Suzie Sample Your Optimal Health Guide

Scan Comparison Report



Suzie – BODY SCAN PROGRESS REPORT

Date Range: May 26 - July 8



YOURPROGRESSSNAPSHOT

Metric	05-26-2025	07-08-2025	Change	Status
Weight	154.3 lb	154.3 lb	0	Hold
Lean Body Mass	107.8	108.2	+0.4	Gain
Skeletal Muscle Mass	59.3	59.7	+0.4	Gain
Body Fat Mass	46.5	46.1	₩ -0.4	Drop
Body Fat Percentage	30.1%	29.9%	-0.2%	Drop
Visceral Fat Area	60	56	U -4	Drop
Visceral Fat Level	8 (Balanced)	8 (Balanced)	Stable	Hold
Bio Age	43	42	₽ -1	Drop
BWI Score	7.0	7.2	+0.2	Gain
Abdominal Circumference	31.8 in	31.7 in	U -0.1 in	Drop
Segmental Balance Upper/ Lower	Unbalanced	Unbalanced	No change	Hold
Segmental Balance Left/Right	Balanced	Balanced	Stable Stable	Hold

2 Overview Analysis

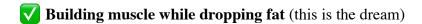
Suzie, you are trending in the right direction. Your body has held weight steady while gaining lean muscle (+0.4 lbs) and dropping fat (-0.4 lbs)—this is true recomposition at work.

Your visceral fat area dropped significantly (-4 points), bio age dropped by a year, and your BWI score improved. Your muscle mass is climbing, fat mass is trimming down, and your waist stayed tight while strength builds.

Upper/lower imbalance is still there, but your left/right remains balanced, which is solid. Hydration and mineral status are consistent, giving us confidence in your scan data.

In plain English: Your efforts are paying off.

</u> What You're Doing Right 🧩



- Staying consistent with nutrition and training
- Reducing visceral fat area while maintaining an optimal waist-to-hip ratio
- ✓ Dropping your biological age (proof your body is getting younger internally)
- Keeping hydration, protein, and minerals on point for recovery and scan accuracy
- ✓ Holding left/right balance, indicating structural stability

Your body is responding to your effort, discipline, and consistency. Your current strategies are working!

4 What Needs Addressed 🔍

! Upper/Lower Imbalance: Indicates your training may favor upper body; we will add lower body strength and volume to balance.

🏮 Updated Strategy Based on Current Data and Trends 🚀

Nutrition/Supplementation:

- Continue high protein intake to fuel muscle retention and gain.
- If fat loss on the scale is a priority, implement a **slight calorie deficit** (~150-200 kCal daily) while preserving strength and recovery.
- Stay hydrated, maintain electrolyte balance, and keep fiber intake consistent.
- Maintain current supplement stack focusing on magnesium, protein



Training:

- Keep up resistance training to continue muscle gain.
- Add 1-2 HIIT or conditioning sessions weekly for an extra metabolic boost to drive further fat reduction.
- Add lower body focus to correct upper/lower imbalance.

Lifestyle:

- ✓ Prioritize consistent sleep for recovery and hormonal balance.
- Continue stress management tools and supplements to support visceral fat reduction.

Monitoring:

- ✓ Stay on your hydration protocol before scans.
- Weekly waist measurements for additional tracking.
- Reassess in 4 weeks to evaluate further body composition shifts.

Charmain, you're proving your body can build muscle and drop fat simultaneously. This is rare and powerful.

- You're aligned, consistent, and your scans prove it's working.
- Now we dial in small adjustments, keep momentum, and trust your body's ability to transform.

Stay locked in. Let's keep winning.

Your Health & Fitness Strategist & Transformation Partner

— **Darrell MacLearn** Owner | proACTIVE Mobility "You can have excuses or your can have results but you can't have both"

623-282-0416 info@proactivemobilityus.com

This report is based on your body composition scan data and general health guidelines. Always consult with healthcare professionals for medical advice.



