







Elements of Lifestyle

Appetite

Carb	Salt	Veggies/Fruit	Junk	Oil	Sweet
					

Lifestyle

Sleep	Exercise	Lifestyle	Meditation
			

Substance

Smoking	Tobacco	Alcohol	Other
			

Body Mass Index



Oops! You are overweight! Your BMI score 28.23 is higher than the target range 21-24.9.



Hip Waist Ratio



Oops! Your HW ratio is higher than normal! Your current HW ratio is 1.40 it should be below 1.0 and waist size to 35 inches



Weight



Oops! You weight is higher than normal! Your current weight 75 Kgs is higher than the target range 61-66 Kgs





Disease Specific Risks

Guidelines

Expert Notes