

## DEXA Scan for Body Composition Analysis Test in Chennai: Why the Scale Doesn't Tell the Whole Story



# DEXA SCAN

FOR

# BODY COMPOSITION ANALYSIS TEST

CHENNAI

Advanced DEXA Scan to measure what matters most – Fat, Muscle, Bone & More.

**KNOW YOUR BODY. TRANSFORM YOUR HEALTH.**

- DATA DRIVEN
- ACCURATE RESULTS
- BETTER DECISIONS

### WHAT DEXA SCAN ANALYZES

- Body Fat Percentage
- Lean Muscle Mass
- Visceral Fat Level
- Bone Mineral Density
- Metabolic Health

### IDEAL FOR

- Fat Loss & Weight Management
- Fitness & Performance Tracking
- Athletes & Body Recomposition
- Preventive Health & Metabolic Risk Assessment

**PRECISION INSIGHTS. BETTER HEALTH.**  
Understand your body beyond the scale.

**FAST | SAFE | NON-INVASIVE**  
**ONE SCAN. COMPLETE INSIGHTS.**

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CHENNAI – ANNA NAGAR | CHENNAI – VADAPALANI | BANGALORE – JAYANAGAR

Most people begin their health journey by stepping on a weighing scale.

But body weight alone cannot tell you:

- How much body fat you have
- How much muscle you're carrying
- Whether you're losing fat or muscle
- How much visceral fat surrounds your organs
- Whether your fitness plan is actually working

This is why more people in Chennai are choosing DEXA Scan for Body Composition Analysis to gain a deeper understanding of their health and fitness progress.

### **What Is a DEXA Scan?**

A DEXA Scan (Dual-Energy X-ray Absorptiometry) is considered one of the most accurate methods for body composition analysis.

Unlike traditional scales or basic body fat machines, a DEXA Scan provides detailed measurements of:

- Body fat percentage
- Lean muscle mass
- Visceral fat
- Bone density
- Regional fat distribution
- Muscle balance

The scan is quick, non-invasive, and provides precise insights that can help guide fitness, nutrition, and health decisions.

### **Why Body Composition Matters More Than Weight**

Two people can weigh exactly the same but have completely different body compositions.

For example:

- One person may have higher muscle mass and lower body fat.
- Another may have higher body fat and lower muscle mass.

Although the scale shows the same number, their health risks, fitness levels, and metabolic health may be very different.

This is why body composition analysis is becoming more important than weight alone.

### **DEXA Scan for Fat Loss Tracking**

Many people become frustrated when the scale doesn't move despite following a diet and exercise plan.

The reason?

You may be:

- Losing fat while gaining muscle
- Retaining water

- Improving body composition without major weight changes

A DEXA Scan helps measure actual fat loss and muscle changes so you can track meaningful progress instead of relying only on body weight.

### **Understanding Visceral Fat**

Visceral fat is the hidden fat stored around internal organs.

High visceral fat levels are associated with:

- Type 2 diabetes
- Heart disease
- Fatty liver
- Metabolic syndrome
- Increased cardiovascular risk

Unlike belly fat that can be seen externally, visceral fat often requires advanced body composition analysis to measure accurately.

DEXA Scan helps provide valuable insights into visceral fat levels and overall metabolic health.

### **DEXA Scan vs BMI**

BMI (Body Mass Index) has been widely used for decades, but it has limitations.

BMI cannot distinguish between:

- Fat and muscle
- Healthy and unhealthy weight
- Body composition differences

An athlete with high muscle mass and an inactive individual with high body fat may have similar BMI scores.

DEXA Scan provides a far more detailed assessment of body composition than BMI alone.

### **Who Should Consider a DEXA Scan?**

DEXA Scan is ideal for:

#### **Fitness Enthusiasts**

Track body fat reduction and muscle gain accurately.

#### **Weight Loss Programs**

Measure true fat loss instead of relying solely on scale weight.

### **Athletes**

Monitor body composition for performance optimization.

### **Preventive Health Seekers**

Understand visceral fat and metabolic risk factors early.

### **Professionals Focused on Longevity**

Track key health markers that influence long-term wellness.

### **Why Choose Vital Insights for DEXA Scan in Chennai?**

At Vital Insights, we focus on precision diagnostics and preventive health.

Our DEXA Scan assessments help you:

- Measure body fat accurately
- Monitor muscle mass
- Evaluate visceral fat levels
- Track fitness progress
- Understand metabolic health

Whether your goal is fat loss, muscle gain, sports performance, or long-term health optimization, DEXA provides the data needed to make informed decisions.

### **Available Locations**

#### **Chennai**

- Anna Nagar
- Vadapalani

#### **Bangalore**

- Jayanagar

### **Book Your DEXA Scan for Body Composition Analysis**

Stop guessing and start measuring.

Learn what your weight truly represents with a professional DEXA Scan for Body Composition Analysis.

Visit:

<https://vitalinsights.in/tests/dexa>

Email:

[booking@vitalinsights.in](mailto:booking@vitalinsights.in)

Call:

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## **Frequently Asked Questions**

### **Is DEXA Scan accurate for body composition analysis?**

Yes. DEXA is widely considered one of the most accurate methods for measuring body fat, muscle mass, bone density, and visceral fat.

### **How long does a DEXA Scan take?**

Most scans are completed within 10–20 minutes.

### **Can DEXA Scan measure visceral fat?**

Yes. DEXA provides detailed information about visceral fat levels and body fat distribution.

### **Is DEXA Scan useful for weight loss tracking?**

Absolutely. It helps track actual fat loss and muscle gain, providing more meaningful insights than weight alone.

### **Where can I get a DEXA Scan in Chennai?**

Vital Insights offers DEXA Scan services at Anna Nagar and Vadapalani in Chennai.