



# SMARTER APPROACH

*to achieve your health & fitness goals*

**A**t her highest weight, Maureen tipped the scales at 240 lbs and was in the 40+ percentile of body fat. She says, "Having a body fat percentage above 40% is scary and I'm not alone in feeling this way. I'm sharing this to help educate others. Yes, knowing your baseline is necessary and at the same time it can be hurtful to see your numbers. But, when you are large, it's also hard to see progress. I know because I was. Knowing your starting point and then seeing the change in the numbers allows you to see the progress. It's reassuring and gives you confirmation that you're moving in the right direction."

Maureen lost 100 lbs and now weighs 125 lbs. It was a slow process, however, she shares, "the more weight I lost, the easier it was to exercise. The thought of losing 20 lbs, 50 lbs, or 100 lbs is overwhelming to most people." Retired from the federal government, she opened DEXAFIT Atlanta in December of 2018. Originally in search of a way to jumpstart her own weight loss efforts, her goal now is to show others how they can use DEXAFIT in optimizing their health.

## WHAT IS A DEXA SCAN

Dual-energy X-ray absorptiometry (DEXA) is a full body scan recognized as the gold standard in body composition testing. More than just your standard body mass index (BMI) measurement, the DEXA scan gives you key insights into body fat percentage, muscle mass, bone density, visceral fat, muscle imbalances, as well as map short- and long-term change.

## NOW THAT I HAVE ALL THIS DATA, HOW CAN IT HELP ME REACH MY GOALS?

THE DEXA SCAN can help you build a specific fitness and dietary plan focused on the needs of your body whether your goal is losing fat, gaining muscle or both. It is a smarter approach to achieving your goals. The data you get also enables you to take steps to reduce risk or identify bone loss and discuss possible solutions with your doctor. You can transform your workout routine and lifestyle habits to maximize results and health.



## LEAN MASS

The DEXA scan shows lean mass and distribution throughout the body. Not only do we want to have the highest percentage of lean mass, but we are also striving for balance or the same amount of lean mass on the right and left sides of our bodies, the top and bottom, and front to back. Imbalances can lead to injuries or may have been caused by injury. Being able to see imbalances is particularly important in the sport of bodybuilding. In the event an athlete is not aware that they may have been compensating and built up an imbalance, we want to identify it and adjust the training plan to work on bringing that down to a normal level.

So, people that are overweight know it and know they need to do something about it. The DEXA scan can record their baseline and their changes to ensure progress towards their goals. However, the person that may be in their early 40's and are just beginning to develop that bloated stomach may not realize where they are or the direction they are heading in terms of health. Maybe they are working out, but obviously, working out isn't enough or maybe they have a lot of stress or for women maybe they are menopausal or postmenopausal. For these people a DEXA scan can be a big eye opener!

For example, reducing or eliminating alcohol and sugars can have a dramatic impact on visceral fat. Maureen emphasized this by sharing, "At my worst, my visceral fat was at 3.5 lbs. By eliminating alcohol and reducing sugar, I have it down to half a pound now. The DEXA scan really helped because it gave me a measurable piece of data, which is key, and then I used that data to make changes.

In another example, the bone density scan gives you a T-score. Anything below a negative one, we might suggest you consult with a doctor. Our score is not designed to be a diagnosis but rather an indicator for early detection and prevention.

