Lunar Prodigy Primo

Arthritis & Rheumatism Associates
161 Thomas Johnson Drive
Frederick, MD 21702
Phone: (301) 942-7600

Composition Report: Monday, December 29, 2025

Referring Physician:

PATIENT:

Name:	example, example				
Patient ID:	test	**Birth Date:**	01/01/1989	**Height:**	64.0 in.
Sex:	Female	**Measured:**	09/23/2024	**Weight:**	120.0 lbs.
Indications:		**Fractures:**		**Treatments:**	

ASSESSMENT:

- **Lean Mass** = 89.0 lbs
- **Fat Mass** = 27.0 lbs
- **Total Mass** = 120.9 lbs
- **Total Fat** = 23.3%
- **Total Lean Mass Percent** = 73.6%
- **Waist to Hip Ratio** = 0.63
- **Resting Metabolic Rate** = 1,309 cal/day
- **BMI** = 20.6 kg/m^2

RECOMMENDATION:

Lean Mass

Aim for 70-85% in women, 80%-90% in men.

Fat Mass

Aim for 25-31% in women, 18-24% in men.

Waist to Hip Ratio

Aimfor 0.85 or less in women, 0.9 or less in men.

Metabolism

Resting Metabolic Rate = 1,309 cal/day

Daily Caloric Needs (Estimated) = __ cal/day (@ _ activity level factor _)

Sedentary: Little to no regulat exercise. (factor 1.2)

Mild Activity Level: Intensive exercise for at least 20 minutes 1 to 3 times per week. This may include such things as bicycling, jogging, basketball, swimming, skating, ect. If you do not exercise regularly, but you maintain a busy lifestyle that requires you to walk frequently for long periods of time, you meet the requirements of this level. (factor 1.375)

Moderate Activity Level: Intensive exercise for at least 30 to 60 minutes 3 to 4 times per week. Any of the activities listed above will qualify. (factor 1.55)

Heavy or (Labor-Intensive) Activity Level: Intensive exercise for 60 minutes or greater 5 to 7 days per week (see sample activities above). Labor-intensive occupations also qualify for this level. Labor-internsive occupations include construction work (brick laying, carpentry, general labor, ect.) Also farming, landscape worker or similiar occupations. (factor 1.7)

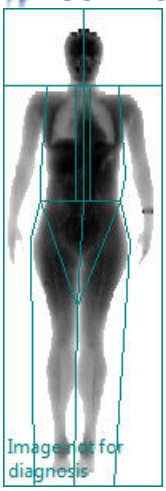
Extreme Level: Exceedingly active and/or very demanding activies: Examples include: (1) athlete with an almost unstoppable training schedule with multiple training sessions throughout the day (2) very demanding job. such as shoveling coal or working long hours on an assembly line. Generally, this level of activity is very difficult to achieve. (factor 1.9)

FOLLOW-UP:

- Repeat at _____

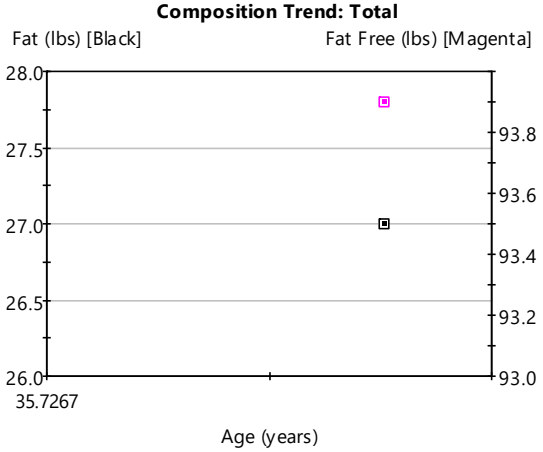
Electronically signed by:

COMPOSITION:



USA (NHANES 1999-2004) Reference Chart: No reference data for Total Body [Total] region.
USA (NHANES 1999-2004) Reference Population did not support the analysis used for Region (%Fat) for Female To Body Composition.

