IT

From: **Info Telomyx** <info@telomyx.co.uk>
Date: 07 Apr 2026 at 12:41
Subject: Your TELOMYX DEXA results are now available
To: <> . [redacted]

Hi,

Your full report is now ready and attached to this email. Please take the time to review the data and the accompanying notes to help you understand your results.

Key Highlights from Your Scan:

Metric		Results	Comments	Recommendation	
Body Fat (%)		[redacted]	Your body fat % is in the lower risk range	MAINTAIN	Maintain your body composition through consistent exercise and nutrition that maintains your energy balance (caloric needs vs. calories consumed).
Visceral Fat (cm2)		[redacted]	Your visceral fat is above the low risk range.	FOCUS	We recommend that you aim to reduce your visceral fat levels to bring your result within the low risk range.
Bone Health (Z-score)		[redacted]	This score is considered healthy and above average compared to your peers	MAINTAIN	Resistance training and ensuring your diet is sufficient in calcium and vitamin D supports bone density.
Lean Mass (percentile)		[redacted]	Your overall lean mass to height ratio sits in the 71st percentile compared to your peers in the reference dataset.	MAINTAIN	For healthy ageing and performance reasons, protect and increase your muscle mass through resistance training and ensuring sufficient protein in your diet.
Muscle Symmetry (% variance)	**Arms**	right + [redacted]% more lean mass than left	Within the healthy variance range	MAINTAIN	None
	Legs	right + [redacted]% more lean mass than left	Within the healthy variance range	MAINTAIN	None

You can find more detail on the metrics above within the attached report.

Our Recommendations:

Visceral Fat & Metabolic Health: Your visceral fat level is at **191 cm²**, which is currently above the ideal threshold of **100 cm²**. While your overall body fat percentage of **23.4%** is within the ideal range, your visceral fat results are above the low-risk range. Visceral fat is the fat stored around your internal organs; higher levels are associated with increased systemic inflammation and a higher cardiometabolic risk profile. Reducing this specific metric should be a primary focus moving forward to optimise your health and performance. I have attached some further information regarding visceral fat.

Bone Health & Maintenance: Your Bone Mineral Density (BMD) **Z-score of 1.3** is a positive result, placing you above the average for your peer group. To maintain this density as you age, it is essential to continue with activity that provides mechanical loading to the bone, such as general resistance training, ensuring your skeletal structure remains dense and strong over the long term.

Lean Mass & Performance: Your overall lean mass currently sits in the **71st percentile** compared to your peers in the reference data. This demonstrates a strong foundation of functional muscle mass. Muscle serves as your primary "metabolic engine." Continuing to prioritise resistance training will help you protect and build this functional tissue, supporting both your metabolic rate and your performance, as well as supporting your longevity.

Future Tracking: Because your visceral fat is currently in a high-risk area, we suggest a repeat scan in **3-6 months**. This timeframe is ideal for monitoring your personal trends objectively and verifying that your nutrition, training and any lifestyle changes you make are successfully reducing visceral fat as intended.

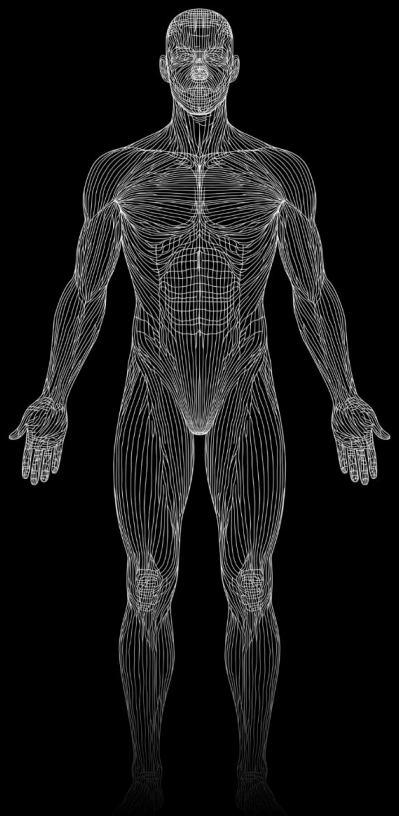
If you have any questions about these results, just let me know.

Warm Regards,

Adam

Co-Founder

TELOMYX



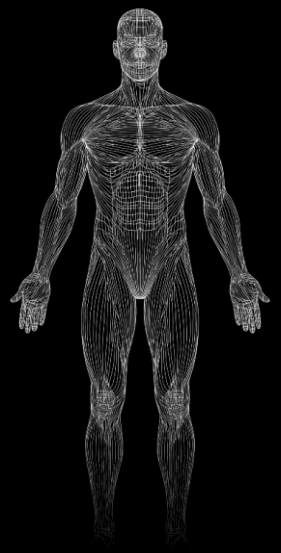
TELOMYX

Body Composition Report

Patient:

Scan Date:

TELOMYX



Body Composition Dashboard

Analysis of DEXA Scan Results

Body Fat %

n/a	23.4%
No Prior Scans	07 Apr 26

Your body fat % is in the lower risk range

Lean Mass

kg

n/a	71.1
No Prior Scans	07 Apr 26

Your total muscle mass. Increase or maintain this through resistance training and nutrition for healthy ageing