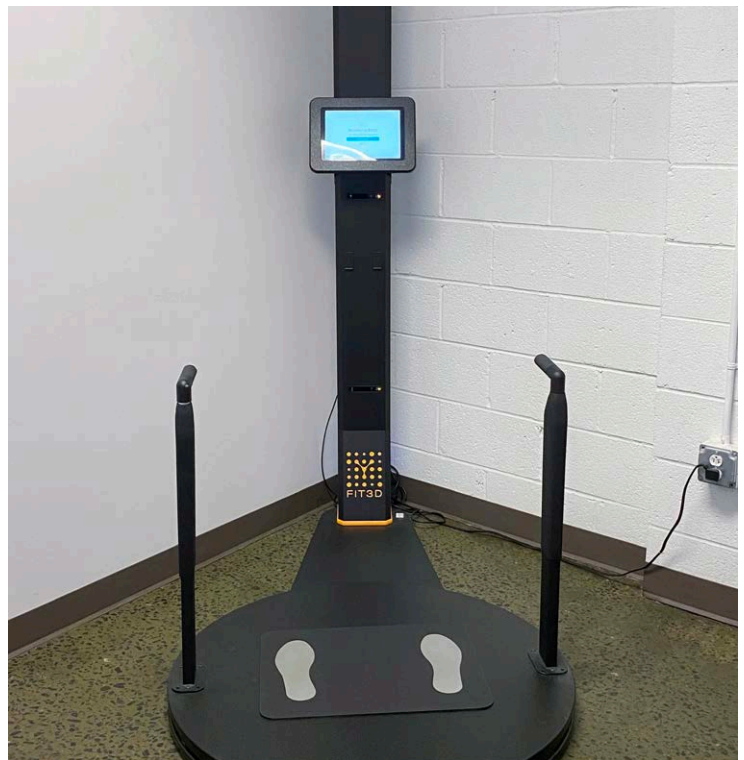
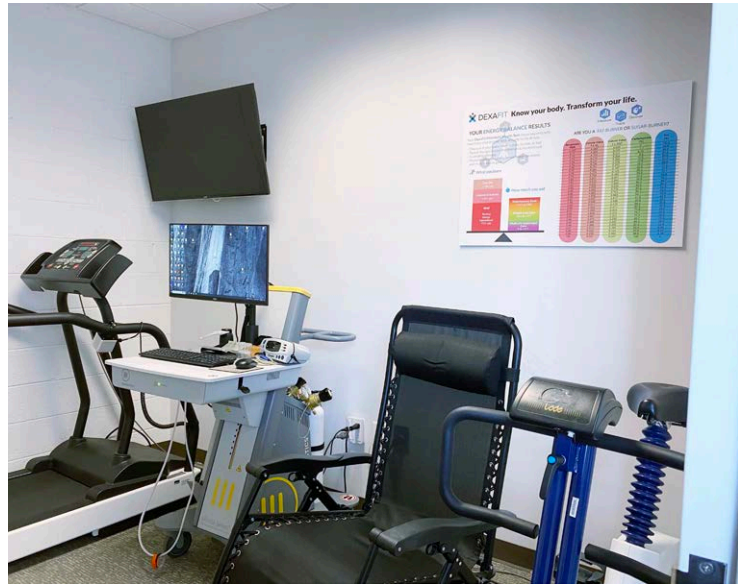
## WEIGHT LOSS IS NEVER LINEAR

You may lose weight, then lose body fat, maybe even gain a little muscle. The DEXA scan really eliminates the guesswork, especially when there are so many variables that can affect our weight, i.e. stressors, menstrual cycle, or water, and allows you to see the consistency of change, determine if the things you are doing are working and whether you are progressing towards the end result.

