

Body Composition DEXA Scans



The DEXA scan accurately assesses your body composition. It is fast, easy, and reliable. Everyone has different body types and frames, so standing on a scale alone does not give the entire picture. You should know how much muscle and fat you're carrying on your body and what would be normal for you.

DEXA scanning is the gold standard by which all of the methods are compared to for accuracy—it's that precise. It measures not only total body fat and muscle, but also regional body fat muscle composition such as that in the arms, legs, and trunk. It is the preferred method for screening for

osteopenia and osteoporosis. So, if bone health is a concern having a DEXA scan is a gray preventative measure to assess the health of your bones.

A DEXA scan is painless and takes about 15 minutes to complete. There is no special preparation needed before the test as you simply lie down comfortably as the x-ray scans back and forth over your body. Radiation exposure is minimal.

DEXA scanning provides the best solution for people who want highly accurate data to help with her weight loss and training programs. Repeating the DEXA scan at 6 months helps you to track changes in your body fat percentage and the amount of muscle mass gained if your diet and training programs are working properly.