

**Elements of Lifestyle**
**Appetite**

Carb



Veggies/Fruit



Sweet



Salt



Oil



Junk food


**Lifestyle**

Sleep



Exercise



Lifestyle



Meditation


**Substance**

Smoking



Tobacco



Alcohol



Other Abuse


**Body Mass Index**


Ugh! You are underweight. Your BMI score 16.49 is very less than the target range 21-24.9.


**Hip Waist Ratio**


Oops! Your HW ratio is higher than normal! Your current HW ratio is 1.03 it should be below 1.0 and waist size to 28 inches


**Weight**


Ugh! You are underweight. Your current weight 43.8 kgs is less than the target range 61-66 Kgs



## Disease Specific Risks2

### High Risks

Arthritis

Breast Cancer

### Moderate Risk

High blood pressure

Allergies

Multiple lifestyle disease

Stroke

Chronic lung disease

Osteoporosis

Cervical Cancer

Prostate Cancer

## Guidelines