



Your Body Scientist:



1 Oct 2025

SCAN LETICS

ATHLETIC AGE

22.0

EXCEPTIONAL

▼ 12.0 YRS younger than your real age



NOW 22.0

ACTUAL 34

61.9kg
Weight

164cm
Height

1513
RMR kcal

FAT PROFILE

BODY FAT **OPTIMAL**

21.5%

13.4 kg fat

**Less body fat than 96% of peers**

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

LEGS

30%

7.2 kg

L:3.7 · R:3.5

TRUNK

13%

3.7 kg

ARMS

27%

1.7 kg

L:0.9 · R:0.8

- Body fat is in the optimal range — maintain

VISCERAL FAT AREA **OPTIMAL**

21 cm²



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

- Low metabolic risk zone

FMI **OPTIMAL**

4.98

**You're in the lowest 9% for avg fat mass**

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

A/G RATIO

0.46



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

LEAN MASS

LEAN MASS INDEX

AVERAGE

17.1

lean: 46.0 kg



You have more lean mass than 64% of people

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

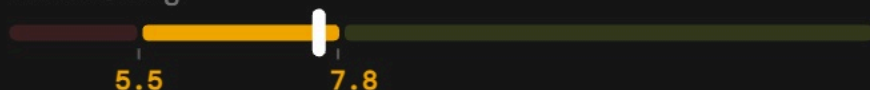
- Gain 45 kg of muscle to reach optimal

ALMI

AVERAGE

7.58

ALM: 20.4 kg



You have more lean mass than 71% 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

16.0 KG

L:7.9 · R:8.1

ARMS

4.4 KG

L:2.1 · R:2.3

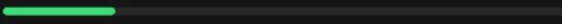
LEAN ASYMMETRY

OPTIMAL

3.8%



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

LEGS  2.4% L < R

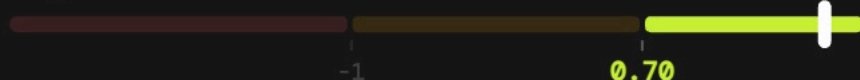
ARMS  8.8% L < R

- Low asymmetry — well balanced

BONE DENSITY

TOTAL BODY Z-SCORE **OPTIMAL**

+1.77

1.11 g/cm²

You have higher bone density than 96% of your peers

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

COMPARTMENTS	Z SCORE	BMD G/CM2	
Left arm	+0.36	0.76	
Right arm	+0.21	0.77	
Middle back	+1.92	1.06	
Lower back	+1.09	1.21	
Pelvis	+0.56	1.39	
Left leg	+1.37	1.28	
Right leg	+1.02	1.26	