Lean Mass/Height

kg/m²

n/a	21.7
No Prior Scans	07 Apr 26

You have a higher lean mass to height ratio than 71% of people like you

Z-Score

n/a	1.3
No Prior Scans	07 Apr 26

A Z-Score compares your bone density to people your age and gender

Visceral Fat

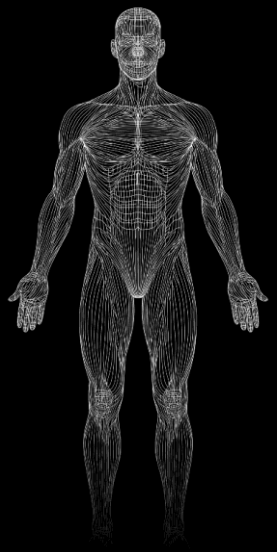
cm²

n/a	191
No Prior Scans	07 Apr 26

Your visceral fat is above the ideal range

* Total Body Fat % reported corresponds to the Subtotal (excluding head) value. Within DEXA methodology, the head region is standardised and not subject to physiologically meaningful variation. As such, Subtotal Body Fat % provides the most valid metric for longitudinal monitoring and management of body fat in athletes.

TELOMYX



Regional Analysis

Compare your measurements by body part

Right Arm

Lean Muscle	4.5	kg
Fat	1.2	kg
Body Fat %	20.2%	

Trunk

Lean Muscle	36.5	kg
Fat	14.3	kg
Body Fat %	27.7%	

Right Leg

Lean Muscle	10.8	kg
Fat	2.9	kg
Body Fat %	20.2%	

Gynoid

Lean + ***Bone****	11.2	kg
Fat	3.2	kg
Body Fat %	22.0%	

Left Arm

Lean Muscle	4.2	kg
Fat	1.1	kg
Body Fat %	19.5%	

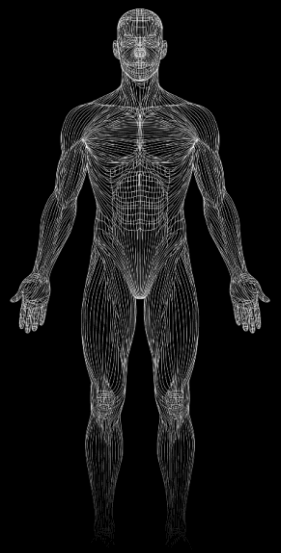
Android Region

Lean + ***Bone****	6.1	kg
Fat	3.1	kg
Body Fat %	33.9%	

Left Leg

Lean Muscle	10.5	kg
Fat	2.8	kg
Body Fat %	20.1%	

TELOMYX



Regional Analysis

Compare your measurements by body part

		07 Apr 26 Mass (kg)	07 Apr 26 BF %	No Prior Scans Mass (kg)	No Prior Scans BF %	Scan 3
Left Arm	Bone	0.25				
	Fat	1.08	*19.5%*			
	Muscle	4.20				
	Total Mass	**5.53**				
Right Arm	Bone	0.26				
	Fat	1.21	*20.2%*			
	Muscle	4.53				
	Total Mass	**6.01**				
Trunk	Bone	0.96				
	Fat	14.34	*27.7%*			
	Muscle	36.50				
	Total Mass	**51.80**				
Left Leg	Bone	0.57				
	Fat	2.80	*20.1%*			
	Muscle	10.54				
	Total Mass	**13.91**				
Right Leg	Bone	0.58				
	Fat	2.89	*20.2%*			
	Muscle	10.83				
	Total Mass	**14.30**				
Subtotal (exc Head) *	Bone	2.62				
	Fat	22.32	*24.4%*			
	Muscle	66.61				
	Total Mass	**91.55**				
Head (DEXA Assumed)	Bone	0.63				
	Fat	1.27	*23.4%*			
	Muscle	3.54				
	Total Mass	**5.44**				
Total	Bone	3.25				
	Fat	23.59	*24.3%*			
	Muscle	70.15				
	Total Mass	**96.99**				

* Total Body Fat % reported corresponds to the Subtotal (excluding head) value. Within DEXA methodology, the head region is standardised and not subject to physiologically meaningful variation. As such, Subtotal Body Fat % provides the most valid metric for longitudinal monitoring and management of body fat in athletes.

Body Fat Trend

Graph available after repeat scans

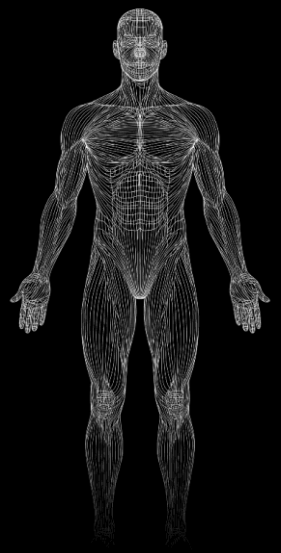
Muscle Mass Trend

Graph available after repeat scans

Limb Muscle Mass Trend

Graph available after repeat scans

TELOMYX



Regional Analysis Data

Making the Most of Your Regional Results

Your scan doesn't just measure overall body fat and lean mass - it shows how these are distributed across different parts of your body. This insight helps you check if your training is delivering the right results, track progress, and spot areas that might need more attention to reduce risk of injury or improve performance.

