

Understanding Your Body Composition Scan

This scan provides a comprehensive overview of your body's lean mass, fat mass, and metabolic rate. It serves as a baseline for tracking progress and setting health goals, especially when combined with a nutrition or fitness plan.

1. Lean Mass and Fat Mass

- **Lean Mass:** Represents muscle, bone, organs, and fluids. Having more lean mass generally indicates better strength, bone density, and metabolic health.
- **Fat Mass:** Essential for hormone production and protection of organs, but excessive fat can increase health risks.

Reference Points by Gender & Age Group

Gender & Age Group	Typical Lean Mass %	Typical Fat Mass %
Men (18–39)	Lean: 80–88%	Fat: 10–20%
Men (40–59)	Lean: 77–85%	Fat: 13–23%
Men (60+)	Lean: 73–82%	Fat: 15–25%
Women (18–39)	Lean: 70–78%	Fat: 18–28%
Women (40–59)	Lean: 67–75%	Fat: 20–30%
Women (60+)	Lean: 64–72%	Fat: 22–33%

2. Waist-to-Hip Abdominal Fat Ratio

The waist-to-hip ratio helps evaluate the risk of heart disease and metabolic issues from abdominal fat. Lower values generally indicate lower health risk.

Reference Points by Gender & Age Group

Gender	Low Risk	Moderate Risk	High Risk
Men	Low Risk: <0.90	Moderate: 0.90–0.99	High Risk: ≥1.00
Women	Low Risk: <0.80	Moderate: 0.80–0.84	High Risk: ≥0.85

3. Muscle Mass Distribution

Highlights left-right and upper-lower muscle symmetry (relative amount of muscle in arms and legs). Ideally, differences between sides should be less than 10%. Significant imbalances may be corrected with more targeted strength training or physical therapy.

Reference Points (not gender specific)

Description	Reference Threshold
Left vs Right (Arms/Legs)	<10% difference considered normal
Upper vs Lower Body	Should be balanced for optimal functional movement

Set Activity Goals Based on Your Objective

Objective	Activity
Build or maintain lean mass	Strength training and protein-rich nutrition
Reduce excess fat	Incorporate aerobic training, balanced meals, and sufficient sleep
Correct muscle imbalance	Include unilateral or targeted exercises
Re-evaluate	Repeat scan in 6–12 months based on goals to assess your progress

4. Resting Metabolic Rate (RMR)

RMR reflects how many calories your body burns at rest (doing nothing but resting). This number increases with more lean mass and decreases with age or inactivity.

Reference Ranges by Gender & Age

Gender	RMR
Men (18–29)	1,700–2,000 kcal/day
Men (30–59)	1,600–1,900 kcal/day
Men (60+)	1,500–1,800 kcal/day
Women (18–29)	1,400–1,700 kcal/day
Women (30–59)	1,300–1,600 kcal/day
Women (60+)	1,200–1,500 kcal/day

5. Calculate Your Total Daily Energy Expenditure (TDEE)

RMR is just your base. To find out how many calories you burn in a day, factor in your activity level.

$$\text{TDEE} = \text{RMR} \times \text{Activity Factor}$$

Activity Level	Activity Factor
Sedentary (little/no exercise)	1.2
Lightly active (1–3 days/week)	1.375
Moderately active (3–5 days/week)	1.55
Very active (6–7 days/week)	1.725
Super active (athlete/training twice/day)	1.9

Set Calorie Goals Based on Your Objective Using Your TDEE

Objective	Activity
Weight Loss	Eat 10–20% fewer calories than your TDEE (usually 250–500 kcal less)
Muscle Gain	Eat 10–20% more calories than your TDEE
Maintenance	Eat roughly your TDEE calories

Example

Say your RMR is 1,500 kcal/day and you're moderately active
$\text{TDEE} = 1,500 \times 1.55 = 2,325 \text{ kcal/day}$
For weight loss, aim for approximately 1,800–2,000 kcal/day
Plan meals to meet that calorie target with a balanced meal

This handout summarizes key findings from your scan and how they relate to long-term health. If you'd like additional help interpreting these values or creating a plan, please schedule a visit with your provider.

Thank you for completing your Body Composition Scan