Composition Trend: Total

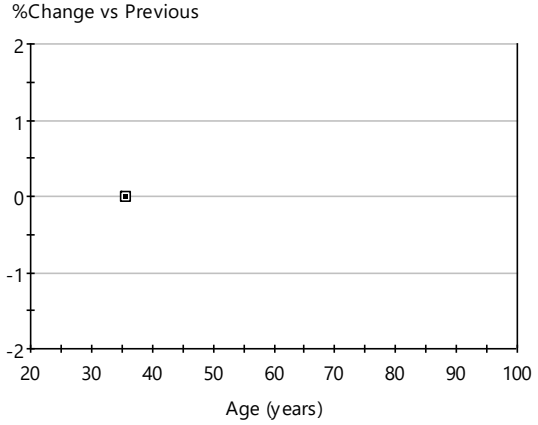


Region	Measured Date	Measured Age	Region (%Fat)	Centile	Total Mass	Tissue Mass	Fat Mass	Lean Mass	Fat Free Mass	BMC
Total	09/23/2024	35.7	22.3%	-	120.9 lbs	115.9 lbs	27.0 lbs	89.0 lbs	93.9 lbs	5.0 lbs

COMPOSITION CHANGE:

Region	Measured Date	Measured Age	Total Mass	Change vs. Previous	%Change vs. Previous
Total	09/23/2024	35.7	120.9 lbs	-	-

Total Body: Total (Total Mass)



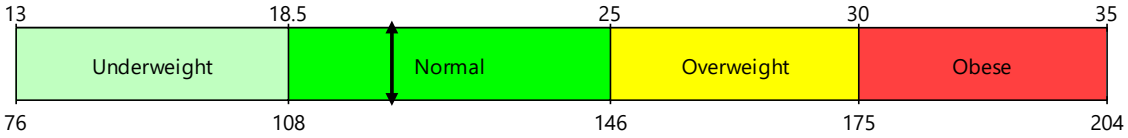
FAT DISTRIBUTION:

Measured Date	Measured Age	Android %Fat	Gynoid %Fat	A/G Ratio	Total Tissue %Fat	Total Region %Fat
09/23/2024	35.7	24.2%	38.1%	0.63	23.3%	22.3%

BODY MASS INDEX (BMI):

World Health Organization BMI Classification

BMI = 20.6 (kg/m^2)



Weight (lbs.) for height = 64.0 in.

BMI Classification	Normal
BMI	20.6 kg/m^2

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161 Thomas Johnson Drive
Frederick, MD 21702
Phone: (301) 942-7600

Body Composition/BMD Report: Monday, December 29, 2025

CLIENT

Name: example example

Age:	35.7 years	**Birth Date:**	01/01/1989		
Sex:	Female	**Height:**	64.0 in.	**Patient ID:**	test
Ethnicity:	White	**Weight:**	120.0 lbs.	**Measured:**	09/23/2024

LEAN

Lean mass includes all parts of the body [organs, muscle, and fluids] but excludes body fat.

The higher the Tissue %Lean, the more muscular the body.

Total Mass:	120.9 lbs
Lean Mass:	89.0 lbs
Tissue %Lean:	73.6%

FAT

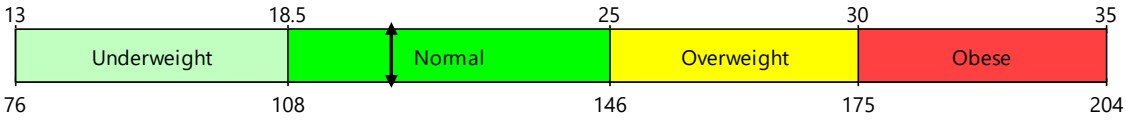
USA (NHANES 1999-2004) Reference Chart: No referenc data for Total Body [Total] region.
USA (NHANES 1999-2004) Reference Population did not support the analysis used for Region (%Fat) for Female Total Body Composition.

Fat Mass:	27.0 lbs
Region (%Fat)	22.3%

Composition Reference Graph shows your Total Body %Fat result compared to a reference population. This comparison is very similar to how babies are measured and compared to reference data for height and weight. The bold black line on the graph represents the median result for the reference population. The square on the graph represents your result. There are currently no standard definitions of normal or obesity based on %Fat results, but you can see how you compare to this reference population.

World Health Organization BMI Classification

BMI = 20.6 (kg/m^2)



Weight (lbs.) for height = 64.0 in.

