



Your Body Scientist:



2 Sep 2026

vs 1 Oct 2025 · +11M

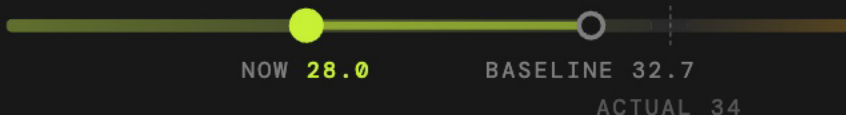
SCAN LETICS

ATHLETIC AGE

28.0

EXCELLENT

▼ 4.7 YRS younger since your baseline scan



90.1kg
+2.5 kg
Weight

185cm
Height

1987
RMR kcal

WEIGHT GAIN QUALITY

0.75



75% of weight gained was lean mass — optimal is above 50%

FAT PROFILE

BODY FAT

AVERAGE

21.9%

19.8 kg fat

**Less body fat than 54% of peers**

Excess raises risk of cardiovascular disease, type 2 diabetes, and metabolic disorders.

LEGS

25%

8.7 kg (+0.2)

L:4.2 (+0.3) · R:4.5 (-0.1)

TRUNK

19%

8 kg (+0.5)

ARMS

22%

2.3 kg (+0.1)

L:1.1 (+0.0) · R:1.2 (+0.1)

- Lose 2.7 kg of fat to reach optimal

VISCERAL FAT AREA

OPTIMAL

58 → 43 cm²



Deep abdominal fat — excess linked to diabetes, heart disease, and fatty liver.

- Low metabolic risk zone

FMI

AVERAGE

5.65 → 5.79

**You're in the lowest 46% for avg fat mass**

Fat mass relative to height — lower aligns with better metabolic health.

A/G RATIO

0.81 → 0.83



Abdominal vs hip-thigh fat — lower is better for cardiometabolic health.

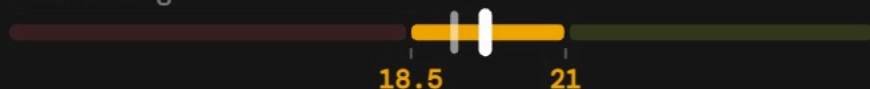
LEAN MASS

LEAN MASS INDEX

AVERAGE

19.2 → 19.7

lean: 67.6 kg



You're in the lowest 45% for avg lean mass

Total lean mass normalised for height — lets you compare muscle status across body sizes.

- Gain 4.3 kg of muscle to reach optimal

ALMI

AVERAGE

8.85 → 9.40

ALM: 32.2 kg



You have more lean mass than 59% of people

Appendicular Lean Mass Index measures the muscle in your arms and legs, adjusted for height. It's a key marker of strength and healthy ageing.

LEGS

24.3 KG +2.3 KG

L:12.4(+0.8) · R:11.9(+1.5)

ARMS

7.9 KG -0.4 KG

L:3.6(-0.3) · R:4.3(-0.1)

LEAN ASYMMETRY

OPTIMAL

4.6 → 1.3%



Left-right muscle difference — larger gaps can signal imbalance or injury risk.

LEGS 4.3% L > R

ARMS 17.4% L < R

- Low asymmetry — well balanced

BONE DENSITY

TOTAL BODY Z-SCORE **AVERAGE**

-0.02

1.10 g/cm² · -0.02

You have higher bone density than 49% of your peers

Whole-body bone density vs peers of your age and sex. Head excluded.

COMPARTMENTS

Z
SCOREBMD
G/CM2

Left arm

-0.15

0.87

Right arm

-0.74

0.85

Middle back

+0.85

0.99

Lower back

+0.31

1.10

Pelvis

-0.20

1.34

Left leg

+0.13

1.34

Right leg

-0.85

1.21