Guy Windsor

Date of Birth: 30th Nov 1973

BODYSCAN

from BODYVIEW

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bodyscanuk.com

28th Nov 2025

DEXA Body Composition

Carried out by Arthur Lidgey

BodyCompPro®

HOLOGIC®

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DEXA Body Composition Comparison

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	13th Aug 2025	28th Nov 2025	Change
Weight	80.6 kg	78.8 kg	−1.800 kg
BMI	26.8	26.2	−0.6
Classification	Overweight	Overweight	–
Body Fat	21.5 %	21.4 %	−0.10 %
Fat Mass	17.657 kg	16.872 kg	−785 g
FMI	5.87 kg/m²	5.6 kg/m²	−0.27 kg/m²
Lean Mass	61.903 kg	59.272 kg	−2.631 kg
LMI	20.6 kg/m²	19.7 kg/m²	−0.90 kg/m²
ALMI	8.75 kg/m²	8.56 kg/m²	−0.19 kg/m²
Visceral Fat	136 cm²	103 cm²	−33.00 cm²

13th Aug 2025

28th Nov 2025

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Lean & Fat Mass Comparison

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Lean Mass	13th Aug 2025	28th Nov 2025	Chart	Change
Left Arm	3.463 kg	3.426 kg		-37 g
Right Arm	3.572 kg	3.649 kg		76 g
Trunk	32.178 kg	30.249 kg		-1.929 kg
Left Leg	9.635 kg	8.917 kg		-718 g
Right Leg	9.674 kg	9.772 kg		98 g
Total	61.903 kg	59.272 kg		-2.631 kg

Fat Mass	13th Aug 2025	28th Nov 2025	Chart	Change
Left Arm	888 g	847 g		-41 g
Right Arm	1.039 kg	1.064 kg		25 g
Trunk	8.891 kg	8.380 kg		-511 g
Left Leg	2.788 kg	2.979 kg		191 g
Right Leg	2.988 kg	2.577 kg		-411 g
Total	17.657 kg	16.872 kg		-785 g