ANDROID / GYNOID (waist / hip)

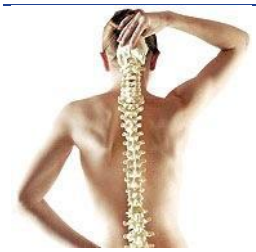
While Total Body %Fat will tell you more about your overall fitness than your weight alone, regional fat distribution tells you where the fat is located.

Android (waist) fat is often associated with apple-shaped body types.

Gynoid (hip) fat is often associated with pear-shaped body types.

Region	Tissue %Fat
Android:	24.2%
Gynoid:	38.1%
A/G Ratio:	0.63

BONE



USA (NHANES 1999-2004) Reference Chart: No reference data for Total Body [Total] region.
USA (NHANES 1999-2004) Reference Population did not support the analysis used for BMD for Female Total Body Densitometry.

Age	BMD (g/cm^2)	T-score	Z-score	Centile
35.7	1.172	-	-	-

A bone densitometry test helps your physician to diagnose osteoporosis. The test compares your Bone Mineral Density (BMD) to that of a "young adult" at peak bone strength, displayed as your T-score. It also compares your results to people of your same age, called "age-matched" displayed as your Z-score. This information, along with other factors, helps physicians assess your risk of osteoporotic fracture.

RESTING METABOLIC RATE (RMR)

Resting Metabolic Rate (RMR) is synonymous with Resting Energy Expenditure (REE) and is an estimate of how many calories you would burn if you were to do nothing but rest. It represents the minimum amount of energy needed to maintain body temperature, heartbeat, and respiratory rate.

RMR:	1,309 cal/day

RMR (Resting Metabolic Rate) based on Harris-Benedict equation.
RMR(female) = 655.0955 - (4.6756 x age[yrs]) + (9.5634 x weight[kg]) + (1.8496 x height[cm])
Harris JA, Benedict FG. A biometric study of basal metabolism in man. Washington, DC: Carnegie Institute of Washington, 1919. (Carnegie Institute of Washington Publication 279).

RELATIVE SKELETAL MUSCLE INDEX (RSMI)

RSMI represents the relative amount of muscle in the arms and legs.

RSMI:	6.13 kg/m^2

RSMI (Relative Skeletal Muscle Index) based on Baumgartner equation.
RSMI = (lean mass of arms[kg] + lean mass of legs[kg]) / (height[m])²
Baumgartner RN, Koehler KM, Gallagher D, Romero L, Heymsfield SB, Ross RR, Garry PJ, Lindeman RD (1998) Epidemiology of sarcopenia among the elderly in New Mexico. Am J Epidermiol 147(8):755-763.

ASSESSMENT

Nutritional Evaluation

Protein:	☐	**Normal**	☐	**Deficient**			
Mineral:	☐	**Normal**	☐	**Deficient**			
Fat:	☐	**Normal**	☐	**Deficient**			

Weight Management

Weight:	☐	**Normal**	☐	**Under**	☐	**Over**		
Lean:	☐	**Normal**	☐	**Under**	☐	**Strong**		
Fat:	☐	**Normal**	☐	**Under**	☐	**Over**		
Tissue %Fat:	☐	**Normal**	☐	**Under**	☐	**Obese**	☐	**Very Obese**
A/G Ratio:	☐	**Normal**	☐	**Under**	☐	**Obese**	☐	**Very Obese**
BMI:	☐	**Normal**	☐	**Underweight**	☐	**Overweight**	☐	**Obese**

Body Strength

Upper:	☐	**Normal**	☐	**Weak**	☐	**Developed**
Lower:	☐	**Normal**	☐	**Weak**	☐	**Developed**
Muscle:	☐	**Normal**	☐	**Weak**	☐	**Developed**

Comments

(not specified)