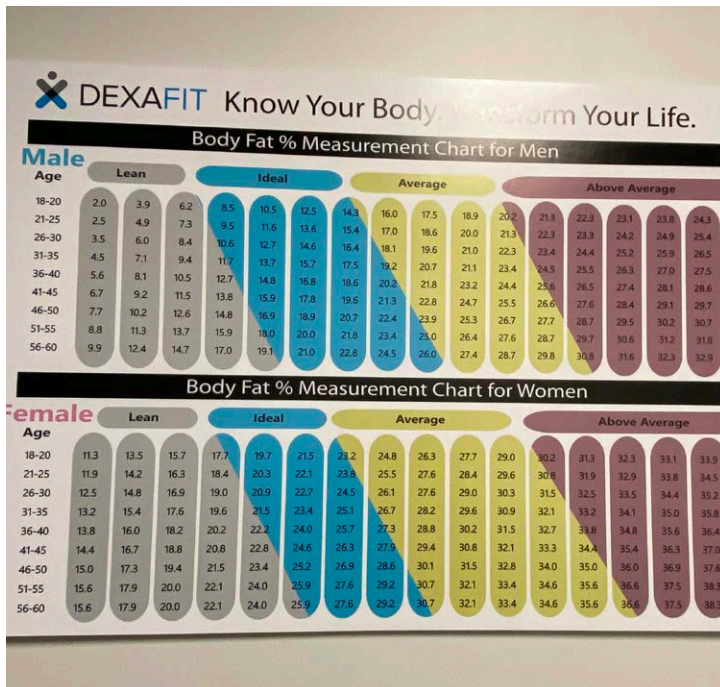
## TAKE THE TOUR WITH ME

Maureen gave me a tour of the DEXAFIT Atlanta facility. There are three main rooms. The first room we entered contained the metabolic cart. The RMR test (resting metabolic rate) is conducted in this room. Basically, this test tells you how many calories you burn in a 24-hour period and how your metabolism impacts your health.

The second test is for VO<sub>2</sub>max. This tests the amount of air you can bring into your lungs under stress. The VO<sub>2</sub>max test is the number one predictor of longevity. Science backed data tells us the higher your VO<sub>2</sub>max, the longer you're going to live so it's imperative that we strive to get that number as high as possible. In addition, VO<sub>2</sub>max testing helps you optimize your cardio fitness and health.







In addition, the app allows you to see exactly what it will take to get to where you want to go. For example, your fat mass divided into total mass equals your body fat. It's a ratio and if the ratio goes down, the percentage goes down. But if you lose weight from lean mass, your ratio may not change very much and if you gain weight, as long as it's lean mass, the ratio can still go down. In the app, not only can we track changes, but we can also move the numbers to see what it will take to attain a specific body fat percentage or how much lean muscle I have to add to get to a specific weight at a specific body fat percentage. Seeing the data this way enables you to adjust your program to achieve the goals you want!

The technology of today gives everyone the opportunity to take a smarter approach to obtaining their fitness goals. Whether it is weight loss, or muscle gains or both, the tools you have available to you will ensure your training, nutrition and cardio plans can be efficient and effective in getting the results you desire in a healthy way. Maureen O'Mara, owner of DEXAFIT Atlanta can help you optimize your health. You can contact her at 404.996.7129, atlanta@dexafit.com.

In the next room, there is a 3D external body scanner which takes approximately 400 pictures of you in order to create a three-dimensional composite picture or avatar as well as provides you with external body measurements from your neck down to your calves. The 3D scanner shows external body changes. You can also use this equipment for clothing measurements or even create a mini model of yourself on a 3D printer.

The third room contains the actual DEXA scanner. It uses two X-ray beams to scan the body in a noninvasive way. It's quick and one of the most accurate body composition testing methods currently available with its ability to quantify dangerous levels of visceral fat. A DEXA scan also shows you exactly how your lean mass, fat mass, and skeletal health are changing. You see those changes on a molecular level. This is not your home scale; where else can you see that kind of data? Lastly, the DEXA scan can identify health conditions like osteoporosis.

### DEXAFIT AI

DEXAFIT AI is an app that shows your data compared to previous scans but also compares you to your peer group relative to your age, weight, height, and gender in terms of fat, lean muscle, and bone density. It allows you to easily monitor indicators for longevity and health. For example, did you know that having a high appendicular lean mass affects our quality of life? Other indicators that the app shows are sarcopenia (muscle loss) and osteoporosis (bone loss). The app also shows Visceral Fat, one of the most important metrics. It's important to know that a number under one pound of Visceral Fat is ideal. Anything in the two-to-three-pound range we will start to see metabolic or cardiovascular disease and visceral fat above four indicates big trouble! This kind of knowledge is invaluable and gives you the opportunity to get ahead of these conditions. Early detection is key to prevention, especially if you have a family history or are at high risk for disease.