Upper vs Lower Body

Use these results to see whether your training emphasis is reflected in the right regions. For example, focused lower-body strength work should gradually increase lean mass in the legs.

If you notice fat is reducing more in the legs than the trunk, this reflects your body's natural fat-loss pattern.

Central fat is often more resistant but also more closely linked to health risks. Progress here comes mainly from consistent nutrition, sleep, and lifestyle balance rather than exercise alone.

Right vs Left Balance

Some asymmetry is normal, but lean mass differences **greater than ~10% can increase injury risk,** as one side is placed under more strain. For athletes, this often shows up as joint stress, muscle pulls, or overuse injuries.

To address this, add unilateral exercises (e.g. single-leg squats, single-arm presses) to strengthen the weaker side.

If you are recovering from injury or surgery, tracking these differences over time can show how well rehabilitation is restoring balance.

Arms

Track increases in lean mass if your goal is upper-body strength or hypertrophy - repeated scans can confirm whether training is effective.

Changes in arm fat levels generally mirror your overall body fat trend, rather than being altered by arm-specific training.

What training here does achieve is more muscle tone and balance, which can improve performance and appearance as overall fat decreases.

Legs

Lean mass in the legs is one of the strongest indicators of long-term strength, mobility, and independence as we age. Gains show effective training, while losses mean it's time to prioritise lower-body resistance work.

People who train mainly upper body or focus narrowly on one sport sometimes lose leg muscle without realising — this can undermine progress toward other goals, since leg strength underpins power, stability, and overall training capacity.

Athletes can use these results to measure how well their running, cycling, or strength programmes are building lower-body resilience.

Trunk

Trunk lean mass supports posture, stability, and overall movement efficiency. Increases often come from consistent core work and compound lifts (squats, deadlifts, overhead presses). If you're gaining lean mass in the arms or legs but not the trunk, it may suggest a lack of core training, which can increase injury risk and limit performance.

Trunk fat levels carry more health significance than limb fat. If your limbs are showing fat loss but your trunk is unchanged, it's a sign to focus on consistent nutrition, sleep, and lifestyle habits to achieve a healthier fat distribution.

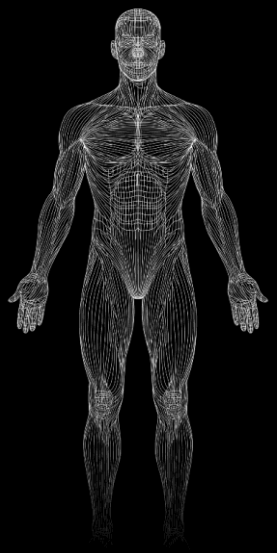
Tracking Change Over Time

Fat loss focus: Look for reductions in the trunk and balanced fat loss across regions.

Muscle gain focus: Check that lean mass is increasing in the areas you're training, and make sure you're not inadvertently losing muscle in regions you're neglecting.

Balance and injury prevention: Monitor right vs left differences and adjust training if gaps widen.

