



Thursday, 28 August 2025

PID 796586

## CHRISTOPHER VANEK

## TOTAL BODY COMPOSITION REPORT

Total percent Body Fat

27%

(recommended limits 8% to 20%)

Total Lean Mass

52.8kg

Total Fat Mass

20.3kg

Estimated Visceral Adipose Tissue (Est VAT)

63.6cm<sup>2</sup>

Low Risk<sup>1,2</sup>

Appendicular (limbs) Lean Mass to Height<sup>2</sup> Ratio

7.97kg/m<sup>2</sup>

(Normal > 7.26kg/m<sup>2</sup>)

Resting Metabolic Rate

1736 kcal/day

Total Body BMD

1.044 g.cm<sup>2</sup>

Est. Lumbar Spine BMD

0.922 g.cm<sup>2</sup>

### Suggested macronutrient split to attain your goal based on your RMR

Protein (g)	Carbohydrate (g)	Fat (g)	Kcal/Day
143	180	60	1837

Note: Total fat is 1/3 saturated fats (animal and dairy) and 2/3 monosaturated fats (Omega 3: olive oil, nuts, avocado, flaxseed, fish oil etc.).

1. Pickhard PJ, Jee Y, O'Connor SD, Del Rio AM, Visceral Adiposity and Hepatic Steatosis at Abdominal CT: Association With the Metabolic Syndrome. *AJR Am J Roentgenol* 2012.
2. May;198(5):1100-7. 13. Nicklas, BJ et al. Visceral Adipose Tissue Cutoffs Associated With Metabolic Risk Factors for Coronary Heart Disease in Women. *Diabetes Care* 26:1413-1420, 2003.

To achieve your goal you need to lose between **6kgs** to **10kgs** of fat tissue.

Your body fat will then be between **20.6%** to **15.8%**.

#### Comments:

Recommendations for promoting fat loss (calorie deficit) while maintaining muscle mass. Avoid consistently eating below your RMR calories to minimise loss of lean tissue. Ensure you are reaching your daily protein requirements to maintain lean mass and promote fat loss. Perform resistance training AT LEAST twice a week to maintain lean mass and enhance metabolic health. Perform regular (daily as able) light to moderate intensity cardio exercise (can't sing, can talk) to promote using fat as a fuel source and to maintain general cardiovascular health = steps++. If you enjoy performing high intensity cardio, keep it to a maximum of 1-2 sessions per week and/or increase your carbohydrates (~30g) around these sessions. Your visceral adipose tissue (VAT) score was normal for risk of cardiovascular and metabolic disorders. BMD at the lumbar spine was within acceptable ranges but at the lower end (note: the whole-body scan is not a diagnostic assessment for bone density) - ensure daily calcium (1000mg) and vitamin D (~10mins of 9am-3pm sun).

# MeasureUp

Shop 27, 76 Doggett Street  
Newstead, QLD 4006

Telephone: (07) 4891 9999

E-Mail: info@measureup.com.au

Name: VANEK, CHRISTOPHER	Sex: Male	Height: 171.3 cm
Patient ID: 796586		
DOB: 12 May 1992		Age: 33

### Scan Information:

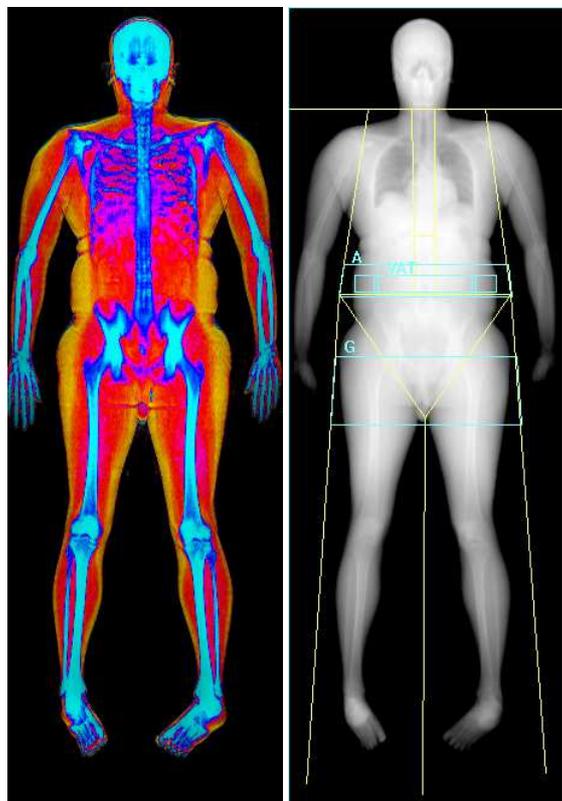
Scan Date: 28 August 2025 ID: A08282507  
 Scan Type: a Whole Body  
 Analysis: 28 August 2025 14:09 Version 13.6.0.7  
 Operator:  
 Model: Horizon A (S/N 304077M)  
 Comment:

