

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

Carb



Salt



Junk food



Oil



Sweet



Veggies/Fruit


**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**


Oops! Your HW ratio is higher than normal! Your current HW ratio is 2.14 it should be below 1.0 and waist size to 35 inches


**Weight**


Ugh! You are underweight. Your current weight kgs is less than the target range 61-66 Kgs



## Disease Specific Risks

### High Risks

Heart failure  
Multiple lifestyle disease  
Type-2 Diabetes  
Allergies  
Asthma  
Chronic kidney disease

### Moderate Risk Areas

High blood pressure  
Thyroid disease  
High blood cholesterol  
Obstructive sleep apnea  
Skin Disease  
Chronic lung disease  
Osteoporosis  
Arthritis  
Glaucoma  
retinal disease (eye)  
Obesity  
Prostate Cancer  
Lung Cancer  
Colorectal Cancer