









### Elements of Lifestyle

#### Appetite

कर्बो	मीठ	भाज्या/फळे	जंक	तेल	गोड
					

#### Lifestyle

झोप	व्यायाम	जीवनशैली	ध्यान
			

#### Substance

धुम्रपान	तंबाखू	दारू	इतर
			

### Body Mass Index



Oops! You are overweight! Your BMI score 25.93 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 1.05 it should be below 1.0 and waist size to 35 inches



### Weight



Oops! Your weight is higher than normal! Your current weight 84 Kgs is higher than the target range 76-81 Kgs





## **Disease Specific Risks**

**Guidelines**

**Expert Notes**