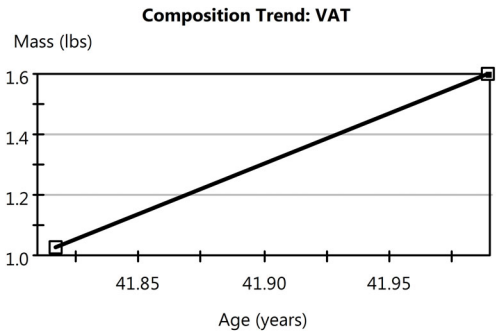




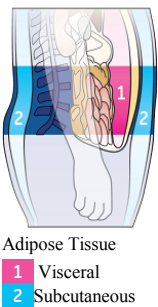
YOUR PRESCRIPTION FOR A HEALTHIER LIFE

Visceral Adipose Tissue (VAT)



Date	Age	Fat Mass (lbs)	Volume (in ³)
05/24/2019	41.9	1.60	46.81
03/20/2019	41.8	1.03	30.26

How does your VAT volume compare?



Ideal Healthy	Increased Risk High	At Risk Very High
0.00 to 52.00	52.15 to 112.10	112.10 +
A VAT volume (in ³) between the level listed above is considered a healthy range. Continue to practice exercise and a balanced diet.	If your VAT volume (in ³) is between the level listed above you are considered to be at an increase risk. Within this range, you may consider improving your diet and increasing exercise.	If your VAT volume (in ³) is at or above the level listed above your risk may be considered high. If you are within this range you may consider consulting your physician.

What is Visceral Adipose Tissue (VAT)?

The Android region is that of the abdomen, and often the body type with increased fat in this area is described as "apple shaped." The Gynoid region is that around the hips and thighs and often the body type with increased fat in this area is described as "pear shaped." Understanding where fat is stored on the body is recognized as an important predictor of the potential health risks of obesity.

CoreScan estimates the VAT (Visceral Adipose Tissue) content within the android region, VAT is a specific type of fat that is associated with several types of metabolic diseases such as obesity, metabolic syndrome, and type 2 diabetes. CoreScan results have been validated for adults between ages 18-90, and with a BMI in the range of 18.5-40.

A/G Body Fat Distribution

Measure Date	Android	Gynoid	A/G Ratio
	Android fat is concentrated in the lower abdominal region.	Gynoid fat is concentrated in the hips, upper thighs and buttocks.	For optimal distribution, Android fat % should be less than your total body fat % and your A/G should be less than 1.0
05/24/2019	10.7%	13.0%	0.81
03/20/2019	14.7%	13.6%	1.06