scan Mode: Standard; 0.4 µGy; 0.46 cGy*cm²

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BODY COMPOSITION: Total Body (Enhanced Analysis)

Region	Tissue (%Fat)	Region (%Fat)	Tissue (lbs)	Fat (lbs)	Lean (lbs)	BMC (lbs)	Total Mass (lbs)
Arms	17.7	16.8	13.1	2.3	10.8	0.7	13.8
Arm Right	18.6	17.7	6.5	1.2	5.3	0.3	6.8
Arm Left	16.7	15.9	6.6	1.1	5.5	0.4	7.0
Arms Diff.	1.9	1.8	-0.1	0.1	-0.2	0.0	-0.1
Legs	17.7	16.9	42.1	7.5	34.7	1.9	44.0
Leg Right	18.5	17.7	21.0	3.9	17.1	1.0	22.0
Leg Left	16.9	16.2	21.1	3.6	17.5	0.9	22.1
Legs Diff.	1.6	1.5	-0.1	0.3	-0.4	0.0	-0.1
Trunk	14.7	14.4	54.5	8.0	46.5	1.2	55.7
Trunk Right	15.1	14.7	26.9	4.1	22.8	0.6	27.5
Trunk Left	14.3	14.0	27.6	3.9	23.6	0.6	28.2
Trunk Diff.	0.8	0.8	-0.7	0.1	-0.8	0.0	-0.6
Android	9.4	9.3	7.8	0.7	7.1	0.1	7.9
Gynoid	15.3	14.9	18.1	2.8	15.3	0.5	18.6
Total	16.5	15.9	117.9	19.5	98.4	4.8	122.7
Total Right	17.1	16.4	58.7	10.1	48.7	2.5	61.2
Total Left	15.9	15.3	59.2	9.4	49.7	2.4	61.5
Total Diff.	1.2	1.1	-0.4	0.6	-1.1	0.1	-0.3

Good
Symmetry

Fat Mass Ratios:

Trunk Fat Mass/Total Fat Mass	Legs Fat Mass/Total Fat Mass	Limbs Fat Mass/Trunk Fat Mass
0.41	0.38	1.22

Ratio of Android to Gynoid 0.7:1 very good!

Estimated Visceral Adipose Tissue

Volume	Mass	Area
6.27 in^3	0.21 lbs	1.63 in^2

Excellent. Reference Group! Stay < 3.3 lbs.

Estimated Subcutaneous Adipose Tissue

Volume	Mass	Area
9.51 in^3	0.32 lbs	2.48 in^2

Excellent. Reference Group. Stay ~~0.55~~ lbs <0.55

Statistically 68% of repeat scans fall within 1SD (± 0.8 % Fat, ±0.46 lbs. Tissue Mass, ±1.42 lbs. Fat Mass, ±1.56 lbs. Lean Mass for Total Body Total)
Date created: 04/17/2023 10:49:20 AM 18 [SP 3]; Filename: gz1xsr7i6g.dfx; Total Body; 76,0.15:153.04:31.4 0.00:-1.00 4.81x13.01 9.9:%Fat=16.5%; 0.00:0.00 0.00:0.00; Scan Mode: Standard; 0.4 µGy; 0.46 cGy*cm²