




Elements of Lifestyle

Appetite

Carb	Salt	Veggies/Fruit	Junk	Oil	Sweet
					

Lifestyle

Sleep	Exercise	Lifestyle	Meditation
			

Substance

Smoking	Tobacco	Alcohol	Other
			

Body Mass Index



Argh! You are obese. Your BMI score 32.87 is very high than the target range 21-24.9.



Hip Waist Ratio



Oops! Your HW ratio is higher than normal! Your current HW ratio is 1.02 it should be below 1.0 and waist size to 35 inches



Weight



Argh! Your weight is very high. Your current weight 95 kgs is very high than the target range 67-72 Kgs.





Disease Specific Risks

Guidelines

Expert Notes