TELOMYX



Body Fat

Track your subcutaneous and visceral fat and understand your health risks

Body Fat %

n/a	23.4%
No Prior Scans	11 Apr 26

Your body fat % is in the lower risk range

Visceral Fat

cm²

n/a	191
No Prior Scans	07 Apr 26

Your visceral fat is above the ideal range

Android / Gynoid

n/a	1.54
No Prior Scans	11 Apr 26

Your AG Ratio is above the ideal of between 0.8 and 1

Fat% Trunk/Fat% Legs

n/a	1.37
No Prior Scans	11 Apr 26

You have a higher trunk to legs fat % ratio than 87% of people like you

Fat Mass / Height

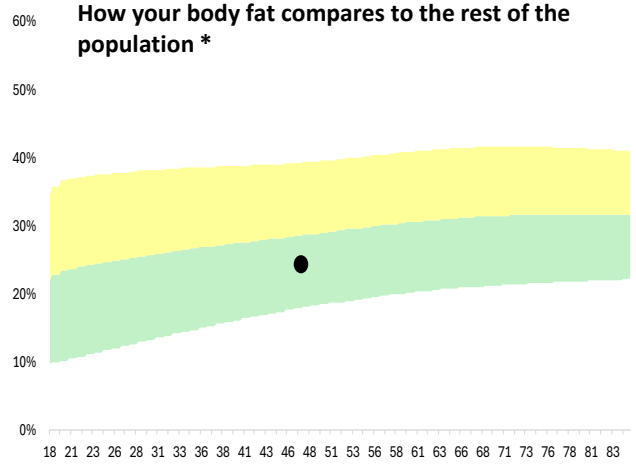
kg/m²

n/a	7.36
No Prior Scans	11 Apr 26

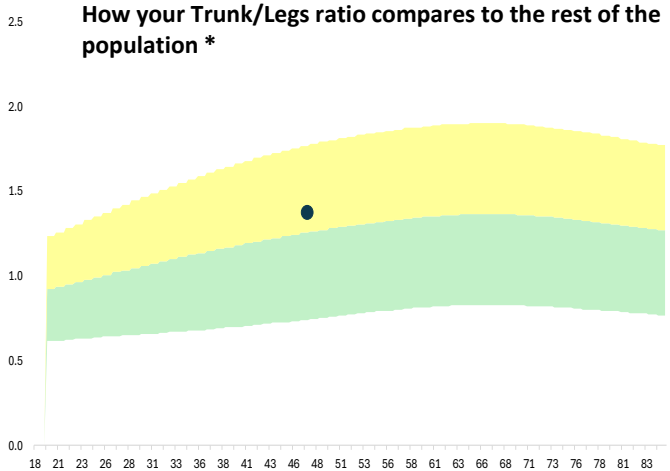
56% of people like you have a lower fat mass to height ratio

* graphs are age, gender and ethnicity matched. The line where the colours intersect is the average and the top and bottom of the coloured areas are the normal range.

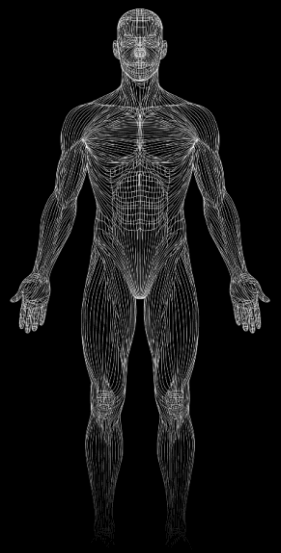
How your body fat compares to the rest of the population *



How your Trunk/Legs ratio compares to the rest of the population *



TELOMYX



Body Fat Data

Making the Most of Your Body Fat Results

Your scan measures fat in different ways to give a clear picture of both health risk and progress. These results go beyond overall body fat percentage and show how fat is distributed and how it relates to your health.

Body Fat % (BF%)

Your body fat percentage tells you how much of your body is fat compared with everything else (muscle, bone, organs, and water). This is more accurate than Body Mass Index (BMI), which cannot tell the difference between fat and muscle.

BMI is still widely used in the NHS to classify people's health risks as it is quick and easy to measure, but it is only a rough estimate based on height and weight. It cannot distinguish whether excess weight comes from muscle or fat, which means muscular people may be misclassified as unhealthy, while people with a "normal" BMI may still carry high levels of body fat. Body fat % gives a far clearer picture of actual health risk.

Although there is no generally accepted 'healthy body fat %,' research shows that health risks rise once body fat passes certain levels. For men, risk is generally higher above **25% body fat**, and significantly higher above **30%**. For women, risk tends to rise above **36%**, and becomes greater above **42%** (Potter et al., 2024).

Athletes often sit well below these levels, with men commonly in the 8–15% range and women in the 18–25% range depending on their sport. For them, lower body fat can support performance by improving power-to-weight ratio, endurance, and agility. However, going too low can affect hormone balance, recovery, and long-term health. There isn't a single "too low" number that applies to everyone - instead, the warning signs are practical: if body fat drops so low that you experience fatigue, frequent illness or injury, disrupted sleep, or (in women) irregular or absent periods, it may be too low for you. The healthiest body fat level is the one that supports both performance and long-term well-being.

What matters most is how your results change over time. A drop of 2–3% body fat is usually a meaningful improvement. The best goal is to lower body fat while keeping - or even building - lean muscle, which improves both health and strength.

FAQ

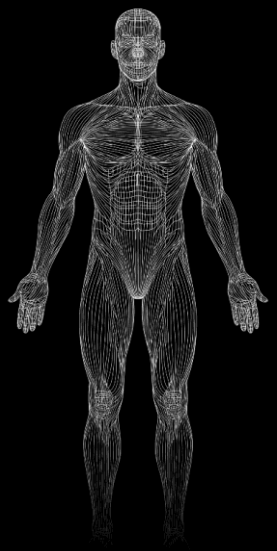
My body fat % is higher or lower than I expected - why?
It's very common for scan results to feel surprising. Body fat is hard to estimate by eye, and many of the figures shared online are based on rough or inaccurate measuring techniques. On top of that, images are often staged or edited, which makes them unreliable for comparison. Your DEXA result is a precise, objective measure you can trust - and the most important thing is how it changes for you over time.

My body fat has gone up despite dieting or exercising more - why? This can happen, and it doesn't mean your efforts aren't working. Short-term changes are often due to shifts in water, hormones, or the amount of food in your system on the day of the scan. Stress, poor sleep, or high alcohol intake can also affect how your body stores and uses energy, making fat loss harder. It's also possible to lose muscle if dieting too aggressively or training without enough recovery, which can make body fat % appear higher. The key is to look at trends across months and to pair fat loss with good nutrition, recovery, and healthy lifestyle habits.

How quickly should body fat % change? Healthy fat loss is gradual - around 0.5–1% per month. Bigger drops are often just water or, in some cases, muscle loss. Steady, consistent progress is far more sustainable and protective of your long-term health.

