WE’LL SHOW YOU WHAT YOU’RE REALLY MADE OF.

Your fitness is more than skin deep.

If you’re serious about your health and fitness, you need to see the big picture. A body composition exam accurately measures the amount of fat, lean muscle and bone in your body—so you know whether or not you’re making real progress toward your personal fitness and weight-loss goals.

A body composition test allows you to:
- Measure total body fat and lean muscle
- Set and track goals for fitness and weight-loss
- Monitor the effectiveness of your workouts and fitness regimen
- Evaluate bone density (to assess risk for osteoporosis)

See the whole picture.

What can you learn when you look beyond the surface? The body composition exam looks beyond the scale to provide the most precise and accurate measurement of fat, lean muscle and bone throughout your body. This complete, individualized information makes it possible to tailor your nutrition and exercise program to the specific needs of your body, which means you’ll see better, faster, longer-lasting results.

Fast, Easy and Painless.

It’s easy. Just call Inland Imaging at 509.455.4455 or 800.826.2944. We recommend making an appointment for an initial exam and a minimum of two follow-up exams to monitor your progress toward your fitness and weight-loss goals.

Initial exam: $95
Follow up exams: $75

Good fat or bad fat? Some fats are essential for the normal function of our bodies, but how much fat is too much?

Fat Mass Index (FMI) Categories vs. Body Mass Index (BMI) Categories

<table>
<thead>
<tr>
<th>FMI Class</th>
<th>Severe Fat Deficit</th>
<th>Moderate Fat Deficit</th>
<th>Below Normal Fat</th>
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<th>Obese Class II</th>
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<td>Underweight Mild</td>
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- BMI (Body Mass Index) = values are age-independent and the same for both gender.
- YN (Young Normal) = (your values are compared to age 25 values).
- AM (Age Matched) = (your values are compared to same gender and same age group values)
  - Results from the study indicate that an estimated 34.2% of adults aged 20 years and above are overweight, 33.8% are obese, and 5.7% are extremely obese.

Radiation Dose for DXA: 0.001 mSv (comparable to natural background radiation for 3 hours)
TOTAL BODY COMPOSITION (TBC) DEFINITIONS

DXA (Dual-energy X-ray Absorptiometry)
- Results reported are screening only. If results are out of the normal range, we suggest you discuss the need for a diagnostic DXA with your referring clinician.
- BMD: bone mineral density measured in grams/cm².
- T-Score: compares your bone density to the optimal peak bone density (at age 20-29) for your gender.
- Z-Score: compares your bone density to others of the same age, ethnicity, and gender.

Types and distribution of body fat
- Essential fat: fat necessary to maintain life and reproductive functions. Consists of fat stored in bone marrow, heart, lungs, spleen, kidneys, intestines, muscles and lipid rich tissue of the central nervous system. The percentage is greater for women than for men due to the demands of childbearing and other hormonal functions. Essential fat is 8%-12% in women and 3%-5% in men.
- Stored fat: fat that surrounds the body’s internal organs for protection from trauma, and the fat stored beneath the skin’s surface (subcutaneous fat). The subcutaneous fat is the larger portion of one’s total stored fat.
- Android Fat: fat around the trunk and upper body. Increases risk of coronary artery disease, hypertension, stroke, and Type II Diabetes.
- Gynoid Fat: fat around the hips and thighs.

Terms on TBC Reports
- Lean = lean mass (the sum of all muscle and organ soft tissue on DXA TBC scan)
- BMC = Bone Mineral Content (sum of all skeletal tissue in the body)
- Lean + BMC = sum of lean mass and BMC mass
- Percent Fat = ratio of fatty tissue to total body tissue
- Adipose Indices = Values represent fat only; all lean mass and BMC values have been removed.
  - Total Body % Fat (includes essential and storage fat)
  - Fat Mass in kg/Height in m² (ratio of fat mass to height)
  - Android/Gynoid Ratio (ratio of fat in abdomen to fat in hips)
  - % Fat Trunk/ % Fat Legs (ratio of fat in trunk to fat in legs)
  - Trunk/Limb Fat Mass Ratio (ratio of fat in trunk to fat in legs and arms)

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