








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 26.37 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 1.24 it should be below 1.0 and waist size to 28 inches



Weight



Oops! Your weight is higher than normal! Your current weight 65 is higher than the target range 56-61 Kgs





Disease Specific Risks

Guidelines

Expert Notes