References - Potter AW, Chin GC, Looney DP, Friedl KE. Defining overweight and obesity by percent body fat instead of body mass index. *J Clin Endocrinol Metab*. 2024;109(6):1644–1654. doi:10.1210/clinem/dgae341. PMID: 38747476; PMCID: PMC11913102.

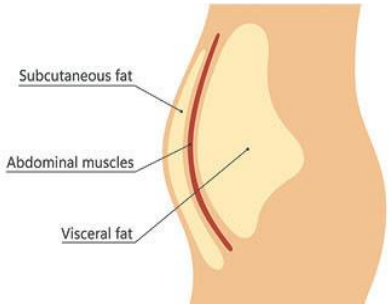
TELOMYX



Body Fat Data

Visceral Fat (cm²)

Visceral fat sits deep in the abdomen around your organs. It's more strongly linked to health risks like heart disease and diabetes than fat stored under the skin. The good news is that even small reductions here can bring big benefits. Regular exercise, good nutrition, better sleep, stress control, cutting back on alcohol, and stopping smoking are all proven ways to lower visceral fat.



There isn't one agreed-upon number for what counts as a healthy visceral fat level, but research shows that staying **below about 80–100 cm²** is generally linked with better health and lower risk (Kim et al., 2006; (Bushita et al., 2025).

FAQ

Is visceral fat worse than other fat? Yes - it surrounds vital organs, drives inflammation, and increases heart and diabetes risk.

How can I reduce it? Steady lifestyle habits - regular activity, balanced diet, good sleep, and stress management - are the most effective approach.

Can I target it with sit-ups or ab exercises? No - visceral fat reduces with overall fat loss and healthier habits, not through core exercises alone.

Android:Gynoid Ratio

This compares fat around your abdomen (android) with fat around your hips and thighs (gynoid). A ratio **below 1.0** is generally considered **healthier**, though it varies between individuals. Belly fat is riskier because it surrounds vital organs and affects hormone and metabolic health. Your ratio can improve even if your overall body fat % doesn't change much - for example, if you lose more fat from your waist than your hips and thighs.

Fat % Trunk vs Fat % Legs

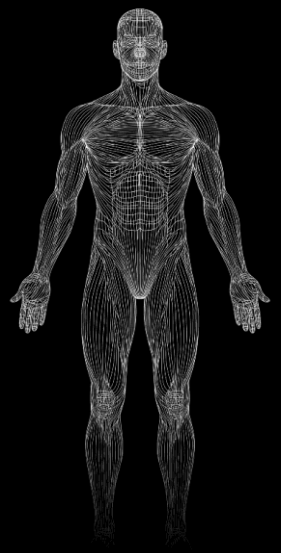
This shows how much of your body fat is stored centrally in the trunk compared with your legs. Trunk fat is more strongly linked with health risks, while leg fat is generally less harmful. Central fat tends to be more resistant and usually reduces later than fat in the legs. Exercise cannot "shift" fat from one area to another, but consistent nutrition and lifestyle changes can gradually bring trunk fat down, while leg fat often reduces first.

Fat Mass / Height

This adjusts your fat mass for your height, making it easier to compare between people of different sizes and to track progress over time. It works alongside body fat (BF) %: BF% shows the proportion of fat in your body, while fat mass/height shows the absolute fat load relative to your build. Taller people naturally carry more fat due to their larger frames, so this measure helps keep results fair. Because it only reflects fat, changes in muscle mass won't affect this value.

References - Kim JA, Choi CJ, Yum KS. Cut-off values of visceral fat area and waist circumference: diagnostic criteria for abdominal obesity in a Korean population. *Yonsei Med J*. 2006;47(5):565–571. doi:10.3349/ymj.2006.47.5.565. PMID: 17179685; PMCID: PMC2721927. Bushita H, Ozato N, Mori K, Kawada H, Katsuragi Y, Osaki N, Mikami T, Itoh K, Murashita K, Nakaji S, Tamada Y. Effect of visceral fat on onset of metabolic syndrome. *Sci Rep*. 2025;15:19012. doi:10.1038/s41598-025-64217-2.

TELOMYX



Muscle Mass

Improve your lean muscle mass to improve performance and enhance your longevity

Lean Mass
kg

n/a	71.1
No Prior Scans	11 Apr 26

Your total muscle mass. Increase or maintain this through resistance training and nutrition for healthy ageing

Lean Mass/Height
kg/m²

n/a	21.7
No Prior Scans	11 Apr 26

You have a higher lean mass to height ratio than 71% of people like you

Limb Lean Mass
kg

n/a	31.8
No Prior Scans	11 Apr 26

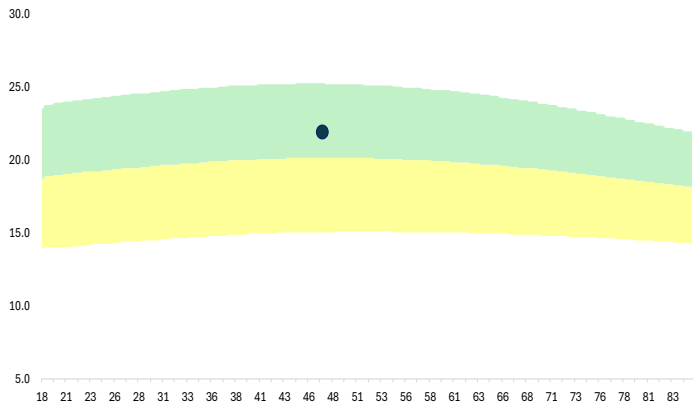
Limb lean muscle is a clearer indicator of lean muscle as it excludes internal organ tissue.