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Body Composition History

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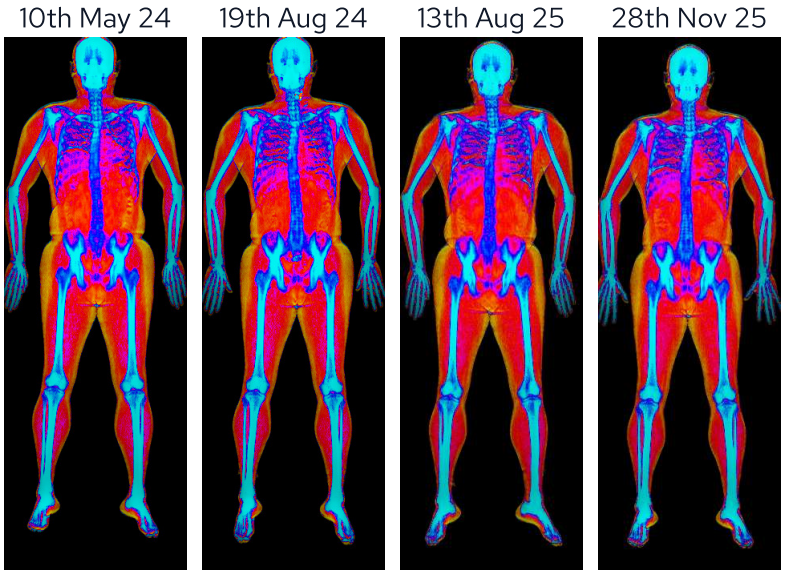
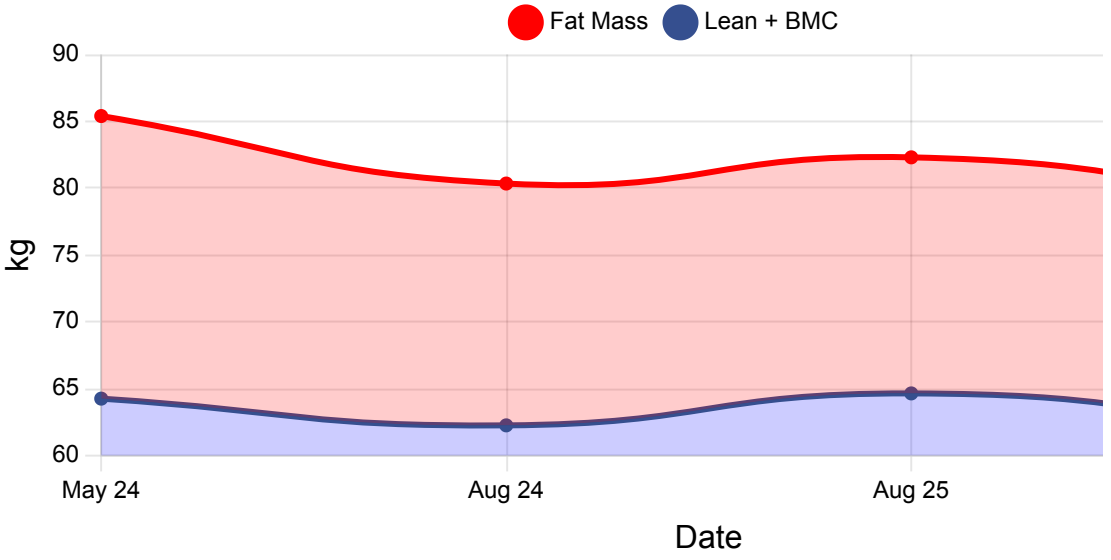
Date	Fat Mass	Fat %	FMI	Lean Mass	LMI	ALMI	Visceral Fat
10 May 2024	21.1 kg	24.8	7.02	61.7 kg	20.49	8.79	148
19 Aug 2024	18.1 kg	22.5	6.01	59.5 kg	19.76	8.83	115
13 Aug 2025	17.7 kg	21.5	5.87	61.9 kg	20.6	8.75	136
28 Nov 2025	16.9 kg	21.4	5.6	59.3 kg	19.7	8.56	103





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DEXA Scan BMI Classification

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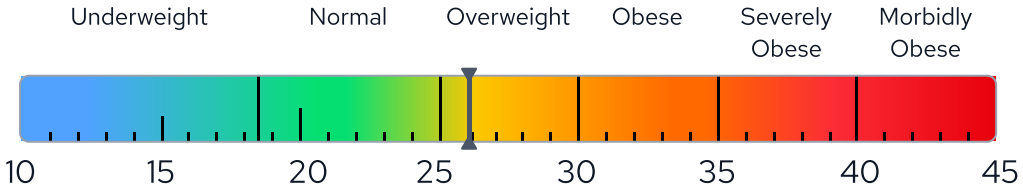
- BMI stands for Body Mass Index. It originates from observations in the 1830s of a population of mainly white European men.
- Your BMI is calculated from your weight and height and is a simple - and blunt - method of assessing whether your weight is "normal" for your height.
- Because it is ultimately 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	78.8 kg
BMI	26.2 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

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DEXA Scan Body Fat

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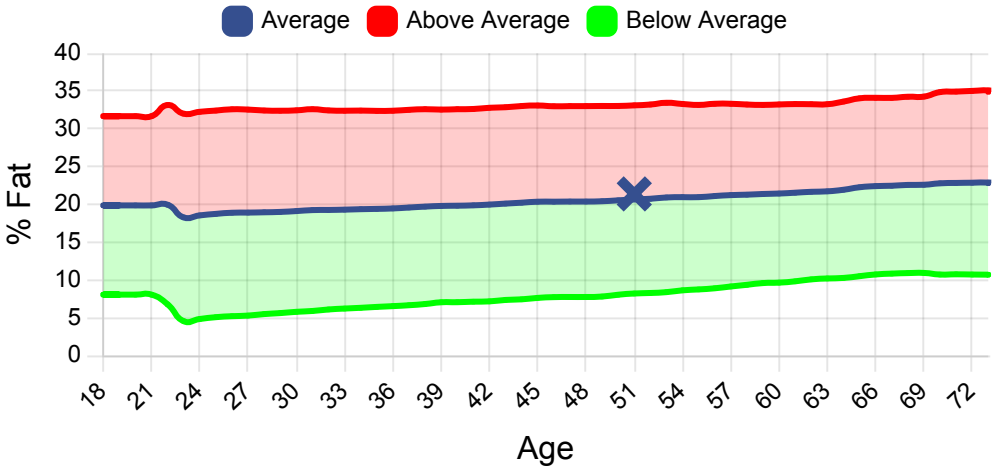
Body Fat Percentage: 21.4%

