

How to Read Your Body-Composition Report

Make sense of your InBody / DEXA numbers — and know which ones actually matter.

A body-composition scan is far more useful than the bathroom scale, because it splits your weight into **fat, muscle and water**. But the printout is full of numbers, and most people fixate on the wrong ones. Here's a plain-English translation.

The numbers worth caring about

Metric	What it means	Why it matters
Body Fat %	Share of your weight that is fat.	The headline health/aesthetic number. Trend it down slowly while protecting muscle.
Skeletal Muscle Mass (SMM)	The muscle that moves you.	Your engine & metabolism. We want this to <i>rise or hold</i> even as fat falls.
Visceral Fat	Fat around your organs.	The most important health marker here — high levels drive diabetes & heart risk. Priority to reduce.
Waist-to-Height ratio	Waist ÷ height.	Simple, powerful risk check. Keep it under 0.5.
Basal Metabolic Rate (BMR)	Calories burned at rest.	The base for setting your daily calorie target.

What the goal really is: recomposition

Success is **not** just "weight down." It's **fat down, muscle up (or held)**. Two people at the same weight can look and feel completely different depending on this split. That's why we track composition, not just the scale.

Don't over-read a single scan. Hydration, food, and time of day shift the numbers.

Scan under the same conditions (morning, fasted, similar hydration) and compare

trends over 4-8 weeks, not day to day.

Three questions to ask of your report

1. **Is my visceral fat in the healthy range?** If not, that's priority #1 — it's a health issue, not just looks.
2. **Is my muscle mass average, low, or athletic?** Low muscle = make strength training and protein non-negotiable.
3. **Which direction is each number moving?** A good program moves fat down while muscle holds or climbs.

Turning the report into a plan

Your scan is a map, not a verdict. High visceral fat → prioritise a modest deficit + daily steps. Low muscle → strength + protein. Good metabolic health but soft composition → recomposition. Matching the plan to *your* numbers is exactly what I do with every client — starting from their blood work and body-comp scan.

Have a report and not sure what it's telling you? Book a free consult at trainwithjoby.com — bring your numbers.



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Educational guidance only — not medical advice. Discuss any clinical findings with your physician.