Limb Lean / Height
kg/m²

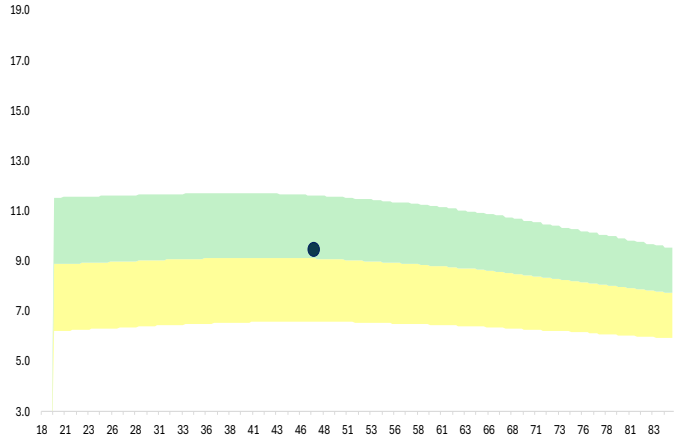
n/a	9.4
No Prior Scans	11 Apr 26

You have higher limb lean mass to height ratio than 59% of people like you

How your Lean Mass / Height Index compares to the rest of the population

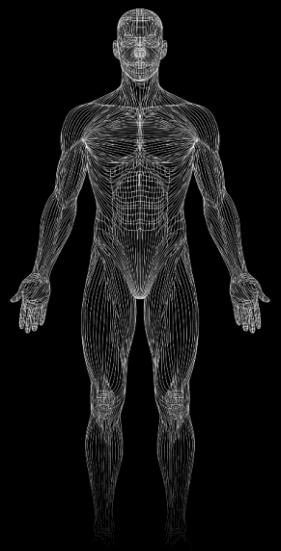


How your Limb Lean / Height Index compares to the rest of the population



* graphs are age, gender and ethnicity matched. The line where the colours intersect is the average and the top and bottom of the coloured areas are the normal range.

TELOMYX



Muscle Mass Data

Making the Most of Your Lean Mass Results

Lean mass represents the muscle in your body. Tracking lean mass is important because muscle is closely linked to strength, performance, healthy ageing, and injury prevention. These results help you see whether your training and lifestyle are giving you enough muscle for your goals and body size.

Lean Mass (kg)

This is your total muscle. Ideally, you want to see lean mass increase over time without a significant rise in body fat - this shows your training and nutrition are supporting muscle growth in a healthy way. If you're training but your lean mass isn't going up, the most common reasons are:

- Not eating enough protein
- Not lifting heavy enough
- Not lifting often enough
- Not recovering well (including time between exercise, sleep etc.)
- Not eating enough overall

If it's going down, it can be a sign of under-training, illness, or dieting too aggressively. In both cases, reviewing your training programme and nutrition is the best next step.

Lean Mass / Height

This adjusts your lean mass for your height, making it easier to compare between people of different builds and to track changes fairly over time. Taller people naturally carry more muscle due to their larger size, so this measure gives a clearer view of whether you are building enough for your frame. It's particularly useful for comparing against "healthy strength" benchmarks.

Limb Lean Mass

This shows how much muscle is in your arms and legs. It's a valuable measure for athletes who rely on upper- or lower-body strength, and for anyone recovering from injury. Low limb lean mass, particularly in the legs, can reduce mobility, balance, and long-term independence. Growth in these areas usually reflects effective resistance training.

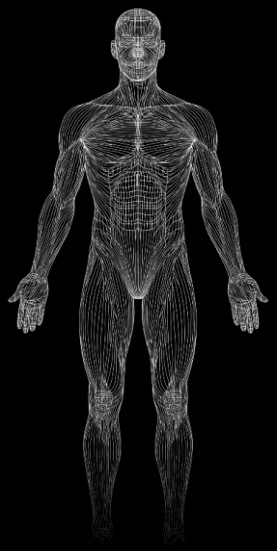
Limb Lean Mass / Height

This relates your limb muscle to your height, helping to identify whether you have enough strength for your build. Because limb lean mass strongly predicts functional ability (e.g. walking speed, grip strength, balance), this measure is especially important for healthy ageing and long-term resilience. Tracking it over time shows whether training is keeping you strong relative to your size.

Key Takeaway

Lean mass results show whether your training and lifestyle are helping you build or maintain muscle in the right places. The healthiest goal is to increase or preserve lean mass while reducing fat, supporting both performance and long-term health.

