

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

कर्बो



मीठ



भाज्या/फळे



जंक



तेल



गोड

**Lifestyle**

झोप



व्यायाम



जीवनशैली



ध्यान

**Substance**

धुम्रपान



तंबाखू



दारू



इतर

**Body Mass Index**

Congratulations! You are normal. Your BMI score 21.78 is within the target range 21-24.9.

**Hip Waist Ratio**

Oops! Your HW ratio is higher than normal! Your current HW ratio is 1.38 it should be below 1.0 and waist size to 28 inches

**Weight**

Congratulations! You have normal weight. Your current weight 49 kgs is within range of 51-56 Kgs.





## **Disease Specific Risks**

**Guidelines**

**Expert Notes**