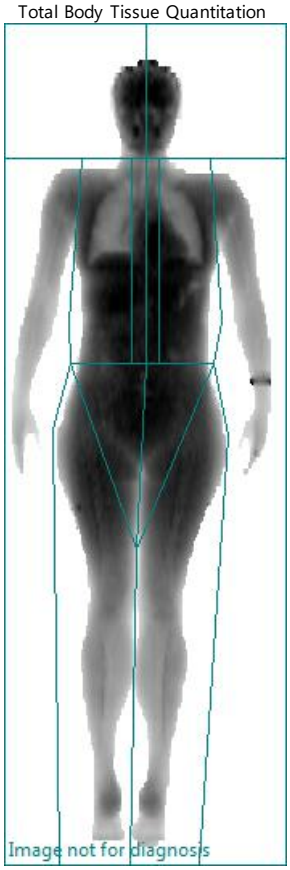
Arthritis & Rheumatism Associates

161 Thomas Johnson Drive, Frederick, MD 21702

Phone: (301) 942-7600

Patient:	example, example			**Referring Physician:**	(not specified)
				Technologist:	(not specified)
Birth Date:	01/01/1989	**Age:**	35.7 years	**Patient ID:**	test
Height:	64.0 in.	**Weight:**	120.0 lbs.	**Measured:**	09/23/2024 7:54:44 AM (17 [SP 1])
Sex:	Female	**Ethnicity:**	White	**Analyzed:**	06/26/2025 5:07:03 PM (17 [SP 1])

Total Body Tissue Quantitation

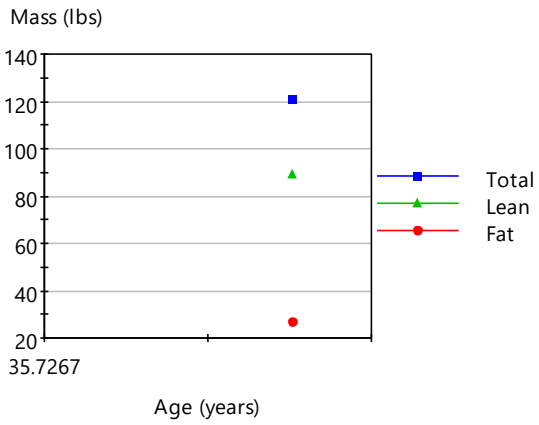


Composition (Basic Analysis)

Region	Region (%Fat)	Centile	Total Mass (lbs)	Fat (lbs)	Lean (lbs)	BMC (lbs)
Legs	26.6	-	38.8	10.3	26.7	1.8
Trunk	21.6	-	60.7	13.1	46.1	1.4
Total	22.3	-	120.9	27.0	89.0	5.0

USA (NHANES 1999-2004) Reference Chart: No reference data for Total Body [Total] region. USA (NHANES 1999-2004) Reference Population did no support the analysis used for Region (%Fat) for Female Total Body Composition.

Composition Trend: Total



USA (NHANES 1999-2004) Trend: Total (Basic Analysis)

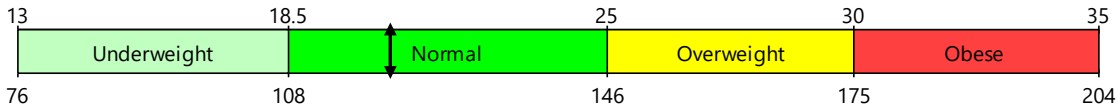
Measured Date	Age (years)	Region (%Fat)	Centile	Total Mass (lbs)	Tissue (lbs)	Fat (lbs)	Lean (lbs)	BMC (lbs)	Fat Free (lbs)
09/23/2024	35.7	22.3	-	120.9	115.9	27.0	89.0	5.0	93.9

USA (NHANES 1999-2004) Trend: Fat Distribution (Basic Analysis)

Measured Date	Age (years)	Android (%Fat)	Gynoid (%Fat)	A/G Ratio	Total (%Fat)
09/23/2024	35.7	24.2	38.1	0.63	23.3

World Health Organization BMI Classification

BMI = 20.6 (kg/m²)



Weight (lbs.) for height = 64.0 in.