TELOMYX



Bone Density

Understand your bone density and risk of developing bone disease

Bone Density

g/cm²

n/a	1.35
No Prior Scans	11 Apr 26

Your bone density is in the healthy range

Bone Mineral Content

kg

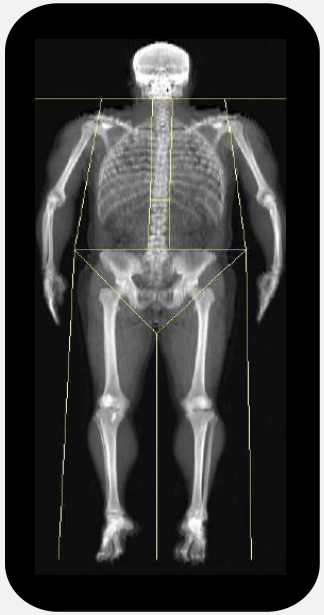
n/a	3.25
No Prior Scans	11 Apr 26

BMC is how much bone mass you have. The higher the better.

Z-Score

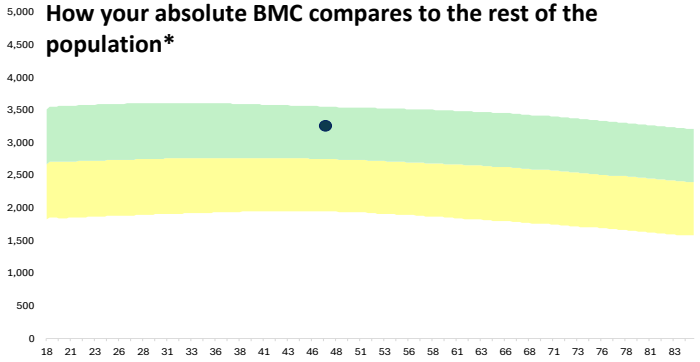
n/a	1.4
No Prior Scans	11 Apr 26

A Z-Score compares your bone density to people your age and gender

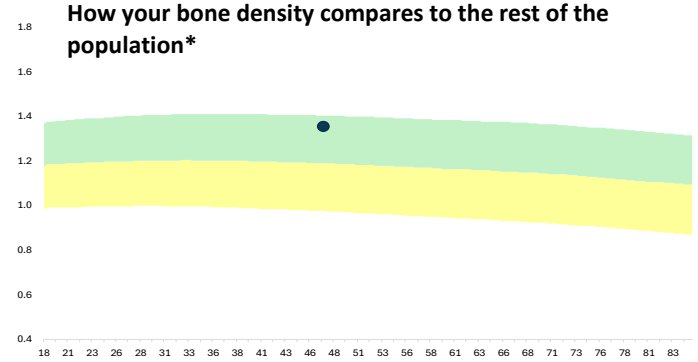


- Bone density reflects the strength and mineral content of your bones, with higher density indicating stronger, healthier bones.
- Low bone density increases the risk of fractures, **osteoporosis**, and long-term mobility issues, especially with age.
- Peak bone mass is typically reached by your early 30s, after which it gradually declines without proper nutrition and exercise.
- Weight-bearing activities and **resistance training** are essential for maintaining or improving bone density over time.
- DEXA scans provide an accurate, non-invasive measure of bone mineral density and help identify early signs of bone loss.

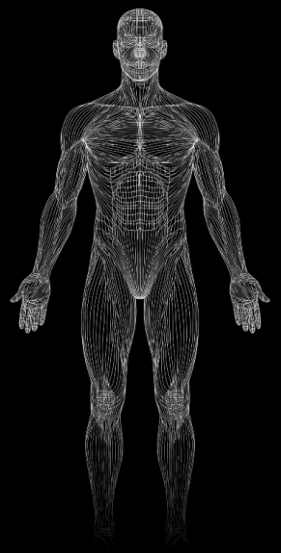
How your absolute BMC compares to the rest of the population*



How your bone density compares to the rest of the population*



TELOMYX



Bone Density Data

Making the Most of Your Bone Density Results

Your scan also measures your bone health. Strong bones are essential for preventing fractures, maintaining mobility, and supporting overall health as you age. These results show how much mineral is in your bones, how dense they are, and how you compare to people of your age and sex.

Meaningful changes in bone health usually take at least **12–24 months** to appear, so the goal is steady, long-term improvement rather than quick shifts.

Bone Density (g/m²)

This shows how tightly packed the minerals are in your bones. Higher density means stronger bones that are less likely to break. Bone density naturally decreases with age, but the goal is to slow this loss as much as possible. Regular weight-bearing exercise, strength training, good nutrition, and healthy lifestyle habits can all help. If your bone density is falling more quickly than expected, it may be linked to low body weight, smoking, low activity, or hormone changes - and it's worth discussing with a healthcare professional.

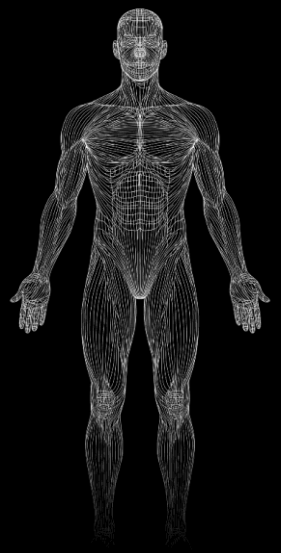
Bone Mineral Content (kg)

This is the total weight of minerals in your bones. It rises as your bones grow stronger and more mineralised, usually in response to weight-bearing exercise, strength training, and good nutrition (i.e. ensuring you're getting enough calcium and vitamin D). Bone mineral content generally correlates with bone density and naturally decreases with age. Focus on regular resistance exercise and a nutrient-rich diet to slow the loss as much as possible.

