

Elements of Lifestyle
Appetite

Sweet



Veggies/Fruit



Carb



Salt



Junk food



Oil


Lifestyle

Exercise



Sleep



Meditation



Lifestyle


Substance

Tobacco



Smoking



Other Abuse



Alcohol


Body Mass Index


Ugh! You are underweight. Your BMI score 0.00 is very less than the target range 21-24.9.


Hip Waist Ratio


Congratulations! You are normal. Your HW ratio is 0.47


Weight


Ugh! You are underweight. Your current weight kgs is less than the target range 53-58 Kgs



Disease Specific Risks

High Risks

Heart failure
Type-2 Diabetes
Obstructive sleep apnea
Allergies
Asthma
Breast Cancer
Cervical Cancer

Moderate Risk Areas

High blood pressure
Multiple lifestyle disease
Thyroid disease
High blood cholesterol
Skin Disease
Chronic lung disease
Chronic kidney disease
Osteoporsis
Arthritis
Glaucoma
retinal disease (eye)