COMMENTS:

Statistically 68% of repeat scans fall within 1SD (± 0.8 % Fat, ±0.46 lbs. Tissue Mass, ±1.15 lbs. Fat Mass, ±1.34 lbs. Lean Mass for Total Body Total); T-score: USA (NHANES 1999-2004) Total Body Composition, Female, White Reference Population (v100); Z-score: Composition Matched for Age, Sex, Ethnic

Date created: 12/29/2025 2:12:11 PM 17 [SP 1]; Filename: luk9ksarx0.dfb; Total Body; 76,0.15:153.04:31.4 0.00: -1.00 4.81x13.01 12.4:%Fat=23.3%; 0.00:0.00 0.00:0.00; Scan Mode: Standard; 0.4 µGy

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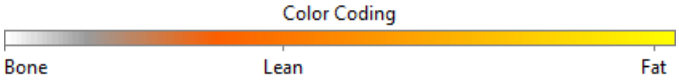
Client	Sex	Ethnicity	Birth Date	Height	Weight	Measured
example, example	Female	White	01/01/1989	64.0 in.	120.0 lbs.	09/23/2024

Shape Trend

09/23/2024

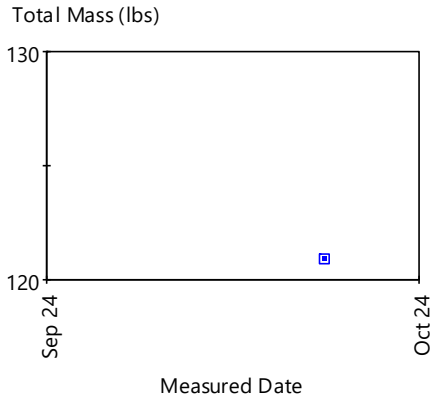


Body Composition History (Region: Total)

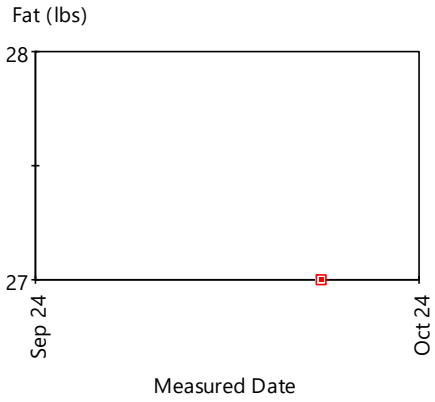
Measured Date	Total Mass (lbs)	Change vs. Baseline (lbs)	Change vs. Previous (lbs)	Fat Mass (lbs)	Change vs. Baseline (lbs)	Change vs. Previous (lbs)	Lean Mass (lbs)	Change vs. Baseline (lbs)	Change vs. Previous (lbs)	%Fat (%)	BMC (lbs)
09/23/2024	**120.9**	baseline	-	**27.0**	baseline	-	**89.0**	baseline	-	23.3	5.0

BMC = Bone Mineral Content

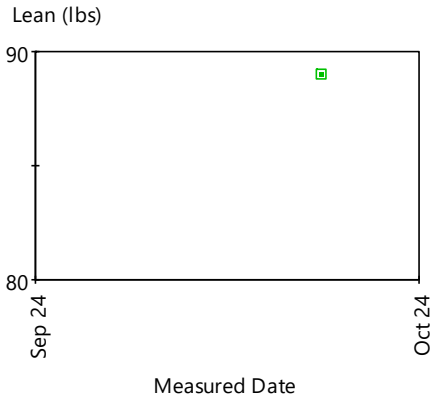
Composition Trend: Total



Composition Trend: Total



Composition Trend: Total



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Client	Sex	Ethnicity	Birth Date	Height	Weight	Measured
example, example	Female	White	01/01/1989	64.0 in.	120.0 lbs.	09/23/2024

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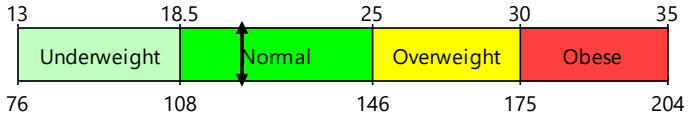
Body Mass Index (BMI)

Your Body Mass Index (BMI) is an estimate of your body fat, based on your height and weight. While it is generally accurate, the BMI can read too high for athletes or others with large, heavy muscles. Likewise, it can exaggerate low readings for frail older people who have lost muscle mass.

Body Mass Index (BMI):	20.6 kg/m^2
WHO Classification:	Normal
%Fat:	23.3%

World Health Organization BMI Classification

BMI = 20.6 (kg/m^2)



Weight (lbs.) for height = 64.0 in.