Key Takeaway

Bone results tell you whether your lifestyle is supporting long-term skeletal health. Weight-bearing and resistance training, alongside good nutrition, are the most effective ways to maintain bone strength and slow the natural age-related decline as much as possible. Changes in bone density happen slowly — often over years rather than months — so the goal is to keep values stable or only gradually declining with age. Your results can act as an early warning to make positive changes if needed.

TELOMYX



Bone Density Data - Z-Score

Z-Score

Your Z-score compares your bone density to what's typical for someone of your age, sex, and size. A score near zero means you are similar to your peers, while a positive score means your bones are stronger than average. A negative score means your bones are less dense than average (however, this isn't necessarily a problem).

Above (–1.0): This is considered normal for age and usually doesn't require action unless other risk factors are present.
Between (–1.0) and (–2.0): This is classed as low-normal for age. It isn't necessarily a problem, but it should be monitored over time alongside other risk factors.
Below (–2.0): This is lower than expected for age and may warrant further investigation for underlying causes.

A low Z-score doesn't necessarily mean you are at immediate risk of fractures, and at certain ages, it can simply reflect normal variation within the population.

A young person with a low Z-score will usually still have enough bone density to avoid an increased risk of fractures in everyday life. In older adults, however, the same low Z-score is more concerning because bone density naturally declines with age, increasing the chance of fractures if levels remain below average.

Bone density typically increases until early adulthood, then slowly declines with age. Studies show that resistance training combined with good nutrition — particularly adequate calcium and vitamin D — can slow this decline, and in some cases even increase bone density. If you slow the rate of loss compared to the average for your age group, your Z-score will gradually improve, since it always compares you to people of your current age.

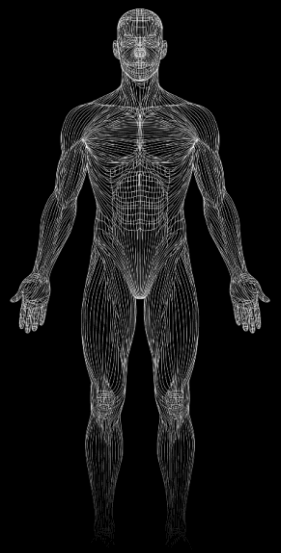
Most people already get enough calcium from their diet. You do not necessarily need to take calcium supplements unless you are on a diet that is low in calcium (i.e. you do not eat/drink dairy). Since excess calcium intake can cause side effects, we recommend consulting a healthcare professional or nutritionist before starting supplements.

The NHS recommends that everyone should consider taking vitamin D supplements in the winter/autumn (as vitamin D levels are related to sun exposure). You might also consider taking vitamin D supplements in the summer if you don't spend much time in the sun.

https://www.nhs.uk/conditions/vitamins-and-minerals/vitamin-d/

Conclusion: A lower Z-score isn't always a cause for concern, but it's a useful early signal. By building strength through regular resistance training and supporting it with good nutrition, you can protect your bone health and keep your Z-score healthier as you age.

TELOMYX



Scan Preparation

How to prepare for your next scan for the best results

A DEXA scan is a precise and highly accurate way to measure your body composition. Because your body is a dynamic biological system - constantly adapting to inputs like nutrition, hydration, and exercise - its composition can fluctuate throughout the day. These short-term changes can affect scan results, so it's essential to standardise the conditions before each appointment. By doing so, you ensure that any differences between scans reflect real progress, not temporary shifts.

Follow the tips below to prepare properly and get the most accurate, consistent results from your DEXA scan.

1) Fast for 2–4 hours prior to the scan, especially for body composition measurements, to reduce variability from recent meals.

2) Empty your bladder right before the scan to avoid excess weight and distortion in abdominal readings.

3) Wear light, comfortable clothing without metal (no zippers, buttons, or underwire bras) to prevent image distortion. Consider wearing the same clothing for each scan. Your technician will ask you to remove all jewellery befor eyour scan.

4) Refrain from heavy exercise (especially weight training) for 24 hours before the scan to avoid short-term fluid shifts in lean mass.

5) Keep carbohydrate intake consistent in the days leading up to your scan - high carb intake increases muscle glycogen stores, each gram of which binds 3–4 grams of water, potentially inflating lean mass readings by several kilograms. Make a note of your recent meals to ensure consistency for your next scan.

6) Stay well-hydrated in the days before the scan, but avoid drinking large amounts of water immediately before your scan.

7) Avoid alcohol and high-sodium foods the night before to minimize fluid retention, which can skew lean mass measurements.

8) Schedule scans at a consistent time of day for repeat assessments to ensure comparable conditions.

9) Inform the technician if you've had any recent imaging involving contrast agents or barium, which may affect results.

10) Avoid calcium supplements for at least 24 hours before your scan, as they can interfere with bone density readings.

11) Remain still during the scan to prevent movement artefacts that can impact accuracy.