### DXA Results Summary:

Region	BMC (g)	Fat Mass (g)	Lean Mass (g)	Lean + BMC (g)	Total Mass (g)	% Fat
L Arm	159.21	1304.2	2882.4	3041.6	4345.8	30.0
R Arm	176.50	1346.1	3174.7	3351.2	4697.2	28.7
Trunk	573.84	9468.6	25816.8	26390.6	35859.2	26.4
L Leg	447.70	3490.8	8915.8	9363.5	12854.3	27.2
R Leg	443.53	3681.2	8414.0	8857.6	12538.7	29.4
Subtotal	1800.78	19290.8	49203.6	51004.4	70295.2	27.4
Head	394.96	996.5	3548.4	3943.4	4939.9	20.2
<b>Total</b>	<b>2195.75</b>	<b>20287.3</b>	<b>52752.1</b>	<b>54947.8</b>	<b>75235.2</b>	<b>27.0</b>
Sub-Region	BMC (g)	Fat Mass (g)	Lean Mass (g)	Lean + BMC (g)	Total Mass (g)	% Fat
R1	57.42	292.6	1493.6	1551.0	1843.6	15.9
<b>Net</b>	<b>57.42</b>	<b>292.6</b>	<b>1493.6</b>	<b>1551.0</b>	<b>1843.6</b>	<b>15.9</b>

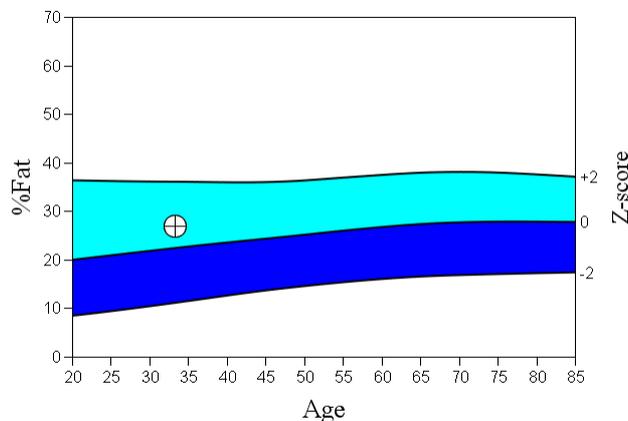
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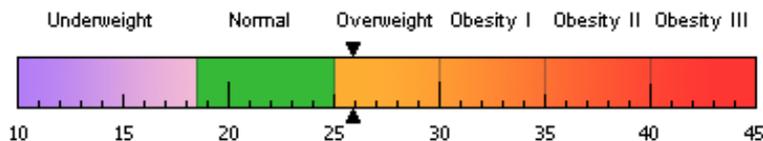
Images not for diagnostic use

### Total Body % Fat



Source: NHANES Classic White Male.

World Health Organization Body Mass Index Classification  
BMI = 26.0 WHO Classification Overweight



BMI has some limitations and an actual diagnosis of overweight or obesity should be made by a health professional. Obesity is associated with heart disease, certain types of cancer, type 2 diabetes, and other health risks. The higher a person's BMI is above 25, the greater their weight-related risks.

### Body Composition Results

Region	Fat Mass (g)	Lean + BMC (g)	Total Mass (g)	% Fat	%Fat Percentile YN	AM
L Arm	1304	3042	4346	30.0	93	93
R Arm	1346	3351	4697	28.7	91	89
Trunk	9469	26391	35859	26.4	76	67
L Leg	3491	9364	12854	27.2	76	75
R Leg	3681	8858	12539	29.4	83	83
Subtotal	19291	51004	70295	27.4	80	76
Head	997	3943	4940	20.2		
<b>Total</b>	<b>20287</b>	<b>54948</b>	<b>75235</b>	<b>27.0</b>	<b>80</b>	<b>76</b>
Android (A)	1748	3644	5392	32.4		
Gynoid (G)	3487	8398	11885	29.3		