Body Fat Weight: 16.9 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.

5.6 kg/m²

59/100 - Compared to other 51 year old males.
Normal Range 2 - 5 kg/m².

Body Fat Classifications

Classification	% Body Fat
Essential	2 – 6
Athletic	6 – 14
Fit	14 – 18
Average	18 – 25
Above Average	25 – 31
Obese	31+

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DEXA Scan Visceral Fat

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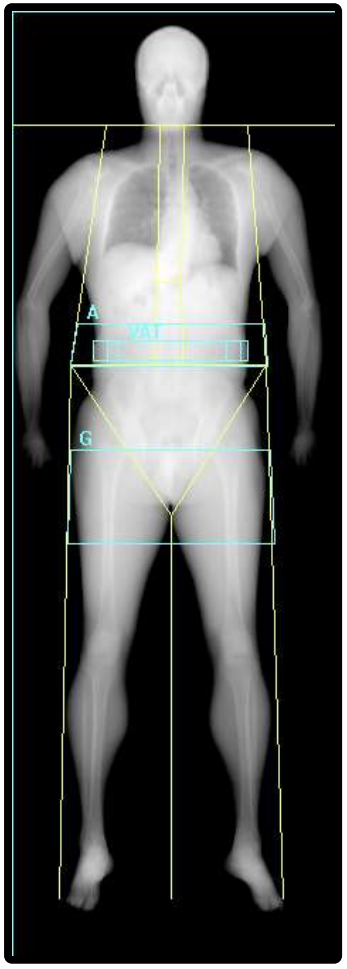


Fat Lean Bone

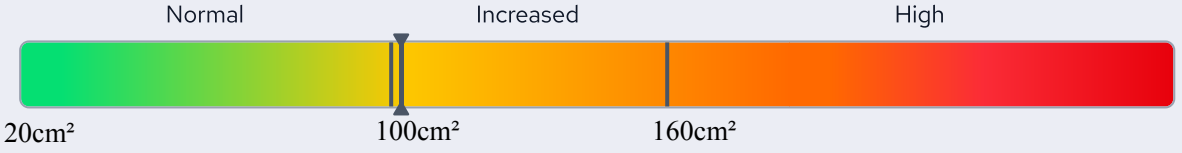
Visceral fat, sometimes called "spillover" fat, builds up around internal organs like the liver and pancreas once subcutaneous fat stores are full.

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

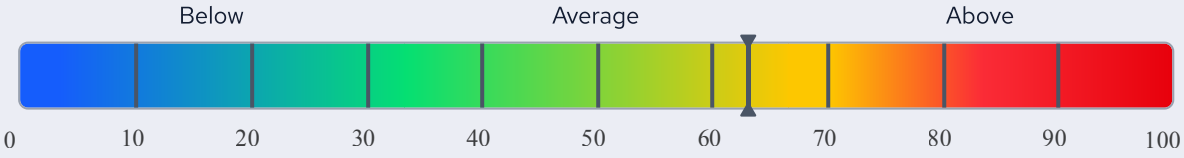
A healthy measurement for you would be < 100cm².

Your Visceral Fat measurement is 103cm²

Increased risk of insulin resistance, mild CVD risk



Compared to others the same age and sex



63/100 - Compared to other 51 year old males.

