

DexaFit Scottsdale Announces Availability of DEXA Scan Service Across Expanded Service Area

January 02, 2026

SCOTTSDALE, AZ - January 02, 2026 -
DexaFit Scottsdale has announced the availability of its DEXA scan service, a recognized method for measuring body composition and bone health, to clients in Scottsdale and nearby communities. The introduction of this service to additional areas, including Phoenix, Paradise Valley, and Fountain Hills, marks an important development in expanding access to advanced health assessment tools.

The DEXA scan, or dual-energy X-ray absorptiometry, has long been used in clinical and research settings to evaluate bone density and assess risk for conditions such as osteoporosis. In recent years, the technology has also been adopted by sports science and wellness providers for detailed body composition analysis. DexaFit Scottsdale?s announcement highlights the growing role of diagnostic tools in preventive health and data-driven wellness.

The scan offers detailed insights into body composition, including fat mass, lean tissue, and bone density. Unlike body weight or body mass index, which do not differentiate between muscle and fat, the DEXA scan

provides clear data that helps guide decision-making. Athletes, individuals pursuing fitness goals, and those monitoring aging-related risks can benefit from the objectivity of the information provided.

Chris Brubaker, owner of DexaFit Scottsdale, explained the importance of offering measurable data. ?The company expressed that it was pleased to make the service available to more people in the region,? Chris Brubaker said. ?The DEXA scan provides insights that traditional methods simply cannot. By giving individuals access to accurate information, the company aims to support more informed health and performance decisions.?

The scan's precision sets it apart from other body composition methods, such as calipers or bioelectrical impedance, which may be influenced by hydration levels or operator technique. Using X-ray technology, the DEXA scan delivers consistent, reproducible results. This reliability has made it a preferred option for universities, research institutions, and professional sports organizations, and its availability through community providers brings this same quality of information closer to the public.

Industry observers note that consumer demand for accurate health data continues to grow. While the scan was originally developed for bone density testing, its broader applications now include tracking progress in weight management, fitness training, and overall health monitoring. As more facilities adopt this technology, access to these services is expanding beyond hospitals and research centers.

For DexaFit Scottsdale, the decision to extend the service across its regional footprint reflects both local demand and the company?s broader mission. Since opening earlier this year, the location has seen steady interest from residents seeking clarity on their physical condition. Clients have included competitive athletes, health-conscious adults, and older individuals tracking bone density. By expanding access, the company aims to serve as a regional hub for evidence-based wellness testing.

The service also supports broader public health priorities by focusing on prevention. National data consistently show that chronic conditions account for a large portion of healthcare spending, much of which could be reduced through early detection and lifestyle change. The DEXA scan provides individuals with a way to monitor risk factors before they become medical concerns, giving them the opportunity to address issues through diet, exercise, or consultation with healthcare providers.

Chris Brubaker emphasized that the service is not intended to replace medical advice. ?The company?s role is to provide accurate and understandable data,? Chris Brubaker said. ?Many people come to the company looking to measure progress or establish a baseline. The scan helps those individuals have more productive conversations with their doctors, trainers, and coaches.?

This development reflects a larger trend of advanced diagnostic technology becoming accessible through

local service providers. Once limited to hospitals, tools like the DEXA scan are now available in community-based settings. This shift is making it easier for individuals to obtain meaningful health data without needing to visit a specialty clinic.

DexaFit Scottsdale?s announcement underscores its role in supporting the region with reliable, science-based testing. By extending access to Phoenix, Paradise Valley, and Fountain Hills, the company is ensuring that more residents have the opportunity to benefit from technology recognized as a standard for bone and body composition analysis.

As interest in preventive health and measurable results continues to rise, services like the DEXA scan are expected to play an increasingly important role. For DexaFit Scottsdale, offering this service across a wider area is both a response to public demand and a step toward a future where data is central to health decision-making.

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DexaFit Scottsdale

At DexaFit Scottsdale, clients tap into precision health data to improve fitness, longevity, and body composition. Services include DEXA scans, VO2 Max testing, Resting Metabolic Rate analysis, and 3D Movement Assessments enhanced by AI insights.

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