

DXA body fat analysis

Convenient, safe, and the best precision available

Why should I determine my body fat percentage? Everyone needs a certain amount of body fat to be healthy. If you are trying to lose weight, or to get the most benefit from your exercise program, what you are often trying to do is lose fat. But, how much body fat you are able to lose depends on your body's ratio of lean body mass to fat. For instance, if you are 150 pounds with 10% fat, your body consists of 15 pounds of fat, and 135 pounds of lean body mass. Knowing your percentage of body fat helps you to determine if your weight loss goals are realistic. And, testing your body fat will give you a better measure of fitness than weight alone. Body fat percentages can help you to establish fitness goals based on your body composition and give you an achievable goal to work towards.

As your body loses pounds, it sheds fat and lean body mass. Knowing your percentage of body fat can help you to determine if your current nutrition and exercise program is helping you to lose fat and lean body mass in the correct proportions.

Why DXA?

Dual-energy X-Ray Absorptiometry

DXA is the Gold Standard in measuring body fat assessment. It is very accurate and has the ability to show exactly where fat is distributed throughout your body. DXA can precisely measure your loss or gain of lean body mass and fat with greater statistical confidence in reproducibility of results than other technologies. DXA is so accurate and clinically proven, it has many applications in healthcare to diagnose and manage illnesses.

How do I get a DXA body fat analysis?

DXA imaging for body fat analysis is available at your local medical center by appointment. DXA uses a whole body scanner that passes over you for a comfortable, non-invasive test. As a result, you will receive a detailed print of your scan showing the percentage of body fat for each of seven regions of your body.



Only DXA can show your exact body fat composition for 14 regions (shown left) of the body. It is the most accurate way to have your body fat percentage analyzed.