Reduction Strategies

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

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DEXA Scan Lean Mass

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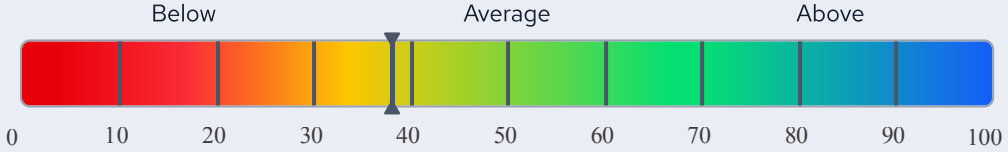
Lean Mass Percentage: **75.1%**

Lean Mass Weight: **59.3 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.

19.7 kg/m²



38/100 - 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.

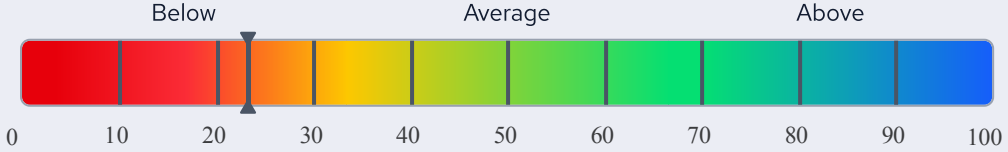
Recommendation

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 ² can be associated with Sarcopenia (Muscle atrophy).

8.56 kg/m²



23/100 - 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.

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DEXA Scan Lean Mass

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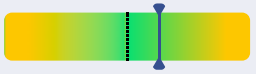
Your lean mass and how it's distributed across your body can be useful if you are trying to balance your muscle groups, or partake in particular activities that require higher regional concentrations.

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

Imbalance

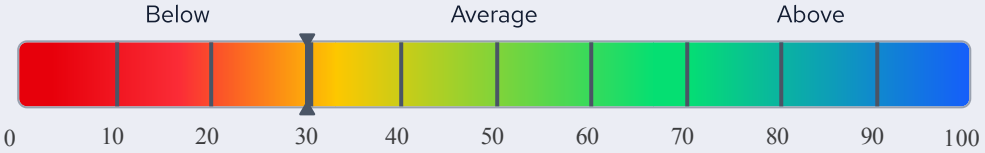
The charts below show your muscle symmetry from left to right.

	Left	Imbalance	Right
Arms	3.426 kg		3.649 kg
Legs	8.917 kg		9.772 kg

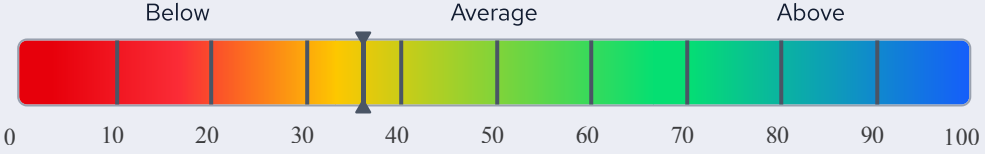
DEXA Lean Mass Distribution

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

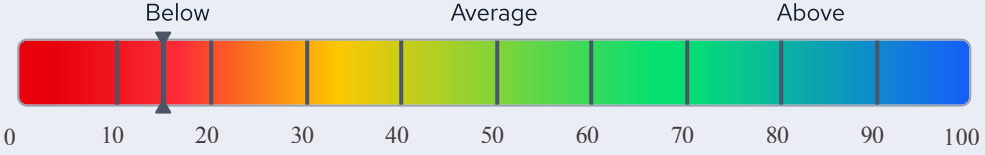
Arms



Trunk



Legs



Compared to other 51 year old Male.

