

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

कर्बो



मीठ



भाज्या/फळे



जंक



तेल



गोड

**Lifestyle**

झोप



व्यायाम



जीवनशैली



ध्यान

**Substance**

धुम्रपान



तंबाखू



दारू



इतर

**Body Mass Index**

Argh! You are obese. Your BMI score 36.39 is very high than the target range 21-24.9.

**Hip Waist Ratio**

Congratulations! You are normal. Your HW ratio is 0.80

**Weight**

Argh! Your weight is very high. Your current weight 58.7 kgs is very high than the target range 35-40 Kgs.





## **Disease Specific Risks**

**Guidelines**

**Expert Notes**