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### Adipose Indices

Measure	Result	Percentile	
		YN	AM
<b>Total Body % Fat</b>	<b>27.0</b>	<b>80</b>	<b>76</b>
Fat Mass/Height <sup>2</sup> (kg/m <sup>2</sup> )	6.91	70	62
Android/Gynoid Ratio	1.10		
% Fat Trunk/% Fat Legs	0.93	56	37
Trunk/Limb Fat Mass Ratio	0.96	48	28
Est. VAT Mass (g)	307		
Est. VAT Volume (cm <sup>3</sup> )	332		
Est. VAT Area (cm <sup>2</sup> )	63.6		

### Lean Indices

Measure	Result	Percentile	
		YN	AM
Lean/Height <sup>2</sup> (kg/m <sup>2</sup> )	18.0	25	20
Appen. Lean/Height <sup>2</sup> (kg/m <sup>2</sup> )	7.97	21	18

Est. VAT = Estimated Visceral Adipose Tissue  
 YN = Young Normal  
 AM = Age Matched

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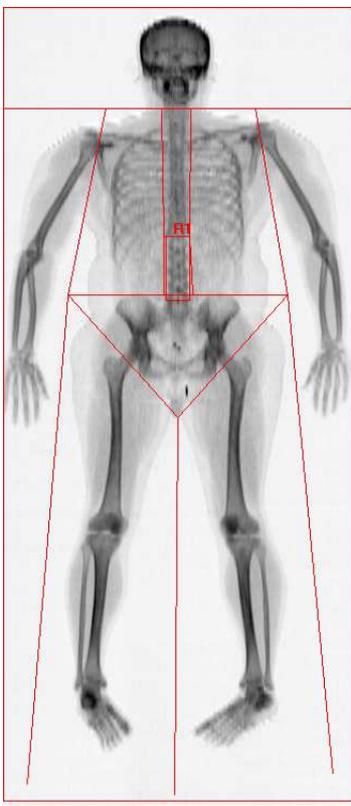


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327 x 150

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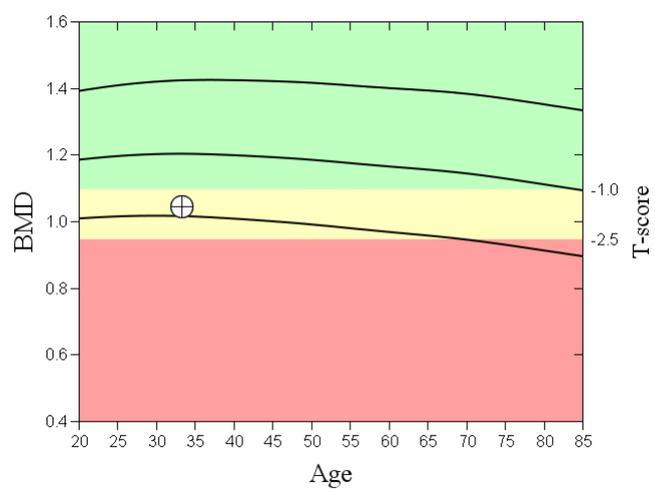
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**DXA Results Summary:**

Region	Area (cm <sup>2</sup> )	BMC (g)	BMD (g/cm <sup>2</sup> )
L Arm	212.74	159.21	0.748
R Arm	236.69	176.50	0.746
L Ribs	130.92	89.81	0.686
R Ribs	109.37	74.61	0.682
T Spine	134.91	113.69	0.843
L Spine	52.69	48.41	0.919
Pelvis	202.77	247.31	1.220
L Leg	398.75	447.70	1.123
R Leg	387.17	443.53	1.146
Subtotal	1866.00	1800.78	0.965
Head	236.29	394.96	1.671
<b>Total</b>	<b>2102.30</b>	<b>2195.75</b>	<b>1.044</b>
<hr/>			
Sub-Region	Area (cm <sup>2</sup> )	BMC (g)	BMD (g/cm <sup>2</sup> )
R1	62.27	57.42	0.922
<b>Net</b>	<b>62.27</b>	<b>57.42</b>	<b>0.922</b>

TBAR1209

**Total**



T-score vs. White Male. Source:2012 BMDCS/NHANES. Z-score vs. White Male. Source:2012 BMDCS/NHANES.