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DEXA Scan Body Composition Results

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	Lean Mass	% Lean	Fat Mass	% Fat	Bone Mass	Total Mass[2]
Left Arm	3.426 kg	76.6	847 g	18.9	198.38 g	4.472 kg
Right Arm	3.649 kg	74.3	1.064 kg	21.7	197.88 g	4.911 kg
Trunk	30.249 kg	76.8	8.380 kg	21.3	768.86 g	39.398 kg
Left Leg	8.917 kg	71.7	2.979 kg	24	540.07 g	12.436 kg
Right Leg	9.772 kg	76.0	2.577 kg	20	510.59 g	12.859 kg
Subtotal	56.013 kg	75.6	15.847 kg	21.4	2215.78 g	74.075 kg
Head	3.260 kg	67.2	1.025 kg	21.1	565.51 g	4.850 kg
Android [1]	–	–	1.636 kg	27	–	6.067 kg
Gynoid [1]	–	–	2.876 kg	22.7	–	12.669 kg
Total	59.272 kg	75.1	16.872 kg	21.4	2781.3 g	78.925 kg

[1] **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.
[2] Total Mass = Lean Mass + Fat Mass + Bone Mass.

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Bone Density Z-score

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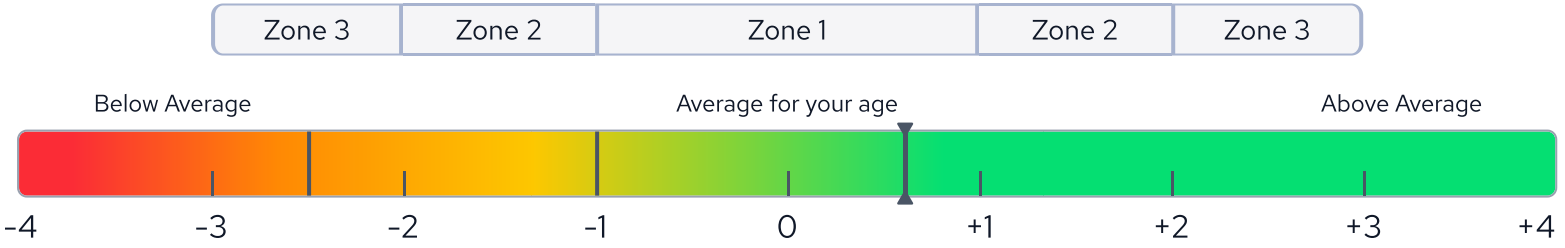
The Z-score shows how your bone density compares to the bone densities of others who are the same age, gender, and ethnicity.

- **Zone 1**: Very common, about 68 out of 100 people your age have Z-scores in this range.
- **Zone 2**: Less Common, about 28 out of 100 people your age fall in this range.
- **Zone 3**: Very Rare, about 4 out of 100 people your age have Z-scores within this range.

Your Z-Score is 0.6



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.

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Bone Density T-score

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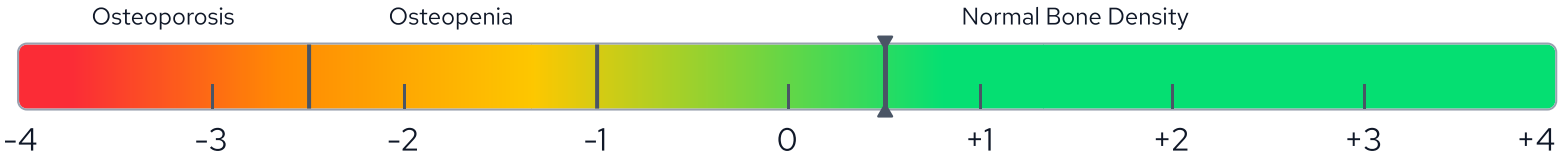
The T-score shows how your bone density compares to the optimal peak bone density of a 25 year old Male.

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 **0.5**. 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.

