

## Elements of Lifestyle

### Appetite

Junk food



Veggies/Fruit



Oil



Sweet



Carb



Salt



### Lifestyle

Meditation



Lifestyle



Exercise



Sleep



### Substance

Alcohol



Tobacco



Smoking



Other Abuse



## Body Mass Index



Congratulations! You are normal. Your BMI score 21.48 is within the target range 21-24.9.



## Hip Waist Ratio



Oops! Your HW ratio is higher than normal! Your current HW ratio is 1.00 it should be below 1.0 and waist size to 35 inches



## Weight



Congratulations! You have normal weight. Your current weight 55 kgs is within range of 59-64 Kgs



## Disease Specific Risks

Moderate Risk Areas

Obstructive sleep apnea