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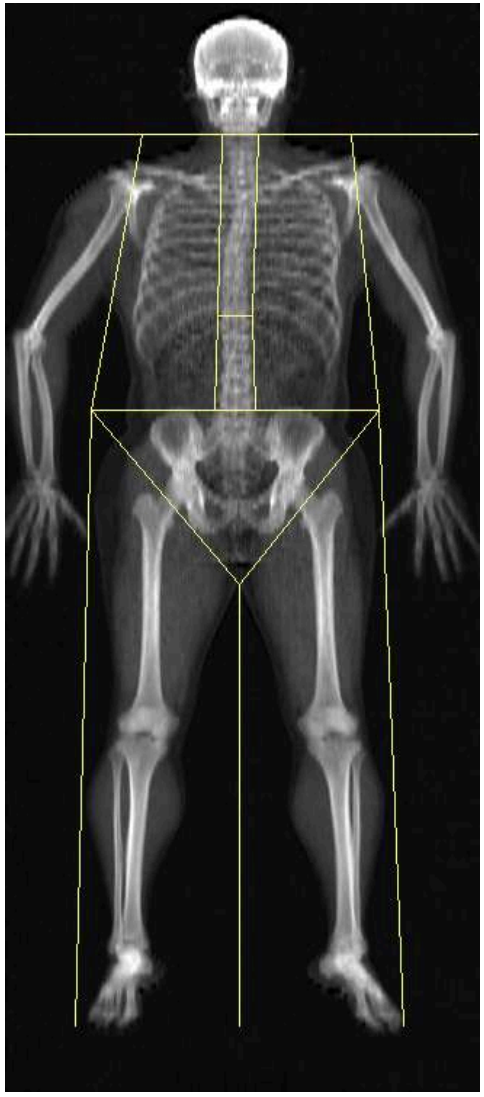
Whole Body Bone Density

Your bone mineral density is 1.243g/cm²



327 x 150
Image not for diagnostic use

	Area (cm²)	BMC (g)	BMD (g/cm²)	T-Score	Z-Score
Left Arm	221.06	198.38	0.897		
Right Arm	236.25	197.88	0.838		
Left Ribs	147.5	117.44	0.796		
Right Ribs	135.11	105.75	0.783		
Thoracic Spine	132.31	133.09	1.006		
Lumbar Spine	74.35	84.1	1.131		
Pelvis	248.24	328.47	1.323		
Left Leg	406.54	540.07	1.328		
Right Leg	402.54	510.59	1.268		
Subtotal	2003.89	2215.78	1.106		
Head	233.05	565.51	2.427		
Total	2236.94	2781.3	1.243	0.5	0.6

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Longevity Health Index Scan

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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.

60.98
Strong
+ 1.20 13th Aug 2025

Metric	Result	Target	Points	Progress	Change
Visceral Fat	103 cm²	< 80 cm²	14.19 / 37	38.4%	10.6
Appendicular LMI	8.56 kg/m²	> 8.76 kg/m²	12.32 / 24	51.3%	−10.89
Bone Mineral Density*	0.6	>= 0	18 / 18	100.0%	0
Fat Mass Index (FMI)	5.6 kg/m²	2 – 5 kg/m²	8.47 / 13	65.2%	1.49
Muscle Symmetry	16.08 %	< 20 %	8 / 8	100.0%	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.

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Your Personal Action Plan

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Focus Area	Status	Advice
Visceral Fat	**High**	Reduce visceral fat by at least **23 cm²** using calorie moderation; monitor with DEXA every 12-16 weeks. *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.*
Appendicular LMI	**Low**	Increase your protein intake and consider regular resistance training. *Low appendicular mass is a key marker for Sarcopenia, which accelerates biological ageing.*
Bone Mineral Density*	Healthy	Continue resistance and impact activities; monitor BMD annually if at risk. *Preserving bone density wards off osteoporotic complications that can drastically shorten lifespan.*
Fat Mass Index (FMI)	**High**	Aim to lose **1.8 kg of fat** through a daily calorie deficit of: **412 kcal / 5 weeks**, **206 kcal / 10 weeks**, **103 kcal / 20 weeks** or **51 kcal / 40 weeks**. *Fat mass in this range drives inflammation and disease risk.*
Muscle Symmetry	Healthy	Maintain symmetrical programming and proper form. *Symmetry supports joint health and efficient movement, helping sustain functional longevity.*

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.

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Interpreting your Dexa Scan Results

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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 (g/cm^2) or grams per cubic centimetre (g/cm^3).

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Thank You

A huge thanks

On behalf of the entire team at BodyScan, 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 Google.

Kindest Regards